

# NAVY FITNESS CENTER RULES AND REGULATIONS

- 1** Fitness apparel and footwear must be worn at all times in accordance with the Navy Fitness Dress Code.  
\* Socks, sandals, crocs, and boots are examples of inappropriate footwear.
- 2** All fitness equipment is to be used in the manner it was manufactured, no modifications or alterations allowed.
- 3** All weights must be re-racked and equipment must be returned to the proper location after use
- 4** Navy Fitness highly recommends the use of spotters and safety bars while lifting heavy weights
- 5** Collars must be used on barbells and EZ Curl bars
- 6** Use of chalk (including liquid chalk) is PROHIBITED inside the facility
- 7** All equipment will be wiped down after use, using provided gym wipes
- 8** During busy patron times, limit equipment usage to one machine at a time and limit cardio machines to 30 minutes
- 9** Gym bags are to be stored in lockers for safety and counter-terrorism reasons
- 10** Personal music/audio must be played through headphones, no external speakers are permitted
- 11** Personal Training or classes of any kind is prohibited by anyone other than Navy Fitness Staff, contractors, or Navy CFLs.
- 12** All tobacco and vaping products are prohibited.
- 13** Open containers are not permitted. Ensure all drinks are in closed containers to prevent accidental spills.
- 14** Photography and videography in ALL areas of the facility is PROHIBITED unless by official Navy media personnel with Command authorization.
- 15** Inappropriate language will not be tolerated.

## YOUTH GUIDELINES

\*The follow rules apply to manned hours only. Youth 17 and under are NOT permitted in the facility during unmanned hours.\*

- 1** Parents of all youth 9-17 must see the front desk for Youth Orientation prior to using the facility
- 2** Youth under 9 years old are not permitted in the facility, which includes the Outdoor Fitness Pad
- 3** Youth 9-11 are permitted to workout with their parents in the Group Exercise room, to include classes.
- 4** Youth 12-15 are permitted to use all equipment in the cardio room and weight room with close parental supervision.
- 5** Youth 16-17 are permitted to use the facility without parental supervision.

Individuals found in non-compliance of the rules and regulations as stated may be barred from the facility for a period to be determined by the Command.

