

**Misawa AB Fitness & Sports Center Statement of Understanding (SOU)  
and  
Waiver/Assumption of Risk Form**

***I understand and agree that my access to the Fitness & Sports Center (FSC) during unmanned hours is a privilege which can be retracted for not abiding by this SOU.***

I understand:

- I will register my Common Access Card (CAC) and sign this SOU and Waiver/Assumption of Risk Form prior to participating in Fitness Access. Retirees and authorized dependents will receive a Fitness Access card and will also sign this Waiver/Assumption of Risk Form.
- **All current authorized patrons defined by AFI 34-101, Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility, approved by the installation Commander, and over the age 18 (Active Duty can be age 17) may have access to the FSC during unmanned hours and are responsible to report any misuse, abuse or violations to Security Forces or the FSC staff.**
- I am not permitted to have guests in the facility during unmanned hours.
- There will be no supervision or assistance during unmanned hours and I am expected to behave in accordance with military rules and standards. Surveillance cameras will record activities within the FSC during unmanned hours. Violations will not be tolerated. As the sponsor, I am responsible for the conduct of my dependents.
- I will be required to swipe my CAC/Fitness Access card for entry. If I am already in the facility when it closes, I will exit the facility and swipe back in for accountability.
- Holding or propping the door open is strictly prohibited and will result in the loss of my privilege; I will ensure that the door closes securely following my entry. Sharing my CAC/Fitness Access card is considered theft of services and will be prosecuted IAW the UCMJ. All other doors WILL remain closed unless needed for an emergency.
- Areas that are not available for use will be locked or clearly marked as restricted.
  - Locked and restricted areas include and are not limited to, sauna, steam room, storage closet, office space, janitor closet, and tumbling room. 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 cardio/weight room and will be used to report any issues with the facility (HVAC, burned out lights, broken doors or windows, etc.) or other customers.
- I will identify and assess potential risks before engaging in any activity and will try to exercise with someone or use cardiovascular and selectorized equipment to mitigate risk of injury.
- A spotter is required when using free-weight bars. If a spotter is not available, a power cage WILL be used. Additionally, I understand it is highly recommended not to exercise above my training limits and experience.
- That Misawa AB is not responsible for my personal property.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident I will follow the published procedures.
- Violation of this SOU and Assumption of Risk could result in loss of my privileges and subject me to further discipline.

**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:** \_\_\_\_\_

**An orientation is required for the Emergency/Safety Zone/Emergency procedures/information, Phone, Automated External Defibrillator (AED), first aid kit with instructions.**

**Orientation Date:** \_\_\_\_\_

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 Misawa AB, Freedom Fitness Center after hours Fitness Access program. I agree to abide by this agreement and will renew my access annually.

I have been briefed on the Fitness & Sports Center Operational and Emergency Procedures.

