

FACILITIES CRITERIA (FC)

AIR FORCE FITNESS CENTERS



UNIFIED FACILITIES CRITERIA PROGRAM

FACILITIES CRITERIA AIR FORCE

FITNESS CENTERS

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U.S. ARMY CORPS OF ENGINEERS

NAVAL FACILITIES ENGINEERING COMMAND

AIR FORCE CIVIL ENGINEER CENTER (Preparing Activity)

Record of Changes

Change No.	Date	Location
<u>1</u>	<u>1 May 2013</u>	<u>Change from a UFC to an FC document. Modifications throughout to tailor to Air Force and eliminate service specific requirements from Army and Navy</u>

FOREWORD

Facilities Criteria (FC) provide functional requirements (i.e., defined by users and operational needs of a particular facility type) for specific DoD Component(s), and are intended for use with unified technical requirements published in DoD Unified Facilities Criteria (UFC). FC are applicable only to the DoD Component(s) indicated in the title, and do not represent unified DoD requirements. Differences in functional requirements between DoD Components may exist due to differences in policies and operational needs.

All construction outside of the United States is also governed by Status of Forces Agreements (SOFA), Host Nation Funded Construction Agreements (HNFA), and in some instances, Bilateral Infrastructure Agreements (BIA.) Therefore, the acquisition team must ensure compliance with the most stringent of the UFC (replace w/ FC), the SOFA, the HNFA, and the BIA, as applicable.

Because FC are coordinated with unified DoD technical requirements, they form an element of the DoD UFC system applicable to specific facility types. The UFC system is prescribed by MIL-STD 3007 and provides planning, design, construction, sustainment, restoration, and modernization criteria applicable to the Military Departments, Defense Agencies, and DoD Field Activities. The UFC system also includes unified technical requirements and unified functional requirements for specific facility types, both published as UFC documents.

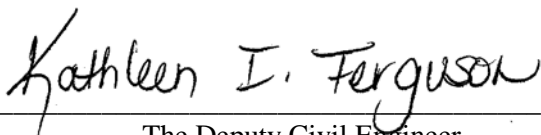
FC are living documents and will be periodically reviewed, updated, and made available to users as part of the Services' responsibility for providing criteria for military construction. Headquarters, U.S. Army Corps of Engineers (HQUSACE), Naval Facilities Engineering Command (NAVFAC), and Air Force Civil Engineer Center (AFCEC) are responsible for administration of the UFC system. Defense agencies should contact the preparing service for document interpretation and improvements. Technical content is the responsibility of the cognizant DoD working group. Recommended changes with supporting rationale should be sent to the respective service proponent office by the following electronic form: [Criteria Change Request \(CCR\)](#). The form is also accessible from the internet site listed below.

FC are effective upon issuance and are distributed only in electronic media from the following source:

- Whole Building Design Guide web site <http://dod.wbdg.org/>.

Refer to UFC 1-200-01, *General Building Requirements*, for implementation of new issuances on projects.

AUTHORIZED BY:



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FACILITIES CRITERIA (FC)

REVISION SUMMARY SHEET

Document: FC 4-740-02F

Superseding: UFC 4-740-02 Fitness Centers and UFC 7-740-02N, Design: Indoor Fitness/Recreational Facilities.

Description: This FC separates the consolidated Tri-Service design criteria for fitness facilities and creates a Air Force only criteria document for Fitness Centers. Information regarding aquatic facilities and pools is not included in this FC, refer to Draft UFC 4-750-07F, Aquatics Facilities. Information regarding recreations centers is in UFC 4-740-16, *Military Recreation Centers*.

Reasons for Document: This FC contains the criteria for determining the appropriate size of a fitness facility based on base population. It provides non-Government standard resources that provide guidance in the design of fitness facilities.

Impact: Cost impacts are negligible.

TABLE OF CONTENTS

CHAPTER 1 INTRODUCTION	1
1-1 SCOPE OF DOCUMENT.....	1
1-2 USERS OF THIS DOCUMENT.....	1
1-2.1 Architects and Engineers.....	1
1-2.2 Planning Personnel.....	1
1-2.3 Additional Users.....	1
1-3 SCOPE OF FACILITY.....	2
1-4 PROGRAM AREAS.....	2
1-4.1 Fitness Program, Administrative Areas, and Building Support.....	2
1-4.2 Health and Wellness Center Program Areas.....	5
1-5 USERS OF FACILITY.....	6
1-6 RELATED DOCUMENTS.....	6
CHAPTER 2 PLANNING AND LAYOUT.....	7
2-1 SIZE DETERMINANTS.....	7
2-1.1 Air Force Facility Size.....	7
2-2 SPACE PROGRAM.....	7
2-3 LOCATION DETERMINANTS.....	8
2-3.1 Access.....	8
2-3.2 Related Facilities.....	8
2-3.3 Cost.....	8
2-4 LAYOUT AND ADJACENCIES.....	8
2-4.1 Basic Facility.....	8
2-4.2 Facility with a Consolidated Health and Wellness Center.....	9
2-4.3 Facility to Accommodate a Pool.....	10
2-5 SPACE ASSESSMENT.....	11
2-6 ALTERATIONS TO EXISTING FACILITIES.....	11
2-6.1 Regulatory Authorities.....	11
2-6.2 Other Considerations.....	12
CHAPTER 3 GENERAL DESIGN CRITERIA.....	13
3-1 GENERAL.....	13

