

NORTHERN LIGHTS RECREATION FACILITY

General Base Gym Guidelines and Rules of Conduct

1. Authorized patrons include: Active duty military, their dependents; retired military, their dependants; civilians employed by the Coast Guard, (appropriated, CGES, and MWR) and their dependents and others as authorized by the Commanding Officer and MWR manual (COMDTINST1710.13series)
2. An authorized patron, 16 years of age and over, may sponsor one guest to use the base fitness facilities. When needed as a result of increased authorized patron usage MWR may place limitations on guest use during peak hours.
3. Active duty military members can request, in advance, an increase of the sponsor ratio for guests during times when off island immediate family members are visiting.
4. Visits by guests will be on a non-recurring basis – no more than twice per week.
5. Guests must accompany the sponsor at all times, with the exception of locker rooms.
6. All patrons must sign in and out while using the facility. Patrons are subject to ID checks at any time.
7. A parent must directly supervise children under the age of 10. Parents are not allowed to drop off their children (under the age of 10) off at this facility and leave them unattended.
8. Food and/or drinks (other than water) are confined to the concession stand/lobby area. Exceptions are made for special MWR programs or sponsored events.
9. Proper gym attire is required in all active areas.
10. All patrons are to be **off** the equipment by **2055**, which give patrons five (5) minutes to gather their belongings from the locker room and exit the building.

ADDITIONAL SPECIFIC ROOM REGULATIONS

Weight Room, Cardio Room, and Aerobics Room Age Restrictions:

- a) 16 and above: Unrestricted use of activity areas; need not be supervised by a parent.
- b) 13-15: Restricted Use of areas: Requires “interactive supervision” from parent at all times. Interactive supervision requires parent and child to perform activity together.
- c) 12 and under: Restricted from using or being present in these areas unless a doctor’s note (& physical) is present and an authorization letter is in hand approved by the command.

Aerobics Room: Food, gum, soda/drinks or snacks of any kind are prohibited in the room. Water, in leak proof containers is ok.

Racquetball Courts can be used for small youth groups (children under 16 years of age) and programs but only when direct parent supervision is present.

Parent Workout Room: (equipment priority goes to parents with small children)

- a) Parents must supervise their own children: children must stay within the confines of the “baby areas” provided.
- b) No children are to be playing or sitting/standing around the machines.
- c) Food, gum, soda/drinks or snacks of any kind are prohibited.
- d) Dirty diapers or other soiled materials must be taken with the individual upon leaving the workout room.
- e) Parents neglecting to clean up after themselves may be subject to their privileges being suspended or pulled.

Solar Therapy Room: Minimum age allowed to use the tanning room is 16 years of age. Patrons must use eye protection.

Gear Issue Checkout: Dependents must be 18 years or older to check out gear, security deposit required in case broken or damaged equipment.

This is a general list of guidelines; additional specific rules are posted at the Northern Lights Recreation Facility or in each activity area.