



## FITNESS CENTERS AGE RESTRICTIONS

(Reference MCO 1700.29)

### 16 YEARS AND OLDER

- (a) Must present a valid ID.
- (b) Unrestricted use of the fitness center and equipment.
- (a) Need not be accompanied by a parent or legal guardian.

### 12 TO 15 YEARS

- (a) Must present a valid ID.
- (b) Authorized use of cardiovascular & weight rooms with direct supervision by parent or legal guardian.
- (c) Authorized use of other areas of the fitness center including group exercise classes with direct supervision by a parent or legal guardian.

### 10 YEARS AND OLDER

- (a) Must present a valid ID.
- (b) Authorized to sit in the lobby area.

### 9 YEARS AND YOUNGER

- (a) Due to the inherent risks and dangers of unsupervised use of fitness centers, no one 9 years of age and younger shall be allowed in the fitness centers unless they are participating in a program specifically designed for children in this age group, or are spectators in an organized athletic/special event.

*Infants and toddlers in stroller, 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.*

### DIRECT SUPERVISION

(a) Direct supervision is defined as:

1. The sole responsibility of the Parent or Legal guardian to supervise and care for the child
2. The adult cannot leave the child unattended anywhere in the Fitness Center. Parents may not leave their children alone in the bleachers; lobby etc. while they participate in basketball, volleyball or any other activity.
3. The adult cannot participate in any event that does not directly involve the child
4. During weight training activities, the parent or legal guardian, is required to act as the child's workout partner/"spotter" for children ages 12-15.

## FITNESS CENTERS GUEST POLICY

(Reference MCO 1700.29)

1. All active duty members with proper identification may sponsor 2 guests. All guest must present a valid identification and complete and sign the guest log/liability waiver. The sponsor must remain with the guest during the entire visit. All guests follow the same age restrictions as authorized patrons. A sponsoring member may not check in another person's child(ren) into the fitness center; only the parent or guardian may do so.

2. All other authorized patrons 18 years or older with the exception of contract employees and TLF guest may sponsor 1 guest. The sponsor must remain with the guest during the entire visit. All guests follow the same age restrictions as authorized patrons. A sponsoring member may not check in another person's child(ren) into the fitness center; only the parent or guardian may do so.

