

# Participation Policies

## Customers authorized to use the facility:

Only customers with a Department of Defense (DoD) identification card (ID card) are authorized to use this complex accordance with AFI 34-266 Air Force Fitness and Sports Programs, 24 September 2007 and AFI 34-262 Air Force Services Programs & Use Eligibility, 27 June 2002. All customers must be prepared to present their DoD ID Card at the front desk to a staff member before entering the facility. Customers inside this facility are subject to random ID card checks performed by a staff member at all times.

**Guest Policy:** Only a DoD customer 18 years or older can sponsor one guest (18 yrs or older) with a guest valid ID (driver's license and/or student ID). Sponsors are responsible for their guests at all times while in this facility and while visiting this installation. Sponsors must sign in guests at the front desk before entering this facility. Guest must stay with their sponsors at all times while inside this complex. Active Duty customers with out-of-town family members visiting are the only exception.

## Customer Age Restrictions:

1. All customers 16 years of age or older must have a Department of Defense (DoD) Individual Identification (ID) Card
2. Military Family Youth 13 – 15 years of age are authorized to exercise on cardiovascular and/or strength equipment or attend a group exercise class under Adult **INTERACTIVE SUPERVISION** with youth to participate in/perform activity together at all times. (Adults must be 18 or older, legal guardian or youth Program Staff). **Note:** Basketball/volleyball courts and Racquetball courts ONLY do not require interactive supervision as long as the adult is inside the facility.

3. Military Family Youth 6 – 12 Years of age are authorized to use the basketball/volleyball courts or racquetball courts with Adult **INTERACTIVE SUPERVISION** at all times. All cardiovascular and/or strength equipment is prohibited in this complex.
4. Military Family Youth 5 years or younger are not allowed in the complex with the exceptions of parents that wish to use the "Child Playroom" or those children who are supervised spectators during a special event or intramural/varsity sporting game.
5. Military Adults with youth 9 years or younger are authorized to use the "Child Playroom". Children must stay in the play area while adults only are using cardiovascular equipment in this room. Adults must maintain direct eye contact with children at all times while using the cardiovascular equipment provided in the playroom. Child Playroom policies are available at the "Courtesy Counter" upon request.



**First**



**Safety**

# Participation and Policy Guide

AF SERVICES  
**Fitness & Sports**

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Bldg 225  
CAFB, SC 29404  
Phone (843) 963-3347  
FAX 963-3346  
DSN 673-3347

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# General Policies



**“Exercise Safety”** is our number one priority to every customer entering this facility or using surrounding athletic areas!

Before using any type of exercise equipment or taking an exercise class in this facility, please read all directions and/

or ask a staff member for assistance. Spectators and parents with small children must also be very careful while in this facility to the type of activities that are in progress at all times.

**Proper exercise attire** (i.e. shirt, medium length shorts, pants, under garment support, and shoes) must be worn at all times while working out or participating in a physical activity in the facility.

Inappropriate graphics or language on clothing is prohibited. Military uniforms, casual wear slacks/shorts (clothing with belt loops and/or zippers) and “cutoffs” are considered non-exercise attire and are not to be worn.

Shoes worn on courts must be non-marking court shoes and have clean soles. Customers playing any type of court (Basketball, Racquetball etc.) sports can not have pockets or jewelry exposed. Any parts of a plastic/rubber suit are not authorized in this facility, to include outdoor running tracks or athletic fields.

Customers not wearing proper exercise attire will be asked to change into appropriate exercise clothing or leave the facility immediately.

**Athletic bags** cannot be stored in the Weight Room, Warm Up Area or Child’s Play Room around cardiovascular equipment due to possible tripping hazards while customers are exercising

in these areas. Anything that cannot be stored in cubby spaces provided in the Weight Room must be stored in daily use lockers.

**Profanity or other misconduct** or any policy noncompliance will result in immediate dismissal from the facility. Staff will ask individuals to leave immediately when misconduct or policy non-compliance determines to be disruptive to other customers and removal becomes necessary. All dismissals from the complex are subject to additional review and/or possible loss of privileges for a greater period.

**A courtesy phone** (class C) is provided for patrons that need to call on base. Calls should be limited to three minutes. Patrons desiring to call off base must use the pay phone located in front of the facility. Off base phones are only available for official use only and not available for customers.

**Child’s Play Room** is available for parents with children 9 years or younger. Children must be fully dressed to include shoes at all times. Parents of unruly children will be asked to leave the facility immediately. The Playroom is limited to eight children at any given time. Parents must have “direct line of sight” supervision of their child(ren) at all times while exercising on the cardiovascular equipment. Children having visible signs of a fever or contagious illness are prohibited use of the PlayRoom.



Please ask your fitness staff for a copy of the complete list of Play Room policies.

**Open Challenge Basketball** play will go into effect when people are waiting to play. Games are limited to first team to 10 points (1 pt per shot) or 15 minutes, which ever comes first. The next team up to play will monitor the clock on the court. All differences must be settled by shooting free throws. If differences cannot be resolved with-

in 30 seconds, both sides will forfeit the game and the next ten names on the challenge board will play. Players cannot have their names on the challenge board while playing in another game at the same time. “No Dunking” basketballs at anytime except during organized intramural or varsity sports events.



**Racquetball/Handball** challenge play, reserve play and open play is available daily. Individuals can call the courtesy counter up to 24 hours in advance and reserve a court for one hour. All courts not reserved or “no shows” that occur will become open play courts. Patrons not checking in for court reservation after a ten (10) minute grace period will forfeit court. Challenge Play is available on both courts Mon – Fri from 1100 – 1300 hrs.

**Open Challenge Racquetball** play will consist of 15 point matches with both players receiving points for winning volley. Any player reaching 15 points first wins the match with no winning by two points. Matches will switch to 11-point games when more that two (2) challengers are waiting to play on court. Players winning two consecutive times will surrender court and go to the bottom of the challenger list.

**“Protective Eye Guards”** must be worn at all times while playing/practicing racquetball or handball and available for checkout at the front desk. Violators not wearing eye protection will be asked to stop playing and may lose court privileges for the day.

**GREAT  
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