

Fitness Center

Rules and Regulations

Attire

- Civilian attire must be worn in good taste and must not conflict with the cultural norms of the host nation.
- **Footwear:** Only clean, serviceable athletic footwear is permitted. Shower shoes, flip-flops, dive booties, bare feet, sandals, slippers, and crocs are prohibited due to hygiene and safety concerns. Footwear that traps dirt, mud, or debris in the soles is not allowed. Clean, serviceable boots are authorized in strength training and general workout areas but are prohibited on cardiovascular equipment (e.g., treadmills, bikes, ellipticals, etc.).
- **Gym Wear:** Patrons must wear clean, serviceable gym attire. Clothing that exposes underwear or buttocks is prohibited. Utility uniforms, jeans, and clothing with zippers, buttons, or belt buckles are not allowed due to the risk of damage to equipment and potential injury.
- **Headgear:** All headgear (e.g., ball caps, covers, etc.) must be removed inside MCCA fitness centers. Sweatbands and hooded sweatshirts are permitted.

Prohibited Activities

- Only authorized contractors or vendors under MCCA contract may conduct business within the facility. Selling, advertising, or distributing non-MCCA or unsanctioned products/services is strictly prohibited.
- Tobacco and alcohol use is prohibited inside the facility.
- Animals are not permitted, except service animals assisting individuals with disabilities.
- Horseplay, fighting, profanity, abusive language, and destruction of MCCA property are prohibited.
- Equipment may not be relocated without approval from facility management.
- Bicycles, skateboards, rollerblades, Heelys, and scooters are prohibited. Ball bouncing or passing in corridors is not allowed.
- Photography, video recording, or use of recording devices is strictly prohibited in locker rooms, saunas, and steam rooms.
- Workout bags, including backpacks and duffel bags, are not allowed on the weight room floor and must be stored in designated bag areas or cubbies.

Miscellaneous

- MCCA is not responsible for lost, stolen, or damaged personal property.
- Only approved radio stations will be played over the public address system. Personal music must be listened to with headphones.
- Individuals with open or draining wounds must fully cover the area with sterile gauze and clothing.
- Patrons must present ID cards upon request.
- Failure to comply with these policies may result in dismissal from the facility.

Strength Equipment

- Bar collars, weight belts, and spotters are required for heavy lifts.
- Discontinue exercise and seek assistance if experiencing discomfort.
- The unnecessary dropping or throwing of weights is not permitted.
- Ammonia inhalants are strictly prohibited.
- Return all weights and accessories to their proper racks after use.
- Wipe down equipment with disinfectant after each use.

Cardiovascular Equipment

- Limit workouts to 30 minutes during peak hours.
- Wipe down equipment with disinfectant after each use.
- Do not hold the console while exercising, as vibration may damage the monitor.

Youth Accessibility

- **Youth Aged 12 and Older:** Youth must complete an orientation conducted by authorized MCCA personnel, with parent or legal guardian approval, before accessing the fitness center. Once completed, they may use all areas of staffed fitness centers—excluding saunas and steam rooms—without parent or legal guardian supervision.
- **Youth Aged 11 and Younger:** Youth in this category may only enter the fitness center under direct supervision of a parent or legal guardian. They are prohibited from weight rooms, cardio areas, saunas, and steam rooms. Other areas (e.g., sports courts) are permitted with direct supervision. Due to varying maturity levels, youth require gradual, structured training. Parents and legal guardians must exercise extreme caution.
- **Definition of Direct Supervision:** Parents or legal guardians must remain with the child at all times and may not leave them unattended or engage in activities that do not directly involve the child.

Unstaffed Fitness Centers

The following rules apply during unstaffed hours:

- Use of unstaffed fitness centers involves inherent risks including injury or death.
- Patrons must submit a hold harmless agreement prior to use.
- Unsupervised youth under 18 (excluding Active Duty) are prohibited.
- Supervised youth aged 12+ may use the facility after completing a youth orientation and must be accompanied by a parent or legal guardian.
- Youth participation is limited by equipment suitability.
- Patrons are strongly encouraged to exercise with a partner.
- Saunas and steam rooms are not available during unstaffed hours.
- Patrons should consult a qualified medical professional before beginning any fitness program.