



UNITED STATES MARINE CORPS
MARINE CORPS LOGISTICS BASE
BARSTOW, CALIFORNIA 92311-5050

BO 1710
B900
29 APR 2014

BASE ORDER 1710

From: Commanding Officer
To: Distribution List

Subj: USE OF THE GYMNASIUM/FITNESS CENTER, BUILDING 44

Ref: (a) MCO P1700.27B, Para 1200
(b) MCO 1700.29, Para 2007
(c) BO 11101.20B, Chap 2

1. Situation. To provide guidance on the use of the gymnasium/fitness center, in accordance with references (a), (b) and (c).

2. Cancellation. Policy Statement No. 01-10.

3. Mission. To delineate patrons who are authorized to use the Gymnasium/Fitness Center, with access to the weight room, basketball courts, racquetball and tennis courts.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. To ensure the rules and regulations are adhered to with patrons authorized to use the Gymnasium/Fitness Center facility.

(a) Patrons, 16 years and older, will be allowed unescorted access. In the event that crowding becomes a problem on a continuing basis, the commanding officer may restrict usage on the basis of the following categories:

(b) Category 1: Active duty military members, family members, and the sponsoring of two guests per military ID card holder, and members of the Reserve Components (Ready Reserve and National Guard) and Delayed Entry Program personnel. Guests are considered to be out of town relatives or friends that are visiting for a short period of time. Guests are not to continue to utilize the gym on a reoccurring basis, as in every

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day or several times a month. The privilege of a guest is not to obtain a free membership with the sponsor. Reoccurring is defined as more than two times per month. House guests are allowed to temporarily reside in base housing up to a maximum of 30 days without written approval of the Commanding Officer. During the time in housing, guests are authorized to utilize the base gym when accompanied by the sponsor three times per week, for the period of their visit.

(c) Category 2: Retired military, family members, and guests.

(d) Category 3: DoD civilian employees. DoD civilians are not authorized to sponsor guests. DoD civilians may bring immediate family members.

(e) Category 4: Immediate family members of DoD civilian employees when accompanied by the DoD civilian employee.

(f) Contractors: Only MCLB Contractors who possess a CAC Contractor Card or are a permanent tenant on MCLB Barstow possessing a blue contractor card, are authorized to use the Fitness Center. No off base or other military base contractors are authorized to use MCLB Fitness Center.

(g) When accompanied by an authorized adult with a valid ID, children from the ages of 13-15 may utilize the fitness center, weight room, basketball and racquet ball courts. Weight room privileges and fitness class participation require specific forms to be filled out and/or a certified program initiated prior to use. Children under the age of 13 may use the basketball courts with an accompanied adult.

NOTE: Use of the basketball courts is subject to availability (Unavailable during tournaments, military training or PT).

(h) A youth weight training orientation and certification must be conducted before any children between the ages of 13-17 can utilize the weight room. This is mandatory to ensure proper education, training and safety to avoid any potential biomechanical injuries. The certification program takes approximately 30-45 minutes and includes proper use of Cardio Equipment, Strength Training Machines and includes a general overall total body workout specifically for youth. Rules and regulations of the Fitness Center are discussed and the emphasis to work out with the authorized patron is mandatory.

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The Fitness Center must not be utilized as a "drop off" for children and must be enjoyed together as a family.

(2) Concept of Operations

(a) Designated hours. The fitness center hours of operation are based on usage and are subject to change in order to meet operational requirements and customer demand. Current hours of operation are:

Weekdays- 0500 to 2100
Saturday- 0800 to 1500
Sundays and Holidays - Closed

(b) Facility Rules. Rules are strongly enforced with regards to dress code, care, use of equipment, and professional conduct. Rules are openly displayed in the entrance hallway. Staff reserves the right to refuse entry to anyone if valid ID is not shown, rudeness, use of profanity, becoming argumentative or volatile behavior is directed toward staff, or abuse of facility equipment.

(c) Identification. The Fitness Center requires 100% ID Check. All patrons must sign in and have a valid ID card (DOD CAC or United States Uniformed Services Identification and Privilege Card) on their person at all times while in the fitness center. ID cards must be presented upon entry into the facility. There are no exceptions.

5. Administration and Logistics

a. Administration. Directives issued by this command are published electronically. Electronic versions of the base directives can be found at:
<https://www.mciwest.usmc.mil/inst/mclbb/asd/shared%2.0documents/forms/standard.aspx>

b. Logistics. The Director, Marine Corps Community Services Department, will ensure that the procedures established by this policy are effective immediately.

6. Command and Signal

a. Command. This order is applicable to active duty military, retired military, family members and guests; MCLB/FSD/MDMC, DOD civilian employees, and immediate family members.

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b. Signal. This Order is effective the date signed.

7. Point of contact is Ms. Shelley Lamey, Semper Fit Director,
(760) 577-6817, or Email: Shelley.Lamey@usmc.mil.



M. L. SCALISE

DISTRIBUTION: A