DEPARTMENT OF THE NAVY
TRAINING SQUADRON FOUR
250 SAN CARLOS ROAD SUITE I
PENSACOLA FL 32508-5502

TRARONFOURINST 1710.1 CH-1
N1A
28 May 2014

TRAINING SQUADRON FOUR INSTRUCTION 1710.1 CHANGE TRANSMITTAL 1

Subj: UNMANNED FITNESS SPACE

Encl: (1) Revised Enclosure (1)

1. Purpose. To insert new enclosure (1) to basic instruction.

2. Action. Remove enclosure (1) of basic instruction and insert new enclosure (1).

S. S. WHITE

Distribution:
TRARONFOURINST 5216.2
List I

WARBUCK GYM RULES

EMERGENCIES

REPORT ANY INJURIES TO THE SDO

In the event of an emergency (fire/smoke/fumes/bomb threat), egress the building through the nearest ladder well and muster on the grass to the west of the hangar.

In the event of a Force Protection/intrusion emergency, remain in place and communicate your location and personnel accounted for in the weight room and (male) locker room.

You must have a current PAR-Q and or Flight Physical ON FILE WITH VT-4 OR VT-10 SAFETY DEPARTMENTS to utilize this equipment. If you are sick (med down), DO NOT USE THIS FACILITY!

Sign in/sign out in Duty Office is required for use of workout facilities.

Minimum age for equipment use is 18.

PLEASE CLEAN UP AFTER YOURSELF in the GYM and LOCKER ROOM.
This facility is provided and maintained by the Officers of VT-4 for use by VT-4/VT-10/CTW-6 only (military and civilian). MWR or DoD funds are not provided - **this is YOUR GYM!** Please take care of it as such! **Clean and wipe down equipment after every use. If you see something that needs fixed, repaired, or cleaned, YOU are the one that needs to do it!** There is no "Gym Staff."

DO NOT USE tobacco products in the gym or locker room.

Work out attire should reflect your assignment as a **professional.**
Duty Officer (or appointed representative) **MUST visit this space** at least once **every four hours** during normal working hours.