3-2	STRUCTURE.....	13
3-2.1	Foundation.....	13
3-2.2	Superstructure.	13
3-3	EXTERIOR DESIGN.....	13
3-3.1	Entrances/Exits.....	13
3-3.2	Doors and Windows.....	13
3-3.3	Exterior Finishes.....	14
3-3.4	Exterior Signage.	14
3-3.5	Exterior Walls and Mold.....	14
3-4	INTERIOR DESIGN.....	14
3-4.1	Interior Construction.	14
3-4.2	Finishes.	15
3-5	SERVICES.....	15
3-5.1	Plumbing.....	15
3-5.2	Heating, Ventilating, and Air Conditioning (HVAC).	15
3-5.3	Fire Protection.	15
3-5.4	Electrical.	15
3-6	SITE DESIGN AND ORGANIZATION.....	16
3-6.1	Landscaping.	16
3-6.2	Parking and Access Drives.....	17
3-6.3	Service Drive.	17
3-6.4	General Site Lighting.	17
3-7	BARRIER-FREE DESIGN REQUIREMENTS.	17
3-8	ANTITERRORISM.....	17
3-9	SUSTAINABLE DESIGN.....	17
3-9.1	Other Sustainable Design Criteria.	18
3-9.2	DoD Energy Budget.....	18
CHAPTER 4	SPECIFIC DESIGN CRITERIA.....	19
4-1	INTRODUCTION.	19
4-2	HEALTH AND WELLNESS CENTER SPACES.	58
	APPENDIX A REFERENCES.....	65
	APPENDIX B SPACE PROGRAM	67

B-1	SPACE PROGRAM STANDARDS.....	67
APPENDIX C EQUIPMENT LISTS.....		71
C-1	FITNESS EQUIPMENT LISTS.	71
C-1.1	Free/plate-loaded Weights.....	71
C-1.2	Selectorized (Machine) Equipment.....	73
C-1.3	Cardiovascular Equipment.....	75

FIGURES

FIGURE 2-1.	BASIC FACILITY FUNCTIONAL RELATIONSHIP DIAGRAM	9
FIGURE 2-2.	FACILITY WITH CONSOLIDATED HEALTH AND WELLNESS CENTER FUNCTIONAL RELATIONSHIP DIAGRAM	10
FIGURE 2-3.	FACILITY TO ACCOMMODATE A POOL FUNCTIONAL RELATIONSHIP DIAGRAM	11
FIGURE B-1.	SPACE PROGRAM STANDARDS.....	68

TABLES

TABLE 1-1.	FUNCTIONAL PROGRAM AREAS	3
TABLE 1-2.	HEALTH AND WELLNESS PROGRAM AREAS.....	6
TABLE 4-1.	ENTRY/LOBBY and WAITING/DISPLAY	20
TABLE 4-2.	CONTROL COUNTER/EQUIPMENT ISSUE/STORAGE.....	21
TABLE 4-3.	RETAIL/VENDING/JUICE BAR.....	23
TABLE 4-4.	LAUNDRY.....	24
TABLE 4-5.	PUBLIC TOILETS/JANITOR'S CLOSET	25
TABLE 4-6.	PARENT/CHILD AREA.....	26
TABLE 4-7.	RECEIVING AND EQUIPMENT REPAIR.....	27
TABLE 4-8.	ADMINISTRATIVE OFFICES	28
TABLE 4-9.	CLASSROOMS/TRAINING ROOMS.....	29
TABLE 4-10.	COPY/WORK/BREAK ROOM	30
TABLE 4-11.	MEN'S AND WOMEN'S LOCKERS/DRESSING	31
TABLE 4-12.	MEN'S AND WOMEN'S SHOWERS	33
TABLE 4-13.	MEN'S AND WOMEN'S TOILETS.....	34
TABLE 4-14.	FAMILY CHANGING ROOM/FAMILY LOCKER ROOM.....	36
TABLE 4-15.	STEAM ROOM	37
TABLE 4-16.	SAUNA	38
TABLE 4-17.	MASSAGE ROOM.....	39
TABLE 4-18.	HOT TUB.....	40
TABLE 4-19.	CONVERTIBLE LOCKER SPACE.....	41
TABLE 4-20.	GYMNASIUM/BASKETBALL/VOLLEYBALL COURTS	43
TABLE 4-21.	GYMNASIUM EQUIPMENT STORAGE	45
TABLE 4-22.	ROCK CLIMBING	46
TABLE 4-23.	RACQUETBALL COURTS	48

TABLE 4-24. UNIT PT/GROUP EXERCISE ROOM.....	50
TABLE 4-25. FITNESS AREA.....	52
TABLE 4-26. FITNESS ASSESSMENT ROOM.....	54
TABLE 4-27. PHYSICAL THERAPY/REHAB TRAINING.....	55
TABLE 4-28. INDOOR TRACK.....	56
TABLE 4-29. HEALTH AND WELLNESS CENTER RECEPTION/WAITING AREA....	58
TABLE 4-30. HEALTH AND WELLNESS CENTER DEMONSTRATION KITCHEN....	59
TABLE 4-31. HEALTH AND WELLNESS CENTER ADMINISTRATIVE AREA.....	60
TABLE 4-32. HEALTH AND WELLNESS CENTER ERGOMETRY/FITNESS TESTING	61
TABLE 4-33. HEALTH AND WELLNESS CENTER STORAGE.....	62
TABLE 4-34. HEALTH AND WELLNESS CENTER TOILETS/LAVATORIES.....	63
TABLE 4-35. HEALTH AND WELLNESS CENTER RELAXATION ROOM.....	64

CHAPTER 1 INTRODUCTION

1-1 SCOPE OF DOCUMENT.

