

Table 1.1. Age Policy

Youth 16 years of age and over	Permitted in all areas of the FSC without a qualified adult* . (T-1)
Youth 13 - 15 years of age	Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas, etc., only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. Permitted in other activity areas (i.e., basketball court, racquetball court, running track) only when a qualified adult is present in the facility at all times. Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event when a qualified adult is present in the facility at all times. For FSC pools, use is permitted during instructional programs, or when a qualified adult is present in the facility at all times. (T-1)
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 court, racquetball courts, running track, locker room, Parent/Youth Area (PYA)) only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event only under qualified adult interactive supervision. For FSC pools, use is permitted during instructional programs, or when under qualified adult interactive supervision. (T-1)
Children under 6 years of age	Not permitted in FSCs except as follows. Permitted in FSC Parent (legal guardian)/Child Areas (PCAs) for supervised play. Permitted to be a participant (participating in age appropriate programming) or spectator in a sports activity or special event under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. For

	FSC pools, use is permitted during instructional programs, or when under qualified adult interactive supervision. (T-1)
<p>NOTE:</p> <p>* For purposes of this Table, a "qualified adult" is a parent, legal guardian, qualified Family Member Program (FMP) staff member, FSC staff member conducting a program, or coach.</p>	

1.5. FSC Staff.

1.5.1. Personnel include: active duty military, full-time ARC personnel, APF and NAF civilians, local national workers, contractors, and volunteer staff. Training must include: First Aid, Cardiopulmonary Resuscitation (CPR)/Basic Life Support (BLS), AED, health, safety, protection from blood borne pathogens, and orientation on OIs and equipment. **(T-1)** A minimum of two staff members must be on duty during staffed hours of operation for emergency response capabilities. **(T-0)**

1.5.2. Volunteers. The use of volunteers is beneficial for effective programming. Individuals and groups from nearby communities, schools, colleges, family members, as well as off-duty military are excellent sources of volunteers. Do not use volunteers to perform duties recurring in nature and normally performed by the staff, but use volunteers to supplement the established work force. Develop effective training programs to maximize volunteer talents. Provide and document volunteers' training. Recognize volunteer efforts by nominating them for local and Air Force-level awards. Volunteers register through the Airmen and Family Services Center. See DoDI 1100.21, *Voluntary Services in the Department of Defense*, and AFI 34-101, for additional guidance for accepting volunteer services in MWR programs and activities. Unit Physical Training Facilities (UPTF) may not use volunteers for facility staffing or exercise programming (i.e., Group Exercise Instructors). **(T-0)**

1.6. Uniforms.

1.6.1. AFI 36-801, Uniforms for Civilian Employees, paragraphs 2.2 and 2.2.1 authorizes the Headquarters Functional Authority (HAF) to develop specific uniform design based on functional duty requirements, environmental factors, safety and health consideration. All FSC civilian employees (APF and NAF) are encouraged to wear appropriate professional attire similar to the AF Informal Uniform as funding allows. Military FSC employees will wear the AF Informal Uniform in accordance with the AF guidelines contained in AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*. **(T-1)** Uniforms are unit funded for employees. **(T-3)** Based on local requirements, employees wear appropriate professional attire when meeting with leadership or attending off-site meetings. Contractors wear uniforms as specified in the government or individual service contract and will be appropriate for the activity as well as for a military environment. AF Informal Uniform policy is established in AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*.

1.6.2. Customer Attire. Appropriate clothing must be worn to maintain a proper image in a military and family fitness facility. Attire must be conservative and modest in nature.