



# Age Policy During **Unstaffed** Hours of Operation



IAW DAFI-34-114 Table 3.1

**Qualified Adults are required to be present at all times**

## Supervision requirements:

- **Children 6 & Under**  
**NOT** permitted in Fitness and Sports Centers except: permitted in Fitness and Sports Center Parent (legal guardian) & Child areas for supervised play.
- **Youth 6 – 12 years of age**  
**NOT** permitted in cardiovascular, weight equipment rooms, or group exercise rooms. They are permitted in basketball courts, racquetball courts, running track, locker room, Parent & Youth areas only under qualified adult **interactive supervision**.
- **Youth 13 – 15 years of age**  
Permitted in cardiovascular, weight equipment rooms, group exercise rooms, locker rooms, under qualified adult **interactive supervision**. They are also permitted in basketball courts, racquetball courts, and running track when **qualified adult is present** in facility.
- **Youth 16-17 years of age**  
Permitted in all areas of the Fitness and Sports Center with a **qualified adult present** in the facility.

*All ages under 16 are permitted to be a participant or spectator in a sports activity or special event under qualified adult interactive supervision.*

*Facility is "staffed" when 375 FSS/FSV Fitness and Sports Center Members are present during posted hours of operation.*

*A "qualified adult" is a parent, legal guardian, qualified family member program (FMP). AFI 34-144, Child and Youth Programs, provides further guidance.*

*Interactive supervision requires qualified adult and child to participate in or perform activity together at all times.*



# Age Policy During **Staffed** Hours of Operation



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## **Children 6 & Under**

**NOT** permitted in Fitness and Sports Centers except: permitted in Parent (legal guardian) & Child areas for supervised play.

## **Youth 6 – 12 years of age**

**NOT** permitted in cardiovascular, sauna, weight equipment rooms, or group exercise rooms during scheduled adult exercise classes. Permitted in other activity areas (i.e., basketball courts, racquetball courts, running track, locker room, Parent & Youth areas) under **qualified adult interactive supervision**.

## **Youth 13 – 15 years of age**

Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas under **qualified adult interactive supervision**. Permitted in other activity areas (i.e., basketball court, racquetball court, running track) when a **qualified adult is present** in the facility.

## **Youth 16 years of age or older**

Permitted in all areas of the Fitness and Sports Center **without** a qualified adult.

*All ages under 16 are permitted to be a participant or spectator in a sports activity or special event under qualified adult interactive supervision.*

*Facility is "staffed" when 375 FSS/FSV Fitness and Sports Center Members are present during posted hours of operation.*

*A "qualified adult" is a parent, legal guardian, qualified family member program (FMP). AFI 34-144, Child and Youth Programs, provides further guidance.*

*Interactive supervision requires qualified adult and child to participate in or perform activity together at all times.*