

Age Restriction Policy for Hill Air Force Base

AFI34-266 24 SEPTEMBER 2007

1.4. Minimum Age Limit.

Age limitations are established and must be displayed in each FC to ensure a safe environment for all FC customers. The Air Force standards are consistent with guidelines established by medical organizations such as the American Academy of Pediatrics (AAP), American College of Sports Medicine (ACSM), and the National Strength and Conditioning Association (NSCA). Installation commanders should use caution when lowering the minimum age for unsupervised use of FCs. All deviations from the standard must be documented in a written base policy. Children of any age may be spectators during sports competitions or special events if immediately supervised by an adult.

Table 1.1. Age Restrictions (See Note).

16 years of age and over	Unrestricted use of all FC facilities and equipment. Need not be accompanied by a parent or legal guardian.
13 - 15 years of age	<u>All cardiovascular and weight equipment, group exercise rooms:</u> Require interactive supervision*from an adult (parent, legal guardian, qualified fitness or youth program staff member, or coach) at all times. ** <u>Other activity areas (basketball court, racquetball courts, running track):</u> Parent or legal guardian must be in facility.
6 – 12 years of age	<u><i>All cardiovascular and weight equipment, group exercise rooms: Access to these areas prohibited.</i></u> *** <u>Other activity areas (basketball court, racquetball courts, running track):</u> Requires interactive supervision from an adult at all times.
Under 6 years of age	Not allowed in facility with the exception of those facilities providing a parent/child area (PCA) for supervised play and/or those children who are supervised spectators in a sports or special event.

NOTES:

* **Interactive supervision requires adult and child to participate in and perform activity together at all times.**

** The AAP, ACSM, and NSCA recognize youth vary in emotional and physical levels of maturity. Youth typically need more gradual, carefully organized, and structured training programs than adults. Caution is required while supervising youth in these areas.

*** AAP, ACSM, and NSCA guidelines point to clear and definite risks for youth in the cardiovascular and resistance training areas.

Guidelines can be found at <https://www-r.afsv.af.mil/FT/links.htm>.

Information is transcribed directly from *AIR FORCE INSTRUCTION 34-266; 24 SEPTEMBER 2007; Services; AIR FORCE FITNESS AND SPORTS PROGRAMS* and can be viewed at <http://www.e-publishing.af.mil/shared/media/epubs/AFI34-266.pdf>