



DEPARTMENT OF THE NAVY  
TRAINING SQUADRON FOUR  
250 SAN CARLOS ROAD SUITE 1  
PENSACOLA FL 32508-5502

TRARONFOURINST 1710.1

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01 Jun 2013

TRAINING SQUADRON FOUR INSTRUCTION 1710.1

Subj: UNMANNED FITNESS SPACE

Ref: (a) CNICINST 1710.1

Encl: (1) Warbuck Gym Rules

1. Purpose. To establish rules and regulations for an unmanned fitness space in Training Squadron FOUR.

2. Discussion. Training Squadron FOUR promotes a "Culture of Fitness" to achieve personal health and support mission readiness. The "Warbuck Team" fully supports NAS Pensacola MWR facilities and programs. Training Squadron FOUR operates a flight and academic schedule from approximately 0500-2200 on a weekday basis, with local and cross-country events flown throughout the weekend (depending on student loading and Time-to-Train demand). The busy schedule is required to perform the mission of training Naval Flight Officers for the Fleet. Unfortunately, it is not conducive to a regimented physical fitness program, as no two days are alike and working/duty hours are not steady or predictable enough to perform group fitness. The command-sponsored unmanned fitness space is designed to promote and provide personnel with a platform to conduct a regimented physical fitness program when a daily schedule does not permit use of base facilities.

3. Action

a. The First Lieutenant is designated as the Officer in Charge of the space and shall ensure the following responsibilities and duties are carried out:

(1) Execute a preventative maintenance plan.

(2) Publish and maintain an emergency plan.

(3) Direct weekly field day.

b. The command Physical Fitness Coordinator shall ensure

users have a current PAR-Q and/or Flight Physical on file.

c. All patrons using the unmanned fitness space shall:

(1) Use a work-out partner ("Buddy System") when using weight equipment (bar bells, dumb bells, kettle bells).

(2) Wipe down equipment after every use.

(3) Report any equipment that needs to be fixed, repaired or cleaned to the First Lieutenant and/or Duty Officer.

(4) Have a phone available at all times in case of emergencies.

a. Fire Emergency Phone: 850-452-3333.

b. Medical Emergency Phone: 850-505-6601.

c. Police Emergency Phone: 850-452-8888.

d. The Squadron Duty Officer or designated representative shall visit the unmanned fitness space at least once every four hours during normal working hours. Report any equipment that needs to be fixed, repaired, or cleaned to the First Lieutenant.

(1) Enforce a minimum age of 18 for use of equipment.

(2) Enforce a modest/professional Dress Code.

e. Tobacco use is prohibited in fitness and locker room spaces.

4. It is everyone's responsibility to maintain cleanliness of equipment and spaces. This facility is provided by and for the use of VT-4 personnel, and shall be utilized and maintained at the highest of professional standards to promote the health and fitness the "Warbuck Team."



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-10 OR VT-4 SAFETY DEPARTMENT to utilize this equipment. If you are sick (med down), DO NOT USE THIS FACILITY!

BUDDY SYSTEM required for use 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-10 and VT-4 for use by VT-10/VT-4/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 military officer and aviator. Duty Officer** (or appointed representative) **MUST visit this space at least once every four hours** during normal working hours.