

24/7 GYM RULES

AUTHORIZED PERSONNEL

US Personnel Only!

1. Active-duty military personnel and their family members
2. DA Civilian personnel and their family members.

Ages

18 years and above. (17 for Active-Duty personnel)
Youth ages 12-17 while under direct supervision of their parent/legal guardian.

Guests are NOT authorized.

Proper Attire

Athletic gear will be worn while engaging in physical/recreational activities – modified OCP is the only authorized exception. Clothing in question, refer to the Fitness Center Proper Attire Flyer

For your safety and security reasons, surveillance cameras will record activities while using the 24/7 Gym.

Patrons must swipe their CAC/ ID card for entry and will ensure the 24/7 Gym entrance door is securely closed following entry. Note: Entries will be logged in the RECTRAC database.

Holding or propping the door open is strictly prohibited and will result in immediate loss of privilege.

Sharing CAC/ID card is considered theft of services from the 24/7 Gym and will be prosecuted.

For safety and security reasons, all outside doors will remain closed unless needed for an emergency.

The emergency phone, First Aid Kit, and AED (automated external defibrillator) are readily available. (See posted facility SOP for locations)

Serious injuries will be reported to the Installation Operation Center (IOC) at DSN: 526- 2303 or COM: 09641-70-526-2303 and the Safety office at DSN: 526-3025 or COM: 09641-70- 526-3025.

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

There will be no supervision or assistance during unmanned hours. Patrons will identify and assess potential risks before engaging in any activity and will take reasonable precautions to mitigate risk of injury. Patrons are highly encouraged to use the buddy concept when exercising in the 24/7 Gym.

For hygienic and health purposes, we ask that you please wipe equipment prior to and after use. Sanitation wipes are available throughout the 24/7 Gym.

Equipment must remain inside the 24/7 Gym and will not be taken outside of the facility under any circumstance. Also, equipment must remain inside the room/area it's intended for.

A spotter is required when using free-weight bars and going to muscle fatigue. If a spotter is not available, a power rack/cage with the safety arms will be used.

Collars are mandatory when using free-weights. Do not leave weight plates on the bars after use. We ask that you properly place them back on the horns and weight trees.

Properly store all equipment after each use in its dedicated area.

Sound producing devices and Bluetooth speakers are not permitted. (Audio devices with headphones are authorized).

Alcoholic beverages, tobacco products and firearms are prohibited inside the 24/7 Gym.

Animals/Pets are not permitted in the 24/7 Gym.

Bags and excess clothing in the fitness areas presents a safety hazard and are prohibited. Locker room is open, and lockers are available to safely store your personal items.

Taking pictures or filming inside the 24/7 Gym is strictly prohibited.

Patrons are asked to report any misuse, abuse or violations of 24/7 Gym to the Military Police and the fitness facility manager.

The janitorial room is open for patrons to use in case of spillage, excessive dirt, etc. Mops, brooms, rags, dustpan, and wet floor safety signs are available.

Family and MWR assume no liability for accident, injury, or loss of property in or on any of our sports and fitness facilities.

Patrons caught violating these rules will be barred from using the 24/7 Gym and will be reported to the USAG Bavaria Garrison Command Sergeant Major, and your individual chain of command.