

# Gunfighter Fitness Annex

# AGE RESTRICTIONS

## 16 Years of Age and Over

- Permitted in all areas of the Gunfighter Fitness Annex without a qualified adult. \*

## 13-15 Years of Age

- **REQUIRE Active Supervision**, in all cardiovascular, and group exercise. **Active Supervision** is also **REQUIRED** when utilizing weighted equipment,
- 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.

## 6-12 Years of Age

- Not permitted in cardiovascular, weight equipment rooms, or group exercise rooms. d
- Permitted in other activity areas (i.e., basketball court, indoor running track) only under qualified adult **Interactive Supervision**.
- **Interactive Supervision** requires qualified adult and child to participate in/perform activity together at all times.

## Under 6 Years of Age

**Not permitted in the Gunfighter Fitness Annex**

**Age Policy Per AFI 34-299**

\* 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.