

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
TOWER BARRACKS FITNESS CENTER
8-Week WEIGHT LOSS CHALLENGE 2021
5 February – 26 March 2021
“Sprint to Spring”**

1. **REFERENCES:**
 - a. AER 215-1 Morale, Welfare, and Recreation in Europe (17 June 2019)
2. **WHAT:**
 - a. 2021 Fitness & Wellness Challenge “**Sprint to Spring**”
3. **WHEN:**
 - a. 5 February – 2 April 2021
4. **WHERE:**
 - a. Tower Barracks PFC, Bldg. 170
5. **REGISTRATION:**
 - a. Register in person at your local fitness centers in both Tower (Graf) and Rose (Vilseck) Barracks.
 - b. Registration fee: **\$50** **Max 35 People**
Please visit your local fitness center for payment.
 - c. Registration deadline is **31 January 2021**.
6. **ELIGIBILITY:**
 - a. Open to all US ID cardholders in the Grafenwoehr (Tower Barracks) and Vilseck (Rose Barracks) communities.
 - b. Must be 18 years or older to participate. Not in high school or registered in a CYS program.
 - c. Individuals who have no current physical limitations, free of communicable diseases, and cleared to participate in physical fitness activities.
7. **EVENT FORMAT:**
 - a. Set your eyes for sunny skies and begin your journey into fitness! If you’re looking for a challenging and rewarding experience to meet your fitness goals, then this challenge is for you. Shred off that winter weight, get back into fitness, and win!
 - b. Participants will follow all current pandemic restrictions and policies in the fitness centers to include: properly wearing masks at all times, social distancing, hygiene and sanitizing procedures, and all facility policies.
 - c. Participation rules and related information will be provided to all registered participants.

d. Participant weight and BMI will be assessed and recorded in person bi-weekly throughout the event.

e. A mandatory weigh-in will be conducted in person in both fitness centers in Tower and Rose Barracks.

f. Participants will monitor their food and water intake by using a food journal. Journals will be submitted to the community dietician on specified dates throughout the event.

g. Weekly workout programs will be provided. Program facilitator and qualified staff will be available to provide assistance on exercises and equipment use as needed.

h. To foster commitment, participants must meet deadlines and workouts.

8. **CLASSES:**

a. All in-house classes are temporarily not available due to pandemic restrictions.

9. **APPAREL:**

a. Facility policies applicable when present inside. Proper athletic clothing wear and shoes for safety will be worn.

b. Appropriate face mask, nothing with breathing valves or elevation masks will be worn properly at all times inside the facility.

c. No bags allowed. Small personal items and towels are authorized. Bring individual water sources. Locker rooms are open for use to store extra clothing only.

10. **AWARDS:**

a. FITNESS IS THE ULTIMATE PRICE!

b. Participant must meet all requirements to qualify for the award. Winner will be announced on 6 April 2021.

11. **EVENT POC:**

USAG Bavaria Sports & Fitness
Physical Fitness Center
B170 Gettysburg Ave., Tower Barracks
DSN 475-9007 CIV 09641-83-9007