



FITNESS CENTER REGULATIONS

GENERAL POLICIES

ATTIRE

1. Authorized civilian attire will be worn in good taste. The clothing will not be in conflict with accepted attire of the host country.
 2. Footwear: Only appropriate serviceable athletic type footwear will be worn. Shower shoes, also termed "Flip Flops", dive booties, bare feet, etc, while permitted at recreational beaches and swimming pools are not allowed. For sanitary reasons military boots and other type street shoes other than athletic footwear, which are capable of trapping outside dirt, mud, pebbles and residue in the grooves of the soles, are not allowed. Due to safety concerns there will be no boots, slippers, sandals, and bare feet.
 3. Gym Wear: Clean and serviceable gym wear items are the standard. Trousers or shorts that expose any portion of the underwear or buttocks are prohibited. Utility shirts/trouser, jeans and jewelry are prohibited as many have zippers, pockets, buttons and belt buckles which can easily get snagged on a piece of equipment or tear up upholstery. Jewelry can also get caught on weight equipment causing potential injury to the wearer.
 4. Boots and/or Utilities (UTS): These are not authorized while working out, with the exception of UTS in the Martial Arts Room.
 5. Removal of headgear (covers, ball caps, headdress, etc.) is mandatory inside all facilities aboard MCBJ unless in uniform and under arms.
- *Sweatbands and hooded sweatshirts are permitted.

PROHIBITED ACTIVITIES

1. Only authorized contractors (or vendors under contract with MCCS) may conduct business within this facility. The selling, advertising or distribution of any non-MCCS product/service or unsanctioned product/service is strictly prohibited.
2. The use of any tobacco or alcohol product is prohibited within this facility.
3. Animals are not authorized within this facility except for those that assist in the mobility of the physically disabled.
4. Horseplay, fighting, swearing, abusive language and/or destruction to MCCS property are prohibited.
5. Equipment is not to be moved from its current room/location without authorization from facility management.
6. Bicycles, skateboards, roller blades, "Heelys" (shoes with wheels in the sole) and scooters are prohibited. Bouncing or passing of balls in the corridors is also not permitted within this facility.
7. No photography, video, or recording devices of any of any kind are authorized within locker rooms and or sauna/steam rooms.

MISCELLANEOUS

1. MCCS is not responsible for any loss, theft or damage to personal property left unattended.
2. Only radio stations will be played over the PA system. No personal requests for music will be accepted. Personal audio devices must be used with headphones.
3. Individuals with open/drainage wounds are required to have the area fully covered with a sterile gauze bandage and fully covered by an article of clothing (i.e. t-shirt, pants, socks, glove etc).
4. Failure to comply with the above or other policies set forth within this document may result in dismissal from the facility.
5. ID Cards must be provided upon request.

SAFETY

1. If a feeling of dizziness, lightheadedness, shortness of breath, or physical discomfort is experienced, discontinue exercising and seek staff assistance.
2. Infants and toddlers in strollers, car seat carriers or infant carriers of any sort are prohibited from any area of the fitness center unless the parent/guardian is participating in an activity that specifically includes the infant or toddler. (I.e. Mommy & Me classes) in an area that is specifically established as a parent-child workout room, or accompanying an adult spectator at a MCCS sponsored event. This action is to remove any potential for injury to the child as well as eliminate an unsafe distraction for other patrons.

WEIGHT ROOM POLICIES

Please be courteous to other patrons and refrain from using cell phones in this area of the facility.

SAFETY

1. Bar collars are required to be used when lifting. A weight belt and spotter must be used when executing heavy lifting movements. If a feeling of dizziness, lightheadedness, shortness of breath or physical discomfort is experienced, discontinue exercising and seek assistance from staff.

PROHIBITED ACTIVITIES

1. Dropping or throwing weight plates, barbells, or dumbbells is not permitted.
2. The use of ammonia inhalants is strictly prohibited.

EQUIPMENT USE

1. Replace all weight plates, dumbbells, barbells and accessories on the appropriate rack after use.
2. Equipment is required to be wiped down with disinfectant solution/wipe following each use.

CARDIO ROOM POLICIES

Please be courteous to other patrons and refrain from using cell phones in this area of the facility.

EQUIPMENT USE

1. During peak hours please limit your workout to 30 minutes.
2. Equipment is required to be wiped down with disinfectant solution following each use.
3. Do not hold the console of the cardio equipment while exercising. The vibration will damage the LCD monitor.

LOCKER ROOM POLICIES

1. Appropriate attire must be worn after showering.
2. Shower shoes are required.
3. Clean the sink after shaving and brushing teeth.
4. Dispose of personal hygiene products properly.
5. Dying hair in the showers or in the sink is not permitted.

SAUNA/STEAM ROOM POLICIES

SAFETY

1. Use by individuals with an increased risk of injury or illness is prohibited unless authorized by a physician.
2. Spending more than ten minutes in these areas at one time is prohibited.
3. Recommend that patrons wait at least ten minutes after exercising to cool down, or until sweating has subsided before using one of these facilities.
4. Recommend that patrons not use the facilities without another person physically present in the immediate area.
5. Drink water before and after using the sauna or steam room.

