

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 - 17yrs if they are signed in on the guest register by their Parent/Legal Guardian*).
- 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 details.)

Age Limitations

- Youth under 12yrs are not permitted in the fitness center. *
- Youth 12 - 15yrs must always be under the direct supervision of their Parent/Legal Guardian. (Direct Supervision means working out together in the same area).
- Ages 16yrs 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 10-11yrs).

Guest Policy

- Only authorized patrons 18yrs or older may sponsor guests (2 guest max). Sponsors must remain in the facility and are responsible for the actions of their guests. Guests are not permitted to remain in the facility without their sponsor.
- Guests 12 - 17yrs 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 Guardian).
- Adult guests must have a valid photo ID. Photos of an ID card on electronic devices will not be accepted to access the facility.

Dress Code

- NO headgear: (No hats, caps, hoodies, beanies, bandanas, do-rags, bonnets, or wave caps).
- NO open-toe or open-heel footwear while actively working out (no crocs, slippers, sandals, or flip-flops). Proper footwear must be worn at all times.
- NO exposed torso (no midriffs, 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).

Safety

- Weight plates and dumbbells must be returned to proper place after use. Failure to do so may result in closure of the free weight area for 15 minutes to replace the weights.
- Patrons are asked to wipe down machine pads and bench pads after use.
- Glass bottles and open containers are prohibited.
- Alcoholic beverages, drugs, all tobacco products, vaping, and electronic cigarettes are prohibited.

Please be advised:

- MCCS is not responsible for lost or stolen items.
- Lockers are for daily use only. All personal gear left in a locker overnight will be removed and held in accordance with policy.
- Playing music through radios, portable speakers, or electronic devices is prohibited unless you use headphones.



**Scan to visit the Fitness Centers
web page for hours and resources.**