Rank/Name: \_\_\_\_\_ Unit: \_\_\_\_\_

For Dependents, Sponsor's Name/Unit: \_\_\_\_\_

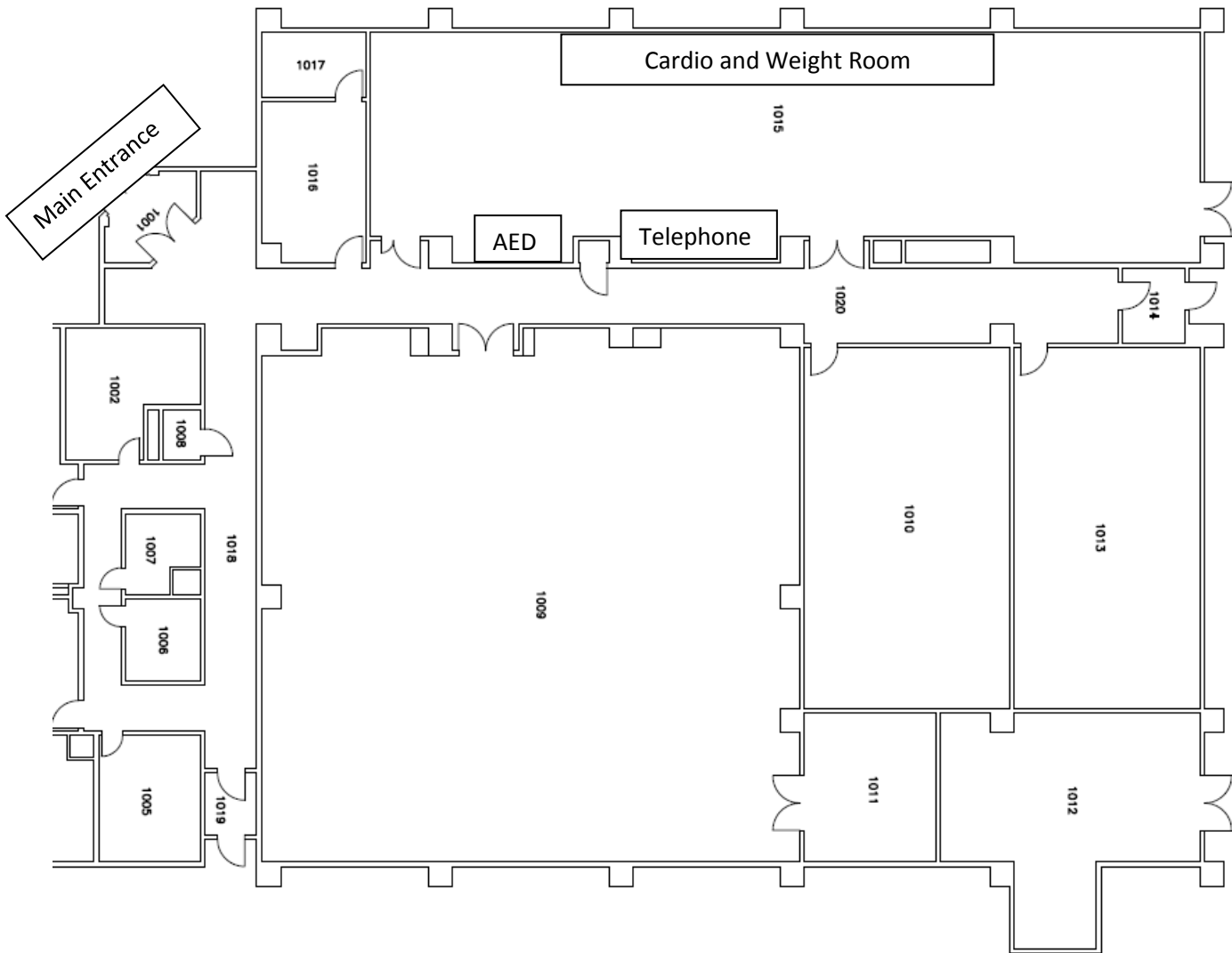
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

FSC Staff Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Attachment: Operational and Emergency Procedure Checklist**

## Operational and Emergency Procedure Checklist

- Emergency Equipment Location:
  - AED Location:
    - Cardio Room east wall adjacent to Precor AMT
  - Telephone Location:
    - On Weight Room's east wall next to light switches; half way between free weight machines and plate loaded Hammer Strength machines.



- Emergency contact information:
  - Security Forces: 911
  - Law Enforcement Desk 226-3600
  - Emergency Room: 911
  - Potter Fitness Center: 226-3982
  - Fire Department: 911
  
- Areas that are closed, off limits and monitored with closed circuit cameras during unsupervised Fitness Access periods:
  - Sauna, Steam Room, Offices, Storage room
  
- Local procedures to ensure Fitness Access members are able to respond to Natural Disaster, Major Accident, and CBRNE incident without the benefit of facility management:
  - Call respective Unit Control Center for further guidance
  - In the event of a power outage, the facility will close immediately. Members must gather their belongings and exit the building promptly unless dangerous conditions exist outside that makes exit unsafe
  - Shelter in place locations are male and female bathrooms. Kits are located upon counter during unmanned hours.
  - First Aid Kits are located upon counter during unmanned hours.
  - During adverse weather take shelter until area has been declared clear by command post.
  - Wingman concept “highly encouraged”