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model information, serial number, date of purchase, date of installation and set-up, inspection dates and records, and maintenance and repair dates and records. Administrative copies of the purchase order or contract as issued by the procurement office shall be maintained.

e. To ensure quality equipment, minimize obsolescence and maximize trade-in value of all equipment, an equipment replacement plan shall be developed and followed. The standard shall be to replace 20 percent of required aggregate inventory annually. The standard is based upon usage and serviceability.

f. The Semper Fit staff shall maintain and track equipment inventory, maintenance and repairs at installation fitness centers. Fitness satellites' requirements shall fall under the authority holding the accountable record for the equipment.

8. Facility Entry and Usage. To ensure the safety of patrons, fitness staff shall:


a. Be cognizant of all individuals entering the facility.

b. Ensure all individuals entering the facility are eligible patrons as specified in Section 9 of this chapter.

c. Shall efficiently and effectively respond to all emergency situations, real or potential.

d. Shall schedule staff to ensure appropriate supervision levels of the fitness center at any given time.

e. Shall monitor the fitness center by walking through all areas of the center every 15 minutes to ensure adherence to facility rules, enforce the proper use of all areas and equipment by patrons, and to respond to any emergency situations.

 9. Patron Eligibility. Authorized patrons of Semper Fit activities and programs are identified in references (d) and (e).

a. Any person using a fitness center shall be positively identified as an authorized patron entitled to privileges of the facility. Proper security measures shall be taken to prevent

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unauthorized use. Identification of authorized patrons will be an official Armed Forces identification card or other official DoD identification. ID must be presented to staff upon request. The installation Semper Fit program shall establish guidelines for guest patronage including the number of guests an authorized patron may bring into the facility and associated fees.

b. Age Restrictions and Youth Accessibility. Semper Fit promotes physical activity for individuals of all ages as part of a healthy lifestyle. Per reference (s), research has proven the benefits of exercise to youths including strength training with proper technique and strict supervision. While it is important for families to exercise together, these guidelines with age limitations are established to ensure a safe environment for all fitness center patrons. These guidelines have been developed with the safety of children in mind within the confines of a staffed fitness center as outlined in Table 2-2.

(1) Youth aged 16 years old and older.

(a) Unrestricted use of fitness centers and equipment.

(b) Need not be accompanied by a parent or legal guardian.

(c) Shall receive program and equipment orientation by a certified personal trainer prior to being allowed access to the cardiovascular equipment and weight rooms.

(2) Youth aged 12 to 15 years.

(a) Authorized use of the cardiovascular and weight rooms only with direct supervision by a parent or legal guardian.

(b) Authorized use of other areas of the fitness center including group exercise classes with direct supervision by a parent or legal guardian.

(c) Shall receive program and equipment orientation by a certified personal trainer in the presence of an adult (parent or legal guardian) prior to being allowed access to the cardiovascular equipment and weight rooms.

(3) Youth aged 11 years and younger.


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(a) Due to the inherent risks and dangers of unsupervised use of fitness centers, no one 11 years of age and younger shall be allowed in the fitness center unless they are participating in a program specifically for children in this age group, or are spectators in an organized athletic/special event. All youth in this category must be under the direct supervision of an adult 18 years of age or older.

(b) All youth in this category are not permitted in the weight/strength training or cardiovascular rooms.

(c) Youth vary in their emotional and physical level of maturity. Youth typically need more gradual, carefully organized training programs than adults. Extreme caution shall be practiced while supervising youth in this age group.

 (4) Direct Supervision. Unless provided as a service by the fitness center, direct supervision is defined as:

(a) The sole responsibility of the parent or legal guardian, to supervise and care for their child.

(b) The parent or legal guardian cannot leave the child unattended anywhere in the fitness center.

(c) The parent or legal guardian cannot participate in any event that does not directly involve the child/youth.

(d) During weight training activities, the parent or legal guardian is required to act as the child's workout partner/spotter (ages 12-15).

(5) Reference (s) points to potential risks for youths in the cardiovascular and resistance training areas of a fitness center. Therefore, for youth ages 12-15, a clearance to participate is required by a medical care provider. A current school and/or sports physical shall support this requirement.

c. The local commanders may, upon review, increase the age restrictions when appropriate. Command policies shall reflect guidance as provided from CMC and local medical services. Commands shall not adopt policies that are more lenient.