

Fitness Center **AGE RESTRICTIONS**

REF: AFI34-266

16 yrs of age & over	Unrestricted use of all FC facilities, and equipment. Need not be accompanied by a parent or legal guardian.
13 & 15 yrs of age	<u>All cardiovascular and weight equipment, group exercise rooms</u> : Require interactive supervision* from an adult (parent, legal guardian, qualified fitness or youth program staff member, or coach) at all times. ** <u>Other activity areas (basketball court, racquetball courts, running track)</u> : Parents or guardian must be in facility.
6-12 yrs of age	<u>All cardiovascular and weight equipment, group exercise rooms</u> : Access to these areas prohibited. *** <u>Other activity areas (basketball court, racquetball courts, running track)</u> : Requires interactive supervision from an adult at all times.
Under 6 yrs of age	Not allowed in facility with the exception of those facilities providing a parent/child area (PCA) for supervised play and/or those children who are supervised spectators in a sport or special event.

NOTES:

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

** The AAP, ACSM, and NSCA recognize youth vary in emotional and physical levels of maturity. Youth typically need more gradual, carefully organized, and structured training programs than adults. Caution is required while supervising youth in these areas.

*** AAP, ACSM, and NSCA guidelines point to clear and definite risks for youth in the cardiovascular and resistance training areas. Guidelines can be found at <https://www-r.afsv.af.mil/FT/links.htm>.

