

**Nellis AFB Warrior Fitness Center Statement of Understanding (SOU)
Waiver/Assumption of Risk Form**

I understand that my access to the Warrior Fitness Center (WFC) during unmanned hours is a privilege that can be retracted for not abiding by this SOU.

- Only CAC-enabled **Patrons** are authorized unescorted access to the WFC, and are defined as Active Duty (AD) military, DoD civilians, Guard/Reserve on AD orders, and personnel assigned/TDY to Nellis or Creech AFBs. Each CAC-enabled patron may escort ONE guest that is at least 18 years of age. All guests must sign-in at the front desk in the guest book. The CAC-enabled patron is 100% accountable for, and will be held liable for, their guest's actions. The CAC-enabled patron must remain with their guest at all times.
- If I am in the Warrior Fitness Center during the conversion from manned hours to Fitness Access hours, I will exit the facility. Once Fitness Access hours begin, I will be authorized to re-enter the Warrior Fitness Center after swiping my CAC. The facility is considered closed in the event my CAC cannot be scanned or the reader itself is not functioning properly.
- Holding or propping the door open is strictly prohibited and will result in the loss of my privilege. Sharing my CAC/Fitness Access card is considered theft of services and will be prosecuted IAW the UCMJ.
- I will ensure that the door closes securely following my entry for safety and security. All other doors WILL remain closed unless needed for an emergency.
- Certain areas in the fitness center are not available for use during unmanned hours and will be locked or clearly marked as restricted. Locked and restricted areas include but are not limited to: Family Room, Spin Rooms, Pool, Saunas, Equipment Checkout and Offices.
- I am responsible to report any misuse, abuse, or violations to Security Forces and/or the WFC staff.
- All patrons of the WFC are expected to behave and act in accordance with military rules and standards, as well as abide by the policies in this Statement of Understanding. Surveillance cameras will record activities within the facilities. Actions such as theft, defacement or intentional damage to government property, sexual assault or inappropriate sexual behavior, use of alcohol, or other violations of the rules will not be tolerated and are subject to punishment under the UCMJ.
- The 99 FSS/CC has the right to revoke anyone's Fitness Access privileges. Once revoked, an appeal for re-instatement must be routed through the member's unit commander, through the 99 FSS/CC, to the 99 MSG/CC.
- There may not be anyone on site to respond to an emergency situation. However, in case of any emergency or need for assistance, an emergency phone is located at the front desk, main hallway, functional fitness wall, and upstairs cardio area.
- An "Incident Book" will be at the front desk to report any issues with the facility (equipment, facility damage, etc.).
- I understand if I have a pre-existing medical condition it is my responsibility to consult and be cleared by my medical provider before I exercise.
- I will identify and assess potential risks before engaging in any activity and whenever possible will exercise with someone or use cardiovascular and selectorized equipment to mitigate risk of injury.
- I will use the wingman concept to watch over one another and keep each other safe. A spotter is required when using free-weight bars. If a spotter is not available, a power cage or selectorized equipment WILL be used. Additionally, I understand not to exercise above my training limits and experience.
- Nellis AFB and the WFC are not responsible for any personal property brought into the facility.
- In the event of severe weather, Shelter-in-Place in the hallway leading to locker rooms until severe weather has passed.
- In the event of a power outage, all patrons will gather their belongings and exit the facility promptly.
- I will follow all existing fitness center rules, to include making sure I put away and/or clean the equipment I use and work out in appropriate fitness attire.

____ (Initial) I am / am not familiar with how to *safely* operate all fitness equipment available during unmanned hours. If not, an equipment orientation is required before using facility after-hours. Orientation Date: _____

____ (Initial) An orientation is required for the Emergency/Safety Zone [Emergency procedures/information, Phone, Automated External Defibrillator (AED), first aid kit with instructions]. Orientation Date: _____

____ (Initial) I certify that I have read and understand this SOU and Assumption of Risk form and am fully aware of the published procedures required to utilize the Nellis AFB Warrior Fitness Center's After Hours Fitness Access Program. I agree to abide by these rules and will contact the WFC for disenrollment.

____ (Initial) I have been briefed on the Fitness Center Operational and Emergency Procedures.

Signature: _____

Date: _____

Printed Rank, Last Name, First Name: _____

Unit: _____ Base: _____ First Sergeant Name/Phone: _____

E-mail Address: _____ TDY Dates (If Applicable): _____

WFC Staff Member Signature: _____

Date: _____