



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT BELVOIR
9820 FLAGLER ROAD, SUITE 213
FORT BELVOIR, VIRGINIA 22060-5928

REPLY TO
ATTENTION OF

Fort Belvoir Body Shop Unmanned Hours Rules/Waiver

Authorized patrons are defined by AR 215-1 and must be age 18 or over (Active Duty (AD) can be age 17) to utilize Body Shop during unmanned hours of operation. To obtain access, all authorized patrons must register their Common Access Cards (CAC) with Body Shop. All patrons without CACs will be required to purchase cards from Body Shop to use the facility during unmanned hours. Registration of CACs will be for one year of registration date. Guests of registered users are not permitted into the facility during unmanned hours.

Surveillance cameras will be recording activities within the Fitness Center during unmanned hours. Actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, and violation of rules will not be tolerated and are subject to punishment. Violation of the rules will result in loss of privileges, and individuals will be subject to the Uniform Code of Military Justice (UCMJ) and prosecution. Active Duty/Army Reserve (USAR)/Army National Guard (ARNG) members (sponsors) will be held responsible for the conduct of their family members.

Authorized patrons will swipe once for entry at the main entrance. Patrons who are working out when the facility closes must exit the facility and swipe back in to continue with their workouts.

CAC sharing is strictly prohibited and will result in the loss of privilege. CAC sharing is viewed as theft of services and may be prosecuted in accordance with the UCMJ.

For patron safety and security, patrons must ensure that the door closes securely following entry. Valid ID cardholders will not allow any other person to access when they enter. An ID card is only valid for that person's entry. "Piggybacking" is prohibited and will result in the loss of privileges for both parties. All other doors **MUST** remain closed unless there is an emergency.

Areas that are not available for use will be locked or clearly marked as restricted.

It is highly encouraged that patrons utilize the buddy concept during unmanned hours, especially when utilizing free weights. If free-weights are used, recommend patrons not exercise above their training limits and experience. Equipment will not be taken outside of the weight room under any circumstances. All weights will be re-racked by patrons when they have completed their workout.

In the event of severe weather, patrons will shelter-in-place in the Body Shop until severe weather has passed.

An emergency phone is located in the facility in case of any emergency or need for assistance.

I agree to abide by all rules stated above:

I understand and agree that my access to the Body Shop (BS) during unmanned hours is a special privilege that can be taken away for a rules violation.

"LEADERS IN EXCELLENCE"

I acknowledge that there will be no supervision or assistance during unmanned hours and I am expected to behave in accordance with fitness center rules and good standards of conduct and discipline.

I acknowledge that there may not be anyone on site to respond to an emergency.

I acknowledge that Fort Belvoir is not responsible for the protection of personal property.

In consideration of access to the BS and use of the exercise equipment and facilities provided by BS, **I expressly agree and contract**, on behalf of myself, my heirs, executors, administrators, successors and assigns, that BS, Fort Belvoir Non-appropriated Fund Instrumentality, Fort Belvoir Army Garrison, and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the BS.

By the execution of this agreement, **I accept and assume** full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and **I hereby fully and forever release and discharge** the BS, Fort Belvoir Non-appropriated Fund Instrumentality, Fort Belvoir Army Garrison, United States Army and United States Government, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities. **I expressly agree** to indemnify and hold the BS, Fort Belvoir Non-appropriated Fund Instrumentality, Fort Belvoir Army Garrison, United States Army and United States Government harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me. **I agree to be solely responsible** for safety and well-being of myself.

Initials _____

I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death. _____

NAME (PRINT): _____

DOB: _____ GENDER: _____ SPONSOR NAME: _____

UNIT/ORGANIZATION: _____

BRANCH: _____ GRADE/RANK: _____

E-MAIL: _____ PHONE: _____

ADDRESS: _____

EMERGENCY CONTACT: _____

SIGNATURE: _____ DATE: _____

TO BE COMPLETED BY STAFF: EXPIRATION DATE: _____