



DEPARTMENT OF THE ARMY  
U.S. ARMY INSTALLATION MANAGEMENT COMMAND  
HEADQUARTERS, U.S. ARMY GARRISON FORT MEADE  
4551 LLEWELLYN AVENUE  
FORT MEADE MD 20755-0000

**FORT GEORGE G. MEADE FITNESS CENTERS STATEMENT OF UNDERSTANDING &  
COMPLIANCE OF RULES DURING UNMANNED HOURS**

**I understand and agree that my access to the Fort Meade Fitness Centers during unmanned hours is a special privilege which can be revoked for a rules violation.** Furthermore, I agree to abide by all rules stated in this SOU. This SOU may be amended from time to time at the sole discretion of the Fort George G. Meade Garrison Commander.

Fort George G. Meade Fitness Centers Rules during Unmanned Hours:

- Current authorized patrons as defined by AR-215-1, Patron Eligibility, and FGGM Policy Memorandum 60, will have access to the Fitness Center during unmanned hours.
- All authorized patrons must request access and be registered, using this form at Gaffney Fitness Center.
- Patrons must be 18 years of age to register and utilize the facility.
- Guests are not permitted into the facility.
- Patron acknowledges that there will be no supervision or emergency assistance on site during unmanned hours and are expected to behave in accordance with military rules and standards and follow fitness center rules within the standards of conduct and discipline.
- Surveillance cameras will record activities within Fort Meade Fitness Centers and during unmanned hours. Actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, and violation of rules will not be tolerated and are subject to punishment under the Uniform Code of Military Justice (UCMJ).
- Active Duty/ Reserve Component members (Sponsors) will be held responsible for the conduct of their dependents.
- Patrons who are working out when the facility closes must exit the facility and swipe back in to continue with their workout.
- All normal rules for proper dress, machine usage, and etiquette remain in effect.
- All patrons must follow any directions given by FGGM officials (fire, police, or fitness center staff) who may be present.
- CAC Card sharing is strictly prohibited and will result in the loss of privilege. CAC sharing is viewed as theft of services and may be prosecuted in accordance with the UCMJ.
- For patron safety and security, patrons must ensure that the door closes securely following entry. Holding or propping the door open is strictly prohibited. Valid ID cardholders will not allow any other person to access when they enter. One ID card is valid for only that person's entry. "Piggybacking," is prohibited and will result in the loss

of privileges for both parties. All other doors MUST remain closed unless there is an emergency.

- The cardio room, aerobics room, weights area, basketball, pickleball, and racquetball courts are authorized for use during unmanned hours. **The locker rooms and saunas will be locked.**
- You must bring your own rackets and balls for pickleball and racquetball play. You must bring your own basketball. You may not bring any workout equipment to include weights, bars, kettle-bells, dumbbells, etc.
- Kickball, dodgeball, soccer, football, or any other activity that involves kicking or throwing a ball inside the basketball court area are prohibited during unmanned hours. Patrons will not partake in horseplay or other conduct that may jeopardize other's or their own safety.
- Patrons acknowledge that there may not be anyone on site to respond to an emergency. However, in case of any emergency or need for assistance, an emergency phone is located at front entrance way of Fort Meade Fitness Centers along with an AED and posted emergency procedures and numbers.
- Patrons will identify and assess potential risks before engaging in any activity and will take reasonable precautions to mitigate risk of injury, including exercising with someone or using cardiovascular or selectorized equipment. Patrons are highly encouraged to use the buddy concept. Patrons must have a buddy system when using the free weights area.
- Equipment must remain inside the PFC and will not be taken outside of the facility under any circumstances.
- If weight room is open, a spotter is required when using free-weight bars. If a spotter is not available, a power cage will be used. Additionally, it is not recommended for patrons to exercise above their training limits and experience.
- Patrons acknowledge that FGGM is not responsible for protection of personal property while in, on or about the premises.
- In the event of severe weather, patrons may Shelter-in-Place in the Fitness Center area until severe weather has passed.
- In the event of a natural disaster, major accident, CBRNE incident or active shooter, lock-down or evacuation procedures, whichever is warranted or the incident at hand will be executed by patrons. The highest ranking member will take charge during lock-down situation and proceed to contact his/her Unit Combatant Command for further instruction.
- In the event of a power outage, all patrons will gather their belongings and exit the building promptly.
- Violation of the rules will result in loss of privileges and are subject to the UCMJ, or further discipline.