

## **Rose Barracks Jesse L. Williams, B323 (24/7 fitness facility)**

### **Orientation**

Patrons are asked to read and initial following orientation brief.

### **General Rules**

The 24/7 facility is ONLY authorized to US Military, Family Members and DoD Civilians 18 years and older that have completed the orientation and their CAC card recorded in the RecTrac system. Guest and Local National are not authorized during entry during unmanned hours!

Surveillance cameras are located throughout the facility and recording activities USAG Bavaria SDO are monitoring activities live.

For safety and security. Outside doors and windows must remain closed and secure at all times, unless needed for an emergency

Holding or propping the door open is strictly prohibited and will result in immediate loss of privilege. Patrons must scan in one at a time.

Sharing CAC/ID card is considered theft of services from JWFC, B323 and will be prosecuted.

JWFC, B323 does not provide supervision, instruction, or assistance for the use of the facilities and equipment during unmanned hours. \_

Patrons are asked to assess potential risks before engaging in any activity and will take reasonable precautions to mitigate risk of injury, including exercising with someone or fitness equipment.

Patrons are highly encouraged to use the buddy concept. A spotter is required when using free-weight bars. Additionally, do not exercise above your limits and experience.

Proper athletic gear will be worn while engaging in physical/recreational activities - modified ACU is authorized; however boots are not permitted on cardio equipment.

Equipment must remain inside the fitness center and will not be taken outside of the facility under any circumstances. Also, Equipment must remain inside the area it's attended for.

USAG Bavaria F&MWR is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises

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

## **Weight Area**

Patrons are required to return all bars, plates, and dumbbells to their racks after use. Do not leave weight plates on the floor next to machines or lean plates against walls.

Use of collars for free weight is mandatory.

For safety reasons, individuals are required to have a spotter when lifting free-weights.

Fitness equipment and any other exercise machines should be used in accordance with the stations specified functions.

Think safety - do not slam weights on the selectorized and cable machines. Slamming dumbbells or free weights is strictly prohibited.

For safety and security concerns, sports bags are not permitted in the weight room.

If you are going to use CHALK, we ask that you please clean up after yourselves. Vacuum cleaner, rags, brush and mops are available in the janitorial room.

Report any unsafe practices, broken or malfunctioning equipment to management

It is required that all users wipe down machines after usage. Gym wipes are available.

Do not operate equipment with loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Instead please notify management.

Weight benches and equipment must be kept in the established area. Do not move equipment around.

Handles, V-bars, for cable machines are to be removed from the machines and return to the rack after usage. For safety concerns do not leave handle and other bars on the floor.

Failure to comply with these instructions may result in personal injury or loss of weight room privileges.

The weight area will be closed periodically for maintenance and cleaning daily. Closure will be posted, and will be done during low usage time.

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

### **In case of emergency**

The emergency phone, first Aid Kit and AED automatic external defibrillator are located by the main entrance of the facility.

Fire extinguisher are also located by the 24/7 entrance and other emergency exits, with a fire evacuation floor plan.

In the event of a Natural Disaster, Major Accident, CBRNE incident or active shooter, patron will execute lockdown or evacuation procedures, whichever is warranted for the incident at hand. The highest ranking member will take charge during lockdown situations and proceed to contact his/ her UCC for further instruction.

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

### **Selectorized pin-loaded equipment area**

Fitness equipment will only be used in accordance with the stations specified functions.

Do not slam weights on the selectorized and cable machines.

Report any unsafe practices, broken or malfunctioning equipment to management

It is required that all users wipe down machines after usage. Gym wipes are available.

Do not operate equipment with loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Instead please notify management.

The selectorize area will be closed periodically for maintenance and cleaning daily. Closure will be posted, and will be done during low usage time.

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

### **Agility/Exercise area**

Aerobic steps, mats, Logs, jump ropes and other agility equipment are authorized for individual fitness.

Patrons are asked to clean and wipe off equipment and place them back in its original location after usage.

DO NOT remove equipment from this area.

Report any unsafe practices, broken or malfunctioning equipment to management

The exercise area will be closed periodically for maintenance and cleaning daily. Closure will be posted, and will be done during low usage time.