\1\ This FC provides guidelines for evaluating, planning, programming, and designing Fitness Facilities. The information in this FC applies to the design of all new construction projects, to include additions, alterations, and renovation projects in the continental United States (CONUS) and outside the continental United States (OCONUS). It also applies to the procurement of design/build services for the above-noted projects. Alteration and renovation projects should update existing facilities to meet the guidance and criteria within budgetary constraints. This FC is not intended as a substitution for thorough review by individual Program Managers and Operations Staff in the appropriate Service. In addition to the requirements of this FC document, comply with the requirements of the Air Force Dynamic Prototype Program for Fitness Center found at: http://www.wbdg.org/references/afbim_tools.php . /1/

1-2 USERS OF THIS DOCUMENT.

\1\ This FC is intended to be a source of basic architectural and engineering information for all individuals involved in the planning, design, or evaluation of Fitness Facilities. Specific users of the FC include the following. /1/

1-2.1 Architects and Engineers.

\1\ Architects and Engineers (A/Es) who will provide design services under the direction of the Air Force Major Command Civil Engineers. /1/

1-2.2 Planning Personnel.

Planning personnel will use this \1\ FC /1/ along with other documents for programming new or replacement facilities, pre-design planning, or assessing the extent of improvements required in an existing Fitness Facility in order to achieve the standard established herein.

1-2.3 Additional Users.

Additional users include the following:

- a. Headquarters staff and field operating agencies,
- b. Major command staff/regions,
- c. Installation commanders,
- d. Installation facilities management,
- e. Installation technical proponents,

- f. Program directors, and
- g. Facility/program operations staff.

1-3 SCOPE OF FACILITY.

The Fitness Facility comprises the fitness program spaces, the administrative area, and building support.

An additional component for some facilities is the Health and Wellness Center (HAWC)/health promotions. This component includes health promotions, health education, and fitness testing functions. \1\1/

Additionally, there are core functional program areas and optional functional program areas. All functional program areas are listed and described in Tables 1-1 and 1-2. All of these spaces are described in greater detail in Chapters 2 and 4. Additionally, due to the numerous possible variations of \1\ Fitness Facility, a special space program tool has been developed to help users determine the required program areas. /1/ This tool is described in the section entitled, "Space Program".

1-4 PROGRAM AREAS.

1-4.1 Fitness Program, Administrative Areas, and Building Support.

Table 1-1 lists the core and optional areas for the fitness program, administrative areas, and building support. These are the traditional functions of a Fitness Facility. They provide facilities and support services to meet the general fitness, skill development, training, and sports needs of all authorized users.

\1\

TABLE 1-1. FUNCTIONAL PROGRAM AREAS

Functional Program Area	Description
Lobby/Reception	
Entry lobby	Minimal entry space in front of control and/or vestibule. Usually combined with the waiting/display area.
Control counter/equipment issue storage	Sign-in and small gear issue, visual control over the facility via line of sight (LOS) entry, free weights, locker room entrance. LOS control over cardio, selectorized, courts, group exercise is also desired, but may be accommodated via CCTV if necessary. Provides area to hold gear for issue (i.e. towels, balls, rackets).
Vending	Food and beverages. May be combined with gear issue (refrigerator); may be self-serve (vending).
Waiting/display	Waiting area with seating and display.
Public restrooms/phone	Public restrooms (tied to gym capacity), telephone.
Administrative	
Director's office	Private office.
Program managers offices	Private offices
Administrative offices	Workstations.
Classrooms/training rooms	Required program space. If a Health and Wellness Center is attached to the Fitness Center, these rooms will be supplanted by the Health and Wellness Center classroom/training room.
Copy/work/break room	Copier, layout space, storage, small break area.
Gymnasium	
Basketball/volleyball court(s)	NCAA-size court(s).
Spectator seating	Minimum of 200 seats, more as required and with additional courts.
Storage/support	Storage area with access to both the gym and to the outside if adjacent intramural fields are present.
Unit PT/Group Exercise	
Group exercise room	One large subdivideable room with partitions (for classes and/or unit/command fitness training).
Storage/support	Storage area with access to Unit PT/group exercise room.
Fitness Spaces	
Stretching/warm-up/cool-down	Usually one open space; may use floor finishes to separate subspaces; may use alcoves; may use balconies/mezzanines.
Free/plate-loaded weights	
Selectorized (machine) weights	
Cardiovascular (cardio) equipment	

TABLE 1-1. FUNCTIONAL PROGRAM AREAS

Functional Program Area	Description
Fitness program manager's office	Private office adjacent to fitness assessment room and fitness spaces. May include fitness testing equipment.
Fitness assessment room	Private office with desk, computer, and chairs for staff to meet with customer adjacent to fitness spaces. Includes fitness testing equipment.
Structured Activities	
Structured activity space	Can be used as needed, i.e. for climbing wall, spinning, martial arts/boxing, other structured activity, or rolled into other functional areas as needed. Army requires this as a stand-alone space.
Racquetball courts	Sized and specified to include wally ball, squash, and handball.
Spectator area/officiating	Required
Locker Rooms	
Men's Locker Room	Separate male/female facilities. Each locker room is divided into the three sub areas indicated.
Locker/changing area	
Shower/drying area	
Toilet area	
Women's Locker Room	
Locker/changing area	
Shower/drying area	
Toilet area	
Sauna	
Steam room	Separate male/female facilities. Optional.
Hot tub	Optional.
Convertible locker space	Optional. This is locker/changing space that can be used for additional male or female space to accommodate tournaments and/or changing demographics. It is a separate room between the male and female locker rooms with double-locked doors into each.
Support Areas	
Laundry	For towels and uniforms. Adjacent to receiving (if laundry service used) and control desk, if possible.
Receiving and equipment repair	Receiving, storage, and repair (with tool storage). Adjacent to loading dock or double exterior doors and the fitness spaces. Area to hold (if necessary), assemble, and repair equipment. Also store overflow from the equipment issue (i.e. seasonal items). Lockable storage with a sub area of additional secure storage.
Additional programmatic storage	Optional storage for additional, optional program equipment (i.e. boxing ring). May be combined with receiving/equipment repair.