PROHIBITED ACTIVITIES

1. Pouring water on heating elements in the sauna room is an electrical hazard.
2. Exercising in the sauna or steam room is strictly prohibited; exercise mats and exercise equipment are not permitted.
3. Individuals at high risk of injury or illness through use of the sauna, steam room, or whirlpool include: pregnant women, individuals taking prescription medicine, individuals with elevated blood pressure are prone to dizziness or light headed episodes. Also, those with circulatory deficiencies, diabetes, heart disease, emotional disorders or a history of seizures and individuals under the influence of alcohol or recreational drugs are prohibited.
4. Use by individuals with contagious viral or bacterial infections, skin infections, wounds, or breaks in the skin is prohibited.
5. Wearing of plastic or rubberized sweat suits/nudity is prohibited.
6. Food is not allowed in the sauna/steam room.

ATTIRE

1. Shower shoes or sandals are required.
2. No athletic/street shoes or boots are permitted.
3. Males and females must wear appropriate attire.

RACQUETBALL COURT POLICIES

EYE PROTECTION

1. Eye protection is required to be worn by any individual participating in racquetball or handball activities, whether competitive or recreational in nature.

CHALLENGE COURT

1. Matches will be the best two out of three games.
2. Games will be to 11 points.
3. Court winners advance to the next match.
4. The next player or group waiting has the next match.

BASKETBALL COURT POLICIES

FOOTWEAR

1. Patrons using this facility will utilize the appropriate footwear. No boots, slippers, sandals or bare feet are permitted. Street/dress shoes or any shoes with soles which leave residue will not be worn on the playing courts.

PROHIBITED ACTIVITIES

1. Hanging on the basketball rims is prohibited.
2. Bouncing or throwing balls at or on the walls, score clock, lights, windows, or video monitoring equipment is prohibited.
3. Spitting on the basketball court is not permitted.
4. Outside food and beverages are not allowed in the fitness center without prior approval from management. Exception: hydration/energy drinks and power bars are authorized.

CHALLENGE COURT

Challenge court rules will apply; games will be played to 15 points, with the winning team advancing to the next game.

YOUTH ACCESSIBILITY POLICIES

GENERAL

1. Direct supervision refers to a parent or legal guardian that is either watching the child or playing together with the child. Parents or legal guardians cannot be participating with other adults while the child is in the facility watching (bleachers, sidelines, bench, etc.). Parents or legal guardians cannot be in another part of the facility away from the child.
2. The following accessibility policies do not apply to patrons that are participating in an MCCS program specifically designed for children.

15-17 YEARS OLD

1. Authorized unrestricted use of all areas of the fitness center and equipment.
2. Not required to be accompanied by a parent or legal guardian.
3. Must attend a Youth Fitness Orientation prior to utilizing cardiovascular equipment and weight rooms.

12-14 YEARS OLD

1. Authorized unrestricted use of racquetball courts and basketball courts without a parent or legal guardian.
2. Authorized use of all other areas of the fitness center and equipment under the direct supervision of a parent or legal guardian.
3. Must attend a Youth Fitness Orientation prior to utilizing cardiovascular equipment and weight rooms.
4. During weight training activities, the parent or legal guardian is required to act as the child's workout partner/spotter.

11 YEARS OLD AND YOUNGER

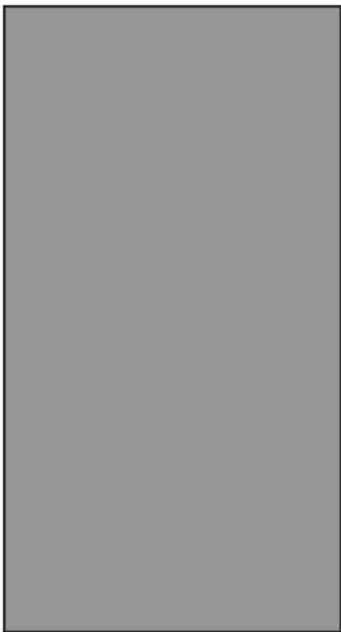
Youth ages 11 years and younger are not allowed in fitness centers unless they are participating in a program specifically for children in this age group or are spectators in an organized special event. All youth in this category must be under the direct supervision of an adult 18 years of age or older. All youth in this category are not permitted in the weight/strength training or cardiovascular rooms.

TOWELS ARE MANDATORY

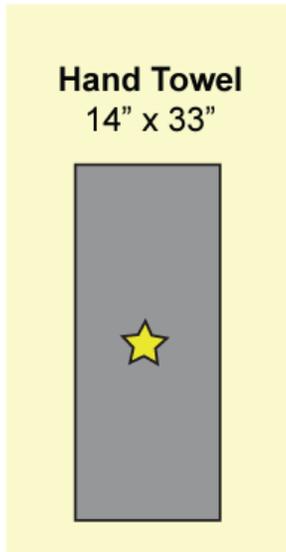
Towel requirements:

- **Hand towel sized** or similar
- **Towel material** (no alternate cloths)

Bath Towel
31" x 57"



Hand Towel
14" x 33"



Face Towel
14" x 14"



*Towel dimensions are approximate and vary by manufacturer

Please use your towel to create a **barrier** when using padded equipment.

Please wipe down equipment with a disinfectant gym wipe before and after use.