

**BY ORDER OF THE COMMANDER  
VANCE AIR FORCE BASE**



**AIR FORCE INSTRUCTION 34-266**

**VANCE AIR FORCE BASE  
Supplement**

**13 NOVEMBER 2015**

**Services**

**AIR FORCE FITNESS AND SPORTS  
PROGRAM**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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This supplement implements and extends the guidance of Air Force Instruction (AFI) 34-266, Air Force Fitness and Sports Programs, 24 September 2007. It applies to all Air Force units and members assigned to or tenants on Vance Air Force Base (VAFB). Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Air Force Manual (AFMAN) 33-363, Management of Records, and are disposed of in accordance with the Air Force Records Information Management System (AFRIMS) Air Force Records Disposition Schedule (RDS). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using the AF Form 847, Recommendation for Change of Publication; route AF Form 847 from the field through the VAFB Publications and Forms Manager. (AF Form 847 is prescribed in AFI 11-215, USAF Flight Manuals Program [FMP]. Refer to that publication for guidance on filling out the form.)

**SUMMARY OF CHANGES**

This document has been revised to change the minimum age limits required to use the Vance Fitness Center and Facilities

AFI 34-266 is supplemented as follows:

**1.4. (Added) Revised Minimum Age Limits**

1.4.1. **(Added)** All individuals between 10 and 15 years of age must meet the following criteria before using the fitness center: The Fitness Center staff must provide orientation and training on all cardiovascular or strength equipment to be used prior to their use. Youths below the age of 10 are not allowed to use cardiovascular or strength equipment. The Fitness Center staff will retain documentation of this equipment orientation and training. An adult must accompany all individuals 13 years of age or less at all times. That adult must provide interactive supervision (requires the adult and child to participate in/perform the fitness activity together).

1.4.2. **(Added)** The following deviations from the minimum age limits established are approved:

1.4.2.1. **(Added)** Youth 14-15 years and older are allowed unrestricted use of all facilities and equipment.

1.4.2.2. **(Added)** Youth 10-13 years of age are authorized use of the cardiovascular equipment and weight rooms, and are authorized to participate in group exercise classes while accompanied by an adult. Other areas of the Fitness Center, such as the basketball court and racquetball courts, may be used with unrestricted access.

1.4.2.3. **(Added)** Youth 6-9 years of age are not permitted in cardiovascular, weight equipment or group exercise rooms. They are permitted in other activity areas (basketball courts, racquetball courts, running track, locker rooms, etc.) only under qualified adult interactive supervision. Interactive supervision requires a qualified adult and child to participate in/perform activity together at all times. Youth are permitted to be a participant or a spectator in a sport or special event only under qualified adult interactive supervision.

1.4.2.4. **(Added)** Youth 5 years of age and under are not permitted in fitness facilities except as follows: They are permitted in the Fitness Center Parent (Legal Guardian) Child Areas (PCA) or racquetball court when accompanied by an adult. They are also permitted to participate in parent/child-specific group exercise classes.

**Table 3.2. Enhanced Services, Item 4, Parent (Legal Guardian)/Child Area (PCA), Note**

1. Children must be supervised by their own parents/legal guardians; parents/legal guardians must maintain direct line-of-sight supervision of their children at all times.
2. The maximum capacity of children and adults in the PCA is 16.
3. The maximum age limit for children using the PCA is five years of age. Older siblings are allowed as long as at least one child meets the PCA age requirement.
4. All PCA users must sign in and acknowledge the PCA policies prior to using the room.
5. Any toys brought by parents/legal guardians must be of a non-violent nature (i.e., toy weapons are not allowed). Items, including toys and toy parts that pose a choking hazard to small children are not permitted.
6. Only child-appropriate stations or G-Rated movies will be played on the TV.
7. No food or drinks; the only exception is baby bottles.
8. All equipment and toys located in the PCA are used on a first-come/first-served basis.

- 9.** Do not change diapers in the PCA. There are changing stations located in each of the locker rooms.
- 10.** Use of equipment is limited to one hour (when others are waiting).
- 11.** The PCA is for parents/guardians caring for children only; all others must use regular facilities.

CLARK J. QUINN, Colonel, USAF  
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**Attachment 1****GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References******Adopted Forms***

AF Form 847, *Recommendation for Change of Publication*

***ABBREVIATIONS AND ACRONYMS***

**AFI** —Air Force Instruction

**AFMAN** —Air Force Manual

**AFRIMS** —Air Force Records Information Management System

**FMP** —USAF Flight Manuals Program

**OPR** —Office of Primary Responsibility

**PCA** —Parent (Legal Guardian) Child Area

**RDS** —Records Disposition Schedule

**VAFB** —Vance Air Force Base