TABLE 1-1. FUNCTIONAL PROGRAM AREAS

Functional Program Area	Description
Other Program Areas	
Pool	Note that pools and natatoriums are a different category code. If a pool/natorium is desired, it will affect the adjacencies and traffic flow within the building. See Figure 2-3 for these adjacencies. For space and technical criteria for pools/natoriums, refer to the following additional document: UFC 4-750-07F, <i>Aquatic Facilities</i> .
Track	Air Force required—Installation determines indoor track or outdoor track.
Massage room	Optional room for massage
Physical therapy/rehabilitation training	Optional. Air Force recommends locating this function in the HAWC (see Table 1-2).
Expanded retail	Optional. Retail area for clothes, sports equipment.
Expanded juice bar	Optional. A separate counter in lobby space. May be contract space.
Family changing room	Optional .Single-person locker room with shower, lavatory, and toilet—family member accompanies child. Adjacent to locker area and pool (if provided).
Male Distinguished Visitor’s (DV) locker room *	Optional
Female DV locker room *	Optional
Parent child area *	Optional: Provides a separate room for parents to watch their children while they work out—includes adult fitness equipment on one side and a separate child play area on the other. The two sides are divided by a 30-in. (760-mm) high clear wall with a central entry/exit point.

* Service-specific space

/1/

1-4.2 Health and Wellness Center Program Areas.

The Health and Wellness Center spaces described in Table 1-2 may be required for the Air Force as part of a consolidated Health and Wellness Center. \1\ /1/Note: The Health and Wellness Center criteria provided in this document applies to a Health and Wellness Center that is collocated with a Fitness Facility. If a stand-alone Health and Wellness Center is to be built, review this information for general guidance only, and develop a comprehensive facility program that includes the appropriate support spaces.

\1\

TABLE 1-2. HEALTH AND WELLNESS PROGRAM AREAS

Functional Program Area	Description
Lobby/reception	Required.
Director's office	Required.
Program managers' offices	Required.
Support staff workstations	Required.
Classroom/training room	Required. These rooms take the place of the fitness classroom/training room. Requires access from Fitness center in this case.
Resource room/computer lab	Required. Combine with lobby/reception.
Storage/support	Tied to classrooms and demonstration kitchen.
Ergometry and fitness testing	Required.
Wellness assessment room	Required.
Equipment demonstration room	Required only if Health and Wellness Center is not collocated with the fitness facility.
Demonstration kitchen	Required in at least one facility on an installation.
Relaxation room	Optional. Lounge/massage chairs, music.
Physical therapy workstation/athletic training room	Optional. PT clinical space.

/1/

1-5 USERS OF FACILITY.

The facility users are as follows:

- a. Active duty, guard, reserve, retired military personnel and their family members;
- b. DoD civilians and others as authorized.

1-6 RELATED DOCUMENTS.

The Department of Defense (DoD) Memorandum dated 25 January 1999 requires the use of The American College of Sports Medicine's *Health/Fitness Facility Standards and Guidelines* for fitness and sports standards.

\1\1/

CHAPTER 2 PLANNING AND LAYOUT

2-1 SIZE DETERMINANTS.

Fitness Facility size is generally driven by the Installation population.

\1\

2-1.1 Air Force Facility Size.

Air Force population and Fitness Facility size criteria are \1\ as follows: /1/

/1/

- a. Small, for populations less than 1,000;
- b. Medium 1, for populations between 1,001 and 2,000;
- c. Medium 2, for populations between 2,001 and 3,000;
- d. Medium 3, for populations between 3,001 and 4,000;
- e. Medium 4, for populations between 4,001 and 5,000; and
- f. Large, for populations between 5,001 and 6,000.

Over 6,000, the Air Force adds population in increments of 1,000 for the purpose of determining Fitness Facility sizing. The facility area increases by 5,000 ft.² (465 m²) for every 1,000-person increase in population.

\1\

2-2 SPACE PROGRAM.

The space program for Fitness Facilities is developed through the use of worksheets . These worksheets are available as a downloadable Microsoft[®] Excel[®] file from the Air Force Dynamic Prototype Program for Fitness Center. The data upon which the worksheets are based is also provided in Appendix B. However, do not use Appendix B to develop the space program—use the Air Force Dynamic Prototype Program for Fitness Center worksheets for space programming.

The space program developed through the use of the worksheet serves as a guideline for the Fitness Facility planning team and generally represents the maximum space allowed. The final space program for a new Fitness Facility will need to be carefully determined by Installation representatives and the appropriate Service program office guided by the criteria in this FC.

/1/

2-3 LOCATION DETERMINANTS.

Several factors determine the most appropriate and cost-effective location for a Fitness Facility. In general, considerations should include the availability and capacity of required utilities and the mass/scale of the facility relative to adjacent structures.

2-3.1 Access.

