Access to Gruber Fitness Center during unmanned hours is a privilege, which can be revoked for a violation of the following policies. All authorized participants must agree to abide by the Gruber FC, Family and Morale, Welfare and Recreation (FMWR) policies during unmanned hours of operation, as stated in this Memorandum of Understanding (MOU). Policies may be amended as needed by the Director of Family and MWR, (DFMWR). Gruber FC is staffed from 0500 to 1800 Monday – Friday and 0800 to 1700 Saturday and Sunday.

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| **GRUBER FITNESS CENTER POLICIES DURING UNMANNED HOURS OF OPERATION:** |
| All authorized Active Duty Military, DOD Civilians, Spouses, Retired Military, Dependents and Contractors with CAC card as defined by AR 215-1, age 18 and older may access the Gruber FC during unmanned hours. (Retired Military, Spouses, and Dependents must put a $10 deposit down for an access card).  |
| Authorized participants must read and sign a liability waiver and complete 24/7 access orientation before access during unmanned hours is granted.  |
| Authorized participants must swipe CAC or Access Card once for each entry. If participant is already in the facility when it closes (M-F: 1800, Sat-Sun: 1700), the participant will exit and swipe CAC or Access Card after Gruber Staff gives the okay for access and accountability. (Participants may have to wait up to 30 min. outside)  |
| Authorized participants are NOT authorized to bring guests in the facility during unmanned hours.  |
| Sharing CAC cards/Access cards or holding the door open for another patron is NOT authorized and will be considered theft of services and will cause access privileges to be suspended or terminated immediately. Upon entering or exiting the fitness center, participants MUST ensure the access door closes securely behind them. All other doors must remain closed at all times unless needed for emergency egress. |
| All fitness center policies of proper dress, machine usage, etiquette & age restrictions remain in effect. All participants are responsible to report, any misuse, abuse, or violations of Gruber Fitness Center policies to the Military Police and/or Fitness Center Staff. |
| It is highly recommended not to exercise above my training limits and the “buddy system” is not required, however it is highly encouraged for patron safety.  |
| All equipment must remain in the facility and will not be taken outside under any circumstances. |
| Saunas, climbing rock wall, the aerobics room and the spin room are not available for use and will be locked or clearly marked as restricted and participants will not access these areas. |
| In the event of a power outage, the facility will close immediately. Participants MUST gather belongings and EXIT the building promptly. Participants will ensure door(s) are secured upon exit.  |
| Authorized participants will be given an orientation by Gruber staff identifying the location of the emergency first aid kit, the AED and emergency phone and phone numbers. Any Emergency: Call Military Police, 913-684-2111 and let them know you are on Fort Leavenworth at Gruber FC.  |
| Cameras will monitor all activities in the fitness center at all times. Any behavior that violates law, standard operating procedures and new or updated policies (criminal behavior, intentional damage to property, theft, assault and inappropriate behavior) will not be tolerated and will be prosecuted under UCMJ, applicable laws or regulations. |
| The fitness center is not responsible for lost or stolen items. |
| Authorized participants will identify and assess risks before engaging in any activity and will take reasonable precautions to mitigate risk of injury, including exercising with someone or using cardiovascular, weight, and selectorized equipment. |
| Authorized participants will represent that they are in good physical health and have no symptoms, medical conditions, impairments or diseases that would prevent them from utilizing the fitness center. Participants must also understand it is their responsibility to discontinue use if medical symptoms appear after use of the fitness center. Participants will agree that they will not engage in activities that could result in self-injury. |
| Authorized participants acknowledge that any behavior counter to that in the above listed MOU will result in loss of privileges to use the facility during unmanned hours and could result in permanent loss of privileges or additional UCMJ or other legal action being taken against them based on the severity of the offense. Depending on severity: 1st offense – 30 day suspension, 2nd offense – 6 month suspension, 3rd offense – Permanent loss of 24/7 access.  |