

WELCOME TO THE BANGOR FITNESS COMPLEX

This facility is unstaffed between the hours of 2000 and 0500 on weekdays and between the hours of 1700 and 0800 on weekends and holidays

During unstaffed hours of operation, access to the following areas is prohibited:

**Bangor Fitness Center Pool
Bangor Fitness Center Locker Rooms, Saunas and Steam Rooms**

Unstaffed facility rules:

- Sharing of CAC, ID card, or FOB is prohibited.
- Piggybacking and holding or propping the door open is prohibited and will result in the loss of privileges.
- All safety and security procedures relating to ensuring that the door securely closes are required. All other facility doors will remain closed unless needed for an emergency.
- Upon entry, checking in using the facility iPad or sign-in sheet is required.
- Authorized MWR Fitness patrons 10 to 17 years of age are permitted facility access only under direct supervision of their parent/legal guardian and after completing the youth orientation conducted by the facility's MWR Fitness staff.
- Facility areas and equipment restricted or identified as off limits or out of order will not be used.
- The use of equipment safety devices should be used at all times. The use of a spotter is strongly recommended when using free weights or when appropriate.
- When using the facility, the buddy system is highly recommended and encouraged.
- All equipment must remain inside the unstaffed fitness facility and is not permitted to be taken outside the facility.
- All equipment, machinery, or devices will be used for the intended purpose.
- All equipment used will be cleaned after use with the provided cleaning materials.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- Violations of Navy and installation policies will not be tolerated. During unstaffed facility and equipment use, all additional posted facility rules, regulations, and standard operating procedures will be adhered to.

The event of an emergency or loss of power to the facility, please call 911

The AED and First Aid Kit for this facility are located at the main entrance of the facility

**For any questions, comments, or concerns regarding the MWR Fitness program, please contact
360-315-2134**

NOTE: Facility access issues can be addressed during staffed operating hours. Any issues that arise after hours will be addressed during the next business day