The Fitness Facility's ideal location should encourage participation by a diverse representation of the target audience, including both genders, by being visible and easily accessible. Consider locating the facility along the pedestrian paths to the existing barracks/dormitories, existing MWR/NEX/MCCS/ Services facilities, and/or the dining facility. To accommodate patron access, consider the relationships to existing vehicular and pedestrian circulation patterns, bike trails, and bus stops. Provide adequate parking as close to the facility as possible within Antiterrorism (AT) requirements.

2-3.2 Related Facilities.

Consider locating the facility near other high-visibility areas and related functions such as outdoor running tracks, sports fields, open park space, swimming pools, outdoor recreation centers, military recreation centers, etc.

2-3.3 Cost.

These facilities should be designed with the objective of achieving the lowest life cycle cost over a 30-year period. To do so, the project's design program must adequately define the scope and performance requirements and match those needs against a budget. Conversely, the budget must adequately support an appropriate and high-quality program and the performance requirements outlined and identified in this FC. Also consider possible future additions when selecting the site to ensure cost-effective expansion possibilities.

2-4 LAYOUT AND ADJACENCIES.

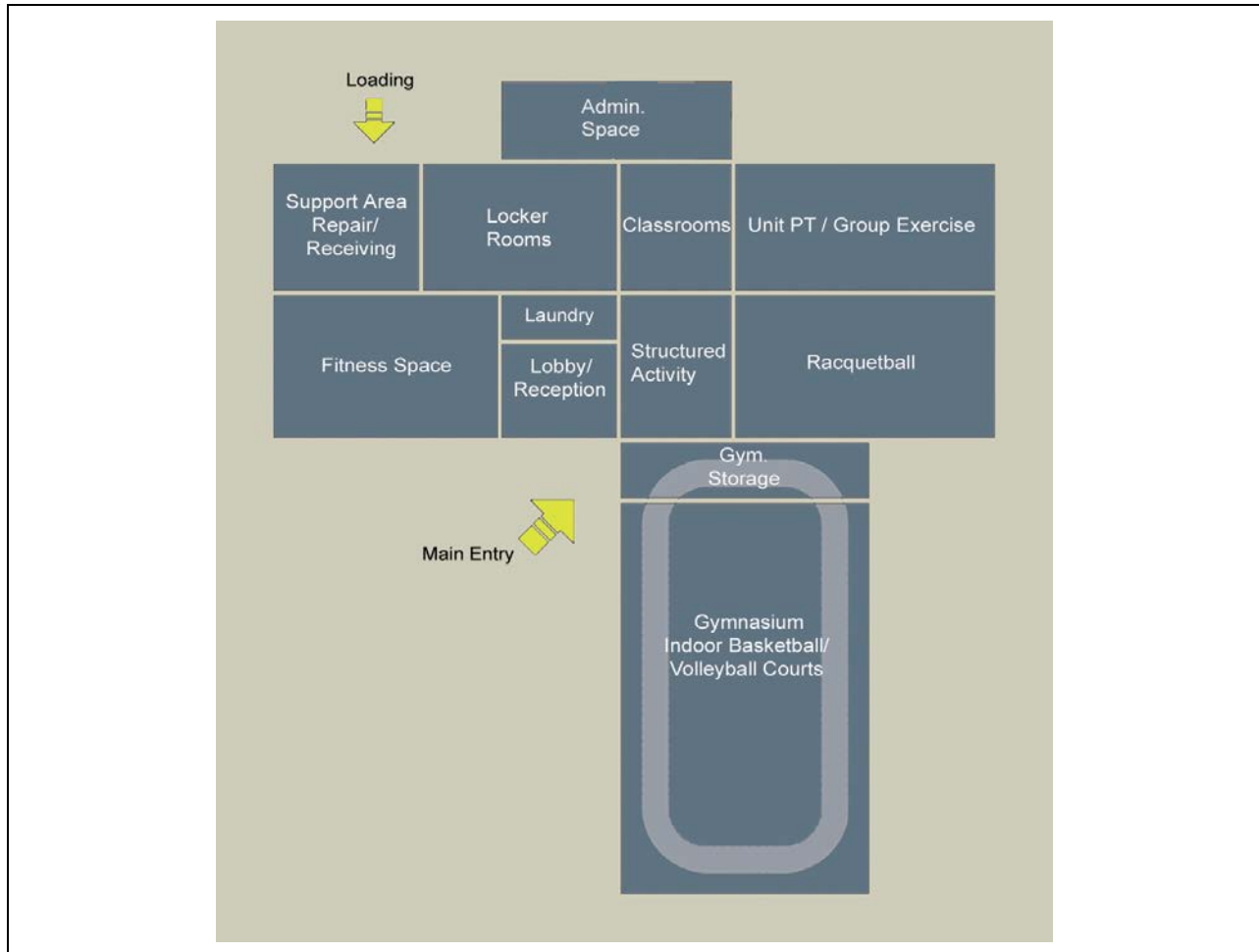
The appropriate layout and adjacencies are illustrated in Figures 2-1 through 2-3. These diagrams are not intended to convey a building shape. Required adjacencies may be accommodated vertically.

These three figures all illustrate a facility with the gymnasium near the front entrance. This configuration allows the gymnasium to be used for events while the rest of the facility is closed off. However, also consider the massing of the facility when determining the location of the gymnasium.

2-4.1 Basic Facility.

The diagram in Figure 2-1 indicates acceptable relative adjacencies of the major functional spaces for a basic facility.

