**NAVSTA ROTA MWR Fitness Center Rules and Conduct during Unmanned Hours:**

***I understand and agree that having access to the NAVSTA ROTA MWR Fitness Centers during unmanned hours is a special privilege that can be revoked for rule violations.*** Furthermore, I agree to abide by all rules stated below.

**ELIGIBILITY/ ACCESS:**

* All authorized U.S. patrons (age 18 and out of high school) must request access and be registered.
* Guests of are not permitted into the facility during unmanned hours. “Piggybacking” is prohibited and will result in the loss of privileges for both parties.
* For patron safety and security, patrons must ensure that the door closes securely following entry. All other doors MUST remain closed unless there is an emergency.
* Patrons who are working out when the facility closes must exit the facility and swipe back in to continue with their workout.

**CONDUCT:**

* All normal rules for proper dress, machine usage, and etiquette remain in effect.
* Bags and backpacks must be secured in the locker rooms. For safety and security, gags are not permitted in the weight room.
* Use of barbells, Smith Machines, Olympic racks, Plate Loaded Machines, and homemade/personal equipment is prohibited.
* Patrons acknowledge that NAVSTA ROTA is not responsible for personal property.
* Patrons are encouraged to work out with a partner.

**SAFETY/ EMERGENCY RESPONSE:**

* Patrons acknowledge that there may not be anyone on site to respond to an emergency. However, in case of any emergency or need of assistance, a first aid kit and landline are available at the front desk.
* Surveillance cameras will record activities within the fitness centers during unmanned hours. Actions such as theft, defacement, or intentional damage to government property, sexual assault, inappropriate sexual behavior, and violation of rules are subject to administrative action and/or punishment under the Uniform Code of Military Justice (UCMJ).
* AEDs are located by the weight room entrance and entrance of the basketball court.
* All patrons must follow any directions given by NAVSTA ROTA officials (fire, police, or fitness staff) who may be present.
* In the event of a power outage or fire alarm, all patrons will gather their belongings and exit the building promptly.

**I certify that I have read and understand the rules during unmanned hours at the NAVSTA ROTA MWR Fitness Centers. I agree to abide by all of the terms of this statement of understanding. Violation of the rules may result in loss of privileges.**

Name **(PRINT)**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Status: AD DEP CIV DOD RETD

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Expiration Date of DOD card: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mailing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Employee Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Enclosure (1)