

**Extract from the POP-COM-014 Directive
of the Italian Air Force (ITAF) 60th Wing**
(within which base the ItaJAOS is located)

“RULES FOR THE CONDUCT OF SPORTS ACTIVITIES”

To the ITAF 60th Wing
P.Uma.S.S. Section

I (rank, full name) _____ nationality _____ request to use the gym and other sporting facilities of the 60th Wing, for non-competitive reasons, on the scheduled days and times.

I enclose the “**Health condition certificate**” (translated into English), which confirm **my very good health and ability to perform physical activity**.

(date)

THE DECLARANT

(signature)

DISCLAIMER AND ACCIDENT PREVENTION DECLARATION

I (rank, full name) _____ nationality _____ declare that I have been informed of the risks present in the gym and other sporting facilities.

In particular I declare:

- **That I am covered by an active accident and third-party liability insurance;**
- That I have read and fully understood the attached “Safety Information for 60th Wing's Sports Facilities” and “Summary of the rules for the use of the 60th Wing's Sports Facilities”, and that I comply with the rules contained therein;
- That I know the correct methods to perform the sports activity;
- That I know the procedures on the correct use of the equipment and machinery present in the gym, the recommendations and rules of conduct to be observed, and that I respect distances to be observed and the signs and manuals present in the gym;
- That I know the presence of the emergency exit in the gym;
- That I know the location of the collection point;
- That I know the location of fire extinguishers and the first-aid kit.

I comply with the following procedures:

- Safety procedures for manual handling of loads;
- Safety procedures for electrical hazards.

I hereby declare to relieve the Italian Air Force (ITAF) of any responsibility in the event of accidents or injuries that may occur during the sport activity at the gym presents at 60th Wing Air Force Base.

(date)

THE DECLARANT

(signature)

Safety Information for 60th Wing's Sports Facilities

The sporting activity carried out in the 60th Wing gym is subject to a risk of injury, which, although mitigated by the procedures and technical arrangements of the equipment, constitutes an area of intervention by the employer with regard to the planned activity of informing the workers.

Sports activities present a potential risk of injury and contusions due to the physical nature of the disciplines, but also due to injuries associated with tripping and/or falling as a result of the motor activity itself. In order to minimize the possibility of accidents, users must take the utmost care during physical activity, wearing shoes and clothing appropriate to the circumstances/activity and avoiding overexertion.

Special attention must be paid to the sports activities that take place in the enclosed areas, with particular attention to the weightlifting area of the gymnasium. In this regard, the following should be noted:

- The activity must be carried out exclusively in the presence of the gymnastics instructor. Alternatively, in case of his temporary absence, there must be at least two participants to provide mutual assistance in case of need;
- Machinery must be used in accordance with the operating instructions provided by the manufacturer and contained in the manuals supplied with the machinery;
- When using machinery and lifting equipment, take care not to overexert yourself. Such activities must be carried out in the presence of at least one other person who can intervene if necessary;
- Respect specially marked safety areas around the machines;
- At the end of each use, the user must leave the equipment in its original operating condition (e.g., unloaded machines, weights on racks, electrical powered machines turned off). This is to avoid creating potential sources of danger to other users or damage to materials;
- Routine maintenance of the machines/equipment is carried out by the P.UMA.S.S. Section, users are not authorised and must not carry out any maintenance work;
- Users must be able to see the location of the controls for the lighting and ventilation systems to enable them to operate them properly. Users must be informed of the location and type of fire extinguishers in the rooms to ensure prompt and appropriate fire fighting;
- In order to facilitate evacuation from the premises in the event of an emergency, users should consult the plans displayed on the premises.

Incorrect or careless use of gym machines/equipment can cause serious injury to yourself or others. In order to avoid dangerous situations, the following minimum preventive measures must always be taken, as well as any other measures dictated by common sense and always depending on the situation:

- For all equipment, read all warnings and instructions before using the tool. It is important to know how to use the tool correctly. Use the tool only for its intended purpose. DO NOT modify the tool;
- Do not exceed your physical capabilities;
- If you experience any pain or abnormal symptoms, stop using the equipment immediately, inform the facility staff and seek medical advice as soon as possible;
- Keep body, hair and clothing away from all moving parts;
- Inspect the tool before each use. Do not use the tool if it shows signs of wear or damage. In this case, notify the appropriate personnel immediately and STOP USE IMMEDIATELY;
- It is the user's responsibility to ensure that, during use, the tool/machine does not interfere with persons present and/or any other objects etc;
- It is forbidden for two people to use the machine at the same time.

For strength machines:

- Ensure that the weight stack locking/stopping device is inserted into the slot provided along its entire length. Use only the locking/stopping devices provided as accessories to the machine, which are available from your facility;
- The locking/stopping device must only be removed when the weight stack is in the rest position; do not use accessories that are NOT specified in the equipment manuals.

For treadmill, syncro and exercise bikes:

- Read the use and maintenance manuals and consult the gymnastic instructor if you are unsure about the work programme.

For dumbbells, barbells and discs:

- Ensure that the weight stack locking/stopping device is inserted into the barbells;
- Ensure correct spacing between people during exercises;
- Avoid excessive exertion.

Distractions from your surroundings can lead to a loss of stability and balance.

Taking note of the above:

(date) _____

THE USER

(signature)

Summary of the rules for the use of the 60th Wing's sports facilities

The Italian Air Force shall not be held responsible, directly or indirectly, for any damage caused to users by third parties during the activity or for the loss of users' personal property.

Users must scrupulously comply with the provisions contained in this extract from the POP-COM-014 Directive "RULES FOR THE CONDUCT OF SPORTS ACTIVITIES", as well as the signs displayed on the sports facilities/equipment and the instructions and information provided by the sports instructors.

In particular:

- the sporting activity may only be carried out in the presence of the gymnastic instructors and after receiving adequate instruction/information from them regarding the performance of the exercises, the use of the equipment and the distances to be observed;
- smoking and/or the use of naked flames is prohibited in the sports facilities;
- it is forbidden to enter the sports facilities without prior authorisation;
- it is necessary to report to the staff in charge any missing or broken equipment and furniture, inefficiencies and/or anomalies found during your stay in the gym;
- behave correctly and in a manner appropriate to the environment;
- it is mandatory to keep the equipment used clean and tidy and to return it to its place after use;
- it is forbidden to reserve the use of individual machines to the detriment of others present;
- it is compulsory to wear the required and appropriate gymnastic clothing;
- the gymnastic instructor is responsible for supervising the behaviour of the users and the equipment on the premises;
- users must use the equipment in accordance with their physical abilities and in compliance with the instructions and information given in the monographs accompanying the equipment and those given by the instructor. However, the use of the equipment is the personal responsibility of the user;
- store the equipment after use, taking care not to leave loads on the machines and barbells;
- use a personal towel to spread over the supporting parts of the machines - seat and/or backrest - to protect them from sweat and ensure adequate hygiene.

It is compulsory to write your name and time of entry and exit in the register in the gym. The maximum time allowed is 2 hours.

The sports facilities are open as follows:

- **MONDAY TO THURSDAY FROM 4:30 PM TO 8:30 PM**
- **FRIDAY FROM 12:00 PM TO 8:30 PM**

Taking note of the above:

(date) _____

THE USER

(signature)