



NSAW WASHINGTON NAVY YARD 24/7 UNSTAFFED FITNESS CENTER RULES AND REGULATIONS



THIS FACILITY IS UNSTAFFED DURING THE FOLLOWING TIMES:

Monday thru Friday: 1900 – 0500 AND Weekends and Holidays

During unstaffed hours of operation, access to the following areas is prohibited:

2nd Floor, 3rd Floor and Behind the Front Desk

ELIGIBILITY / ACCESS REQUIREMENTS

- Eligible MWR Fitness patrons 18+ years of age are authorized access to 24/7 Access Unstaffed Fitness upon completion of a safety orientation and registration with the fitness facility staff.
- Eligible MWR Fitness patrons 10 to 17 years of age are authorized access to 24/7 Access Unstaffed Fitness only under the direct supervision of their parent/legal guardian and after all such persons have completed a safety orientation and registration with the fitness facility staff.
- Guests of eligible MWR Fitness patrons are not permitted access to the fitness facility during 24/7 Access Unstaffed Fitness hours of operation.
- Patrons who are working out at the time of transition from staffed to unstaffed hours of operation must depart the facility and swipe back in to continue their workout.

UNSTAFFED FACILITY RULES & REGULATIONS

- During 24/7 Access Unstaffed Fitness facility hours, all existing facility rules, regulations, and standard operating procedures will be adhered to. This includes standards of conduct, fitness attire, use of equipment, facility rules, etiquette, etc.
- An ID swipe is valid of only that person's entry. 'Piggybacking', holding, or propping the door open is prohibited and will result in the loss of 24/7 Access privileges.
- Access card sharing (i.e. CAC, ID card, or access FOB) is prohibited and will result in loss of privileges.
- For safety and security, patrons must ensure that the entry door closes securely following entry. All other facility doors are to remain closed unless needed for an emergency.
- Upon entering, patrons are required to check-in using the iPad located at the front desk.
- Patrons are highly encouraged to workout with a partner for safety reasons.
- Patrons are to use all equipment, machinery, or devices in accordance with their intended purpose.
- The use of equipment safeguards (ie. spotting guards, stop clips, etc.) should be used at all times.
- Spotters are strongly recommended when using free weights and other equipment when appropriate.
- Restricted facility areas, equipment, and out of order equipment are not to be used.

- Patrons are to clean equipment after use with the gym wipes provided and return equipment to the proper location when done.
- All equipment must remain inside the fitness facility and is not permitted to be taken outside the facility.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- The installation and MWR Fitness Program is not responsible for protection of personal property.
- Food, smoking, or smokeless tobacco is not permitted.
- Patrons under the influence of alcohol or illegal drugs are not permitted.
- Violation of Navy and installation policies will not be tolerated.
- Report any equipment or facility issues to MWR.FITNESS.NSAW@US.NAVY.MIL.

Having access to the NSA-Washington MWR Fitness Center during 24/7 Access Unstaffed Fitness hours of operation is a privilege that can be revoked at any time for rule violation. Violation of the rules will result in loss of privileges.

SAFETY & EMERGENCY RESPONSE

- Patrons acknowledge that exercising in an unstaffed fitness facility is at their own risk and there may not be any personnel on site to respond to an emergency.
- In the event of an emergency, call 202-433-3333.
- The first aid kit and phone are available at the front desk. An AED is located in the cardio area, below the TVs.
- In the event of a power outage or fire alarm, all patrons will gather their belongings and exit the building promptly, then call emergency at 202-433-3333.
- All patrons must follow any direction given by NSA-Washington officials (fire, police, fitness staff) who may be present.
- Report any incidents, accidents resulting in injury, or emergencies to MWR.FITNESS.NSAW@US.NAVY.MIL.

**Questions, comments, or concerns:
MWR.FITNESS.NSAW@US.NAVY.MIL**

I have read and understand the unstaffed facility rules and regulations.

NAME

DATE