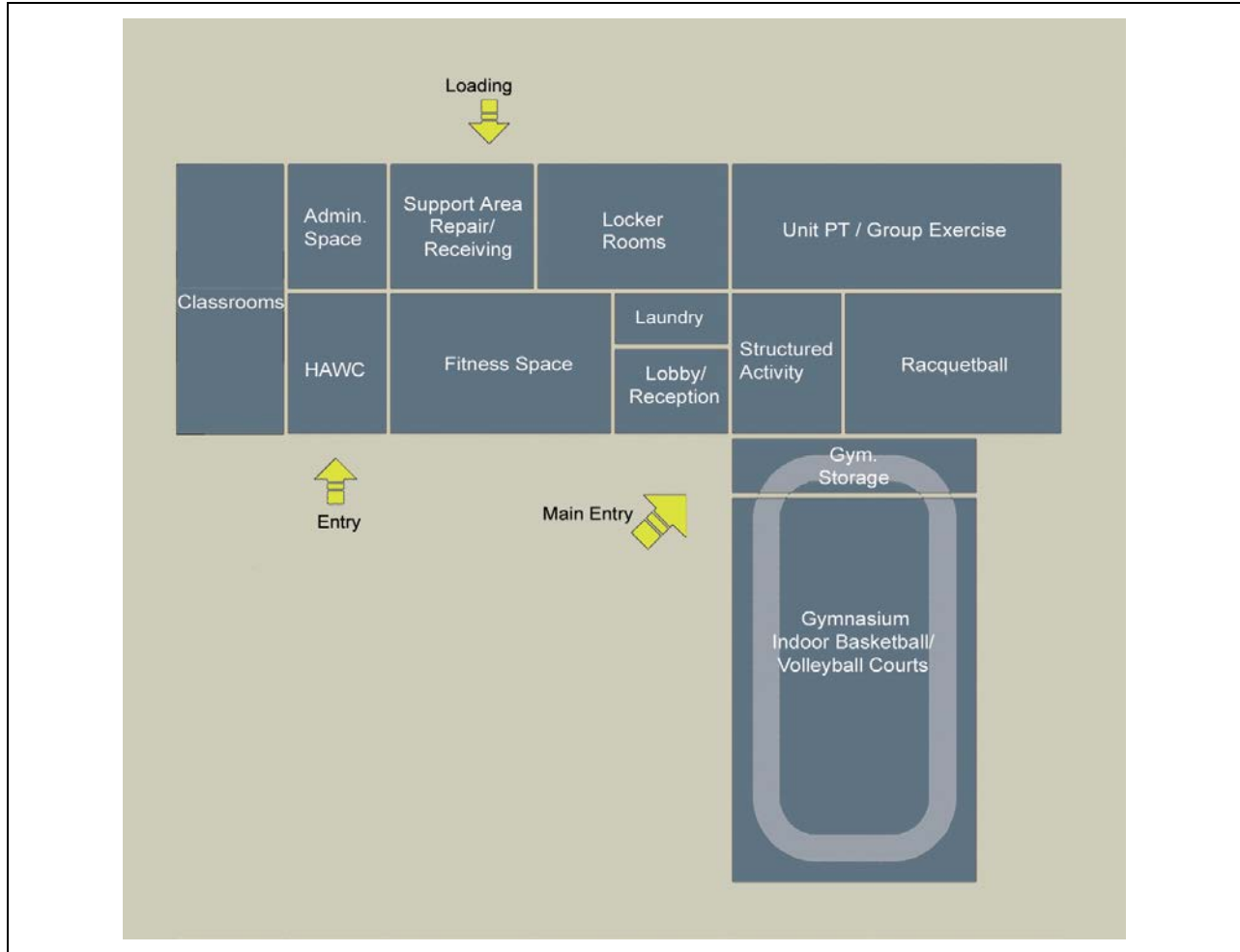
FIGURE 2-1. BASIC FACILITY FUNCTIONAL RELATIONSHIP DIAGRAM



2-4.2 Facility with a Consolidated Health and Wellness Center.

The diagram in Figure 2-2 indicates acceptable relative adjacencies of the major functional spaces for a facility with a consolidated Health and Wellness Center. Note \1\ /1/ Air Force facilities include a consolidated HAWC.

