



Morale Welfare and Recreation Department  
Fitness Center  
Naval Air Station, Lemoore  
932 Hancock Avenue  
559-998-4883



## MWR FITNESS USER AGREEMENT FOR 24 HOUR UNSTAFFED FITNESS FACILITIES

Ref: (a) CNIC 6100.3 Physical Activity Risk Factor Questionnaire (PARFQ)

Access to the NASL Mainside Fitness Center during Unstaffed Hours will be granted upon completion of orientation and requiring annual orientation renewal on the anniversary of orientation date.

- 1) Access code will be provided monthly via email identified by user on this document. Sharing of access code or allowing unauthorized access to other patrons (i.e. holding door open) is prohibited and will result in loss of access privileges. **Guests are not authorized.**
- 2) I have received the Physical Activity Risk Factor Questionnaire (PARFQ) for self-screening prior to beginning a physical exercise program. I agree to sign in on the logbook provided and the check-in iPads. I agree to adhere to the operational policies identified in this orientation.
- 3) I accept the risk of exercising without a workout partner (i.e. - emergency response capabilities in an instance when a user is injured or becomes ill) and agree to utilize all manufacturer equipment safety features. On base-courtesy phone can be used for emergency purposes by dialing 9-1-1.
- 4) I have been shown where the first aid kit and facility AED's are located and am aware of where the phone is located should I need to call emergency services.
- 5) Only authorized patrons (Active Duty Members, Active Duty Family Members (Youth Ages 10 through 17 **accompanied** by Parent or Legal Guardian that have completed the Unstaffed Fitness Facility Orientation), DOD Civilians, Reservists, and Retirees will be eligible for access.
- 6) Per local dress code policy, appropriate exercise clothing and shoes are required to use the fitness space. Smoking or use of smokeless tobacco is not permitted. Patrons under the influence of alcohol or illegal drugs are not permitted.
- 7) Access to the lap pool, locker rooms, saunas, office spaces, janitorial closets, storerooms and other administrative areas for MWR Fitness Staff is prohibited during Unstaffed Hours.
- 8) I understand that the Fitness Center may be closed/ secured at any time due to planned/unplanned outages from Public Works or any occurrence that render the facility unsafe for use.



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- 9) I agree to provide all pertinent information required by MWR Fitness in the below fields and understand that any information that is false, illegible, and/or incomplete will result in a invalid user agreement.
- 10) I agree that MWR Fitness Staff reserves the right to deny access to the MWR Fitness Facilities during unstaffed hours if guidelines are not followed.
- 11) I, the undersigned, do hereby release, absolve, indemnify the Morale, Welfare, and Recreation Department (MWR) NAS Lemoore and all agents of MWR and the Department of the Navy from any and all liability in injury to my person or damage to property, whether based on allegations of negligence or not, in any way incurred by reason of my access to Unstaffed Fitness Facilities.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name (Last, First, MI):** \_\_\_\_\_

**DoD ID Number:** \_\_\_\_\_ **Expiration:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Category (Check One):**

- E1-E6     E7-E9     CWO-010     AD Family 18 & Over
- MIL Retiree     MIL Retiree Spouse     DoD Civilian     Reservist

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**FOR OFFICIAL USE:**

Staff Printed Name: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

Household Created: \_\_\_\_\_  
Date

Fitness Director Review: \_\_\_\_\_