



JOINT BASE ANACOSTIA-BOLLING (JBAB)

MY PARENT AND ME AREA RULES

- **The Parent/Child Area is offered as a convenience for fitness center patrons, so children are not exposed to dangerous exercise equipment, while affording parents an opportunity to receive a quality fitness workout.**
- **Parents/legal guardians are responsible for the direct supervision of their own children at all times while using the Parent/Child Area.**
- **Parents/legal guardians must remain within the Parent/Child Area with their children at all times while maintaining line of sight responsibility.**
- **Only children between 0-6 years are authorized to use the Parent/Child Area. The environment is primarily focused on the interests and needs of children ages 2-6 years. For safety reason, children must stay behind the barrier wall at all times.**
- **A child may not use the play room if he or she displays symptoms of a contagious disease or did not attend day care or school due to illness. Parents/legal guardians are responsible for ensuring that the following conditions or symptoms do not exist: cold, fever of 101 degrees or higher within the past 24 hours, constant cough, in the first 24 hours of an antibiotic, diarrhea, fussiness or abnormal disposition.**
- **In case of a fire alarm, please gather your children and follow the exit signs to exit the building immediately.**
- **Children must be fully dressed to include socks or shoes at all times when using Parent/Child Area.**
- **The parent/legal guardians of unruly children will be asked to leave the facility. Unruly is defined as but not limited to, any child who is found disruptive, disrespectful, or engaging a situation dangerous to themselves or others.**
- **Only G-Rated videos may be played.**
- **Parents/legal guardians will be required to sign in at the fitness center front desk prior to using the Parent/Child Area.**
- **Parents must clean, sanitize, and organize the Parent/Child Area before leaving. Please use the solution mounted on the wall marked for children's equipment to clean tables and other articles.**
- **Parents/legal guardians may provide toys for their children; toys must be of a non-violent nature and must be taken home and not left, or they will be disposed of.**
- **Parent/legal guardians who violate play area policies and procedures may be denied future use of the Parent/Child Area or the Fitness Center.**
- **Food is not allowed anywhere in the facility except bottle feeding, or special events in the lobby/viewing areas in the Fitness Center.**
- **My parent and me area will only be open during normal duty hours when staff is on duty.**
- **Occupancy is 14 persons, including parents and children.**
- **Room will be closed when temperatures reach 80 degrees and higher**

**Thank you,
JBAB Fitness Center Staff
(202) 284-3034**