

# Facility Rules

## Authorized Patrons

- Active Duty, retiree, reservists on active duty, and family members.
- MCCS employees, DoD employees, and family members.
- When conducting 100% ID card checks, all authorized patrons must present a valid DoD CAC ID. Photos of an ID card on electronic devices will not be accepted to access the facility. (Valid ID is not required for 12-17 year olds if they are signed in on the guest register by their Parent/Legal Gardian).
- Veteran access: Only Medal of Honor recipients and veterans with 100% service-connected disability may access the fitness center with an approved DOD CAC ID. (See The Purple Heart and Disabled Veterans Equal Access Act of 2018 for more details.)

## Age Limitations

- Youth under 12 years old are not permitted in the fitness center.
- Youth 12-15 years old must always be under the direct supervision of their Parent/Legal Guardian. (Direct Supervision means working out together in the same area.)
- Ages 16 years old and older may utilize all areas of the fitness center. (Facility exceptions: Wallace Creek Fitness Center & New River Fitness Center are approved via a HQMC waiver to grant limited access to ages 10-11 years old.)

## Guest Policy

- Only authorized patrons 18yrs or older may have guests. (2 guest max.)
- Guests 12-17 years old can only be signed in by their Parent/Legal Guardian who is an authorized patron. (Valid ID is not required for this age group when signed in by their Parent/Legal Gardian.)
- Adult guests must have a valid photo ID. Photos of an ID card on electronic devices will not be accepted to access the facility.
- Authorized patrons are responsible for the actions of their guests.

## Dress Code

- NO headgear. (NO hats, caps, hoodies, beanies, bandanas, do-rags, bonnets, or waive caps.)
- NO open-toe or open-heel footwear while actively working out. (NO crocs, slippers, sandals, or flip-flops.)
- NO exposed torso. (NO midriiffs, open-back tops, or open-side tops.)
- NO obscene or revealing clothing. NO undergarments worn as outerwear.
- Shorts must fully cover glutes.
- Military personnel may wear utilities and boots. (NO boots on wood floors or treadmills.)



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web page for hours and resources.