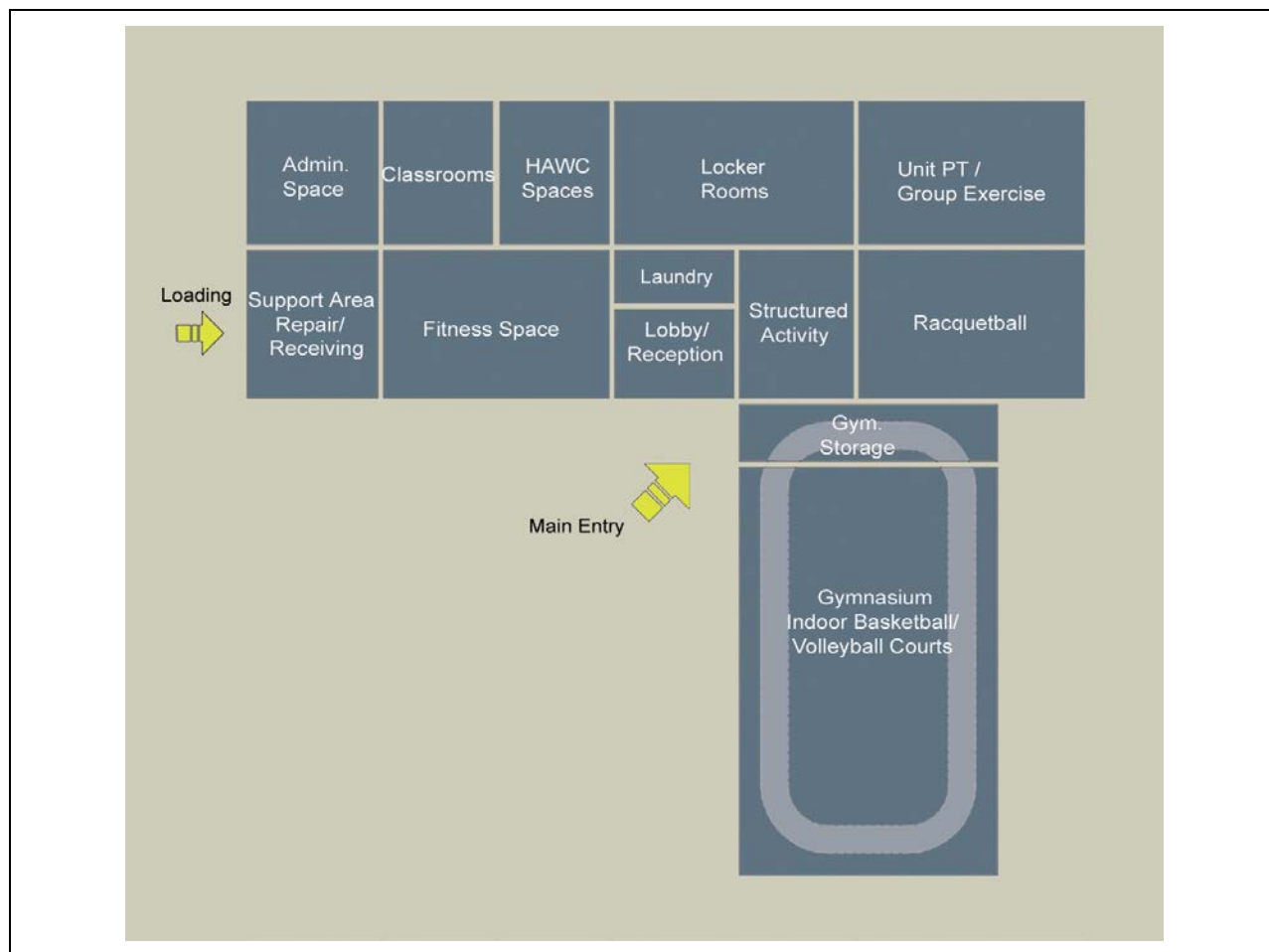
**FIGURE 2-2. FACILITY WITH CONSOLIDATED HEALTH AND WELLNESS CENTER
FUNCTIONAL RELATIONSHIP DIAGRAM**



2-4.3 Facility to Accommodate a Pool.

The diagram in Figure 2-3 indicates acceptable relative adjacencies of the major functional spaces for a facility that will include or is adjacent to a pool (pool not shown but would be adjacent to the locker rooms).

**FIGURE 2-3. FACILITY TO ACCOMMODATE A POOL
FUNCTIONAL RELATIONSHIP DIAGRAM**



2-5 SPACE ASSESSMENT.

See the Functional Data Sheets in Chapter 4 for additional information on the space types and their relationships to each other.

2-6 ALTERATIONS TO EXISTING FACILITIES.

2-6.1 Regulatory Authorities.

\1\

Refer to the regulatory authorities for Air Force.

The standard may be modified to accommodate the existing structure. However, all proposed modifications to the standard must be sent to HQ Air Force Civil Engineering

Center (AFCEC) for fire and life safety issues, to HQ Air Force Services Agency (AFSVA) for functional issues, and to the respective MAJCOM Services Director for deviations from the core requirements.

/1/

2-6.2 Other Considerations.

Consider the site of the existing facility and its limitations with regard to the Fitness Center's needs. Only permanent facilities should be considered for conversion to a Fitness Center. Exceptions may be made for other buildings that are in excellent condition, subject to the location determinants in the section entitled, "Location Determinants".

Existing buildings being considered for conversion, alteration, or addition should be assessed as to whether they can support all the core and optional spaces and dimensional requirements of the proposed building program. For example, can the building accommodate an appropriately sized gymnasium? Can it accommodate the locker rooms? Are the floor-to-ceiling heights appropriate? All technical, code, accessibility, and AT requirements must be met as noted in Chapter 3.

CHAPTER 3 GENERAL DESIGN CRITERIA

3-1 GENERAL.

\1\ Comply with UFC 1-200-01, “*General Building Requirements*” that provides applicability of model building codes and government-unique criteria for typical design disciplines and building systems, as well as for accessibility, antiterrorism, security, high performance and sustainability requirements, and safety. Use this FC in addition to UFC 1-200-01 and the UFCs and government criteria referenced therein. /1/ This chapter provides general criteria only and consists mainly of references to the technical design criteria documents and general considerations. Chapter 4 provides the specific design requirements for each Fitness Facility space.

3-2 STRUCTURE.

3-2.1 Foundation.

The foundation is site specific and must be designed upon known geotechnical considerations, by an engineer knowledgeable of the local conditions.

3-2.2 Superstructure.

Provide clear spans as required for the activity areas and gymnasium. Use pre-engineered components for superstructure framing, where feasible.

3-3 EXTERIOR DESIGN.

In general, the building’s image, theme, and fixtures must be consistent with the programs offered. The building design should reflect the local geographical and cultural environment and comply with the appropriate Service and Installation architectural standards. The building and site should provide a visually attractive, safe, and welcoming appearance. Consider grouping high bay spaces together. The high bay areas should not dominate or overwhelm surrounding structures.

3-3.1 Entrances/Exits.

The main facility entrance to the lobby should serve as a welcome and transition point—elements such as a covered entry are very desirable. In cold climates, provide a canopy (or a recess) at required egress doors to ensure that doors can open completely without obstruction from snow and ice.

If applicable, provide a separate entrance to the Health and Wellness Center and a separate entrance for equipment deliveries. Provide a separate gymnasium emergency/special event exit with a paved path to the parking area. See the section entitled, “Site Design and Organization” for more information on site work.

3-3.2 Doors and Windows.

Provide windows to allow natural light into the facility, considering AT and energy conservation/sustainable design issues (see the sections entitled, "Antiterrorism" and "Sustainable Design"). Use aluminum or hollow metal frames and doors. Mitigate glare and direct sunlight in activity spaces such as the gymnasium and fitness spaces.

3-3.3 Exterior Finishes.

The exterior color, texture, and design should be consistent with the programs offered and the local environment in accordance with Installation standards. They should also be appropriate for the building type. The design should communicate a sense of activity and fun while complying with Installation architectural standards. Coordinate the exterior finishes with the Service-specific design standards noted below in the section entitled, "Finishes" for interior finishes.

3-3.4 Exterior Signage.

The main entrance should be equipped with an attractive, clearly visible sign that provides the program hours of operation. Ensure that signage complies with Installation requirements. Sign placement and type are site-specific, but signs must be strategically located, adequately lit, and of sufficient size to permit proper viewing by individuals approaching the facility.

3-3.5 Exterior Walls and Mold.

Comply with current industry standards and the following document during design to help prevent the development of mold in exterior walls: \1\ ETL 04-3: Design Criteria for Prevention of Mold in Air Force Facilities. /1/

3-4 INTERIOR DESIGN.

Construction and finishes (walls, floor, and ceiling) should support the image and theme of the facility and be consistent with the programs offered and any Installation interior standards. The interior design should offer the same interest, excitement, and professionalism that can be found in comparable commercial facilities. As with the exterior, design the Fitness Facility interior to reflect a high energy, non-institutional character that communicates a sense of activity.

3-4.1 Interior Construction.

Interior construction should be extremely durable. Use no hollow core wood doors. All interior glass must be tempered safety glass and mirrors must be made of break-resistant materials.

Counters, casework, and cabinets should be of high-quality and durable construction. Specify Architectural Woodwork Institute (AWI) Premium or Custom for finishes per *AWI Quality Standards Illustrated*, Current Edition. Casework and cabinet doors and drawer faces should be provided as veneer panel core. Doors, drawers, and casework faces

should be plastic laminate at a minimum. Where no water source is present, countertops should be plastic laminate as a minimum with hardwood or solid surface edging. Where a water source is present, countertops should be solid surface/solid composite plastics only. Specify 20-mm (.75-in.) minimum thickness for plywood, plywood backing, and solid wood panels.

Identify the amount (linear mm/ft.) of counter/casework and its functional requirements in each space within the Fitness Facility with the specific program and the \1\ Installation Manager for Air Force projects. /1/

3-4.2 Finishes.

Finishes should take into account the intended uses, be appropriately durable, and be low maintenance. Finishes should have good acoustical, noise reducing characteristics. They must meet the requirements listed in NFPA 101, *Life Safety Code*. Also coordinate the interior design with the \1\ Air Force Interior Design Guide, Major Command and Installation design standards, and Engineering Technical Letter (ETL) 07-4, Air Force Carpet Standard./1/\1\1/

3-5 SERVICES.

Also see the section entitled, “Sustainable Design” for information on sustainable design and energy consumption.

3-5.1 Plumbing.

Design domestic hot and cold water, sanitary and storm drainage, propane, fuel oil, or natural gas systems to meet the requirements of UFC 3-420-01, *Plumbing Systems* and local Installation standards.

3-5.2 Heating, Ventilating, and Air Conditioning (HVAC).

Design the HVAC system to meet the requirements of UFC 3-410-01FA, *Heating, Ventilating, and Air Conditioning*; and \1\ UFC 3-410-02, *Lonworks (R) Direct Digital Control for HVAC and Other Local Building Systems* /1/. Comply with AT requirements in the design of the HVAC system (see the section entitled, “Antiterrorism”).

Do not locate HVAC equipment above the gymnasium due to the risk of a leak causing water damage.

3-5.3 Fire Protection.

\1\ Refer to UFC 1-200-01, “*General Building Requirements*” for fire protection requirements. /1/

3-5.4 Electrical.

Provide electric service and distribution equipment, wiring receptacles and grounding, interior and exterior lighting and control, emergency lighting, telephone, communication systems, fire alarm, other health and safety alarms, and intrusion systems in accordance with NFPA 70, *National Electrical Code*; UFC 3-520-01, *Interior Electrical Systems*; and the latest Installation design requirements. See the latest edition of *Electric Current Abroad*, U.S. Department of Commerce, to determine voltages and cycles in overseas locations. Service grounding system and all wiring methods must meet the current NFPA 70 requirements. All service equipment must be Underwriters Laboratories (UL) listed. Alternately, published proof from an approved independent testing laboratory may be provided.

3-5.4.1 Lighting.

Provide lighting and control systems throughout the facility in accordance with UFC 3-530-01, *Interior and Exterior Lighting and Controls*. Pay particular attention to issues such as glare, heat generation, and impact protection for the fixtures in Fitness Facility activity spaces.

3-5.4.2 Communications and Data.

Telephone and data outlets may be independent of each other or combined into a single junction box. Also consider wireless audio, video, and data installations for Fitness Facilities to add flexibility. If the hard-wired connections can be combined into a single junction box then the cover plate to that junction box must allow for multiple connections. In some unique situations, the cable television (CATV