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

## **Functional Fitness Area**

Improper form and use of the equipment can cause serious injuries. We highly recommend that you attend our functional fitness safety training with our certified coaches prior to utilizing this functional fitness area. (Dates/times and registration forms are posted on the Bulletin board).

DO NOT remove equipment from the functional fitness area.

Clean and properly store all equipment after each workout. Wipe down barbells with dry cloth or brush ONLY (not gym wipes).

If you are going to use CHALK, we ask that you please clean up after yourselves. Vacuum cleaner, rags, brush and mops are available in the janitorial room

Do not coach patrons unless you are a certified trainer.

When instructional classes/training are being conducted, the area is closed to individual workouts and sign will be posted a minimum of 24 hours in advance to inform our customers.

Space is limited – We ask that you plan your workout accordingly.

Report any unsafe practices, broken or malfunctioning equipment to management.

For safety and security concerns, sports bags are not permitted in the functional fitness room.

Be respectful of others, and most of all, BE SAFE.

The Functional fitness area will be closed periodically for maintenance and cleaning daily. Closure will be posted, and will be done during low usage time.

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

## **Locker Rooms**

All lockers are considered daily lockers.

Use of daily locker is free of charge and patrons must supply their own lock.

For force protection reasons, no overnight storage is authorized.

Female Lockers Room – As a safety precaution measure an electronic lock was placed on the ladies locker room door. Female patrons will be issued a code for the electronic door. Patrons are not to share the code with anyone. Code will be periodically changed and female patrons will be informed. Note: This will only be activated during unmanned hours.

Locks left on locker will be reported to facility manager, and an unauthorized note will be posted to provide the customer 24 hour notice. Lock will be cut off and items removed after that point. Items will be inventoried and kept at the facility for two week. High valuable items will be stored in safe.

Discrepancies such as broken lockers, damaged lockers, or unauthorized use of general daily lockers will be reported to management.

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

We ask to report any misuse, abuse or violations of JWFC 24/7 policies to the USAG Bavaria, SDO, Military Police and management.

The janitorial closet will be available to clean up any spilled liquid and or to clean area that may cause a safety hazard.

Patrons are asked to read, initial, and provide all required information and sign the below **Waiver Statement of Understanding** and submit to the following email address:  
[usarmy.grafenwoehr.imcom-fmwrc.list.sports-and-fitness@mail.mil](mailto:usarmy.grafenwoehr.imcom-fmwrc.list.sports-and-fitness@mail.mil)

Once we receive your Orientation and Waiver Statement of Understanding, we will need you to stop by the JWFC B323, so the Family and MWR Staff can scan your CAC/ID card bar code in our Access System to provide you entry to the JWFC, B323 24/7 fitness facility.

You are now ready to access the 24/7 facility.

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

Be safe! Army Strong!

## RELEASE OF LIABILITY

### READ CAREFULLY—THIS AFFECTS YOUR LEGAL RIGHTS

I understand and agree that my access to the Rose Barracks Jesse L. Williams Fitness Center, B323 (JWFC) during unmanned hours is a privilege governed by this SOU. I agree to abide by the terms and conditions of this SOU. I understand that failure to comply with the SOU will result in revocation of access privileges during unmanned hours.

By my initials below, I express my understanding of, and agreement to the following:

- I will register my Common Access (CAC) / ID card and sign this form prior to accessing the JWFC during unmanned hours. Initials \_\_\_\_\_
- All current authorized patrons defined by AR 215-1, Army Military Morale, Welfare, and Recreation (MWR) Programs, approved by the installation Commander, and over the age of 18 (Active Duty can be age 17) may access the JWFC during unmanned hours. By accessing the facility, I agree to report any misuse, abuse or violations of JWFC policies to the Military Police and the fitness center staff. Initials \_\_\_\_\_
- I am not permitted to have guests in the facility during unmanned hours. Initials \_\_\_\_\_
- 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 during unmanned hours. Violations of JWFC policies will not be tolerated. As the sponsor, I am responsible for the conduct of my dependents. Initials \_\_\_\_\_
- I will swipe my CAC/ ID card for entry, and my entry will be logged in the JWFC database. If I am in the facility when manned operating hours cease, I will exit the facility and swipe back in for accountability. Initials \_\_\_\_\_
- Holding or propping the door open is strictly prohibited and will result in immediate loss of my privilege. Sharing my CAC/ID card is considered theft of services from JWFC and will be prosecuted. Initials \_\_\_\_\_
- For safety and security, I will ensure the 24 hour access main door securely closes following my entry. All other doors WILL remain closed unless needed for an emergency. Initials \_\_\_\_\_
- Areas that are not available for use will be locked or clearly marked as restricted. Initials \_\_\_\_\_
- I will not partake in horseplay or other conduct that may jeopardize others or my safety. Initials \_\_\_\_\_
- Equipment must remain inside the fitness center and will not be taken outside of the facility under any circumstances. Initials \_\_\_\_\_
- I will identify and assess potential risks before engaging in any activity and will take reasonable precautions to mitigate risk of injury, including exercising with someone or fitness equipment. Patrons are highly encouraged to use the buddy concept. Initials \_\_\_\_\_

- 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. Initials \_\_\_\_\_
- In the event of a Natural Disaster, Major Accident, CBRNE incident or active shooter, I will execute lockdown or evacuation procedures, whichever is warranted for the incident at hand. The highest ranking member will take charge during lockdown situations and proceed to contact his/ her UCC for further instruction. Initials \_\_\_\_\_
- Violation of this SOU and Assumption of Risk could result in loss of my privileges and subject me to further discipline. Initials \_\_\_\_\_

#### ASSUMPTION OF RISK OF INJURY AND WAIVER OF CLAIMS:

- In consideration of access to the JWFC and use of the exercise equipment and facilities provided by JWFC, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that JWFC, United States Army and United States Government, and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the JWFC. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and I hereby fully and forever release and discharge the JWFC, United States Army and United States Government, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities. I expressly agree to indemnify and hold the JWFC, United States Army and United States Government harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me. I agree to be solely responsible for safety and well-being of myself. Initials \_\_\_\_\_
- I understand that the JWFC does not provide supervision, instruction, or assistance for the use of the facilities and equipment during unmanned hours. Initials \_\_\_\_\_
- I agree to comply with all rules imposed by the JWFC regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. Initials \_\_\_\_\_
- I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death. Initials \_\_\_\_\_
- I am familiar how to safely operate all fitness equipment available during unmanned hours. Initials \_\_\_\_\_
- I understand and agree that the JWFC is not responsible for personal property that is lost, stolen, or damaged while in, on, or about the premises. Initials \_\_\_\_\_

- I understand and agree that my use of the facilities and equipment is only to be undertaken on my own personal time, and that my use of the facilities and equipment is not within the course or scope of my employment. Initials \_\_\_\_\_
- I understand that I may be subject to an investigation for items found stolen or missing during the unmanned hours at which I am present. Initials \_\_\_\_\_
- **PRE-EXISTING MEDICAL CONDITIONS.** I represent that I am in good physical health and have no symptoms, medical conditions, impairments, or diseases that might be aggravated, worsened, or induced by my intended use of the JWFC. If I have any health or medical concerns now or after I register, I will immediately discontinue my use of the fitness center until I am cleared for physical activity by a physician. I agree not to engage in a use of the fitness center that will result in self-injury. Initials \_\_\_\_\_
- **MANDATORY ORIENTATION.** I understand prior to utilizing the JWFC I must attend a 30 minute orientation emphasizing rules, safety and emergency procedures. Initials \_\_\_\_\_

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

**I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.**

Rank: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

Unit: \_\_\_\_\_

Duty Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

DEROS: \_\_\_\_\_ Signature: \_\_\_\_\_

Staff Member Name: \_\_\_\_\_

Staff Member Name: \_\_\_\_\_

#### Operational and Emergency Contact Information

- **Military Police**                      **DSN: 475-114**                      **COMM: 09641-83-114**
- **Fire Department**                      **DSN: 475-112**                      **COMM: 09641-83-112**
- **Sharp Hotline**                      **DSN: 475-4567**                      **COMM: 09641-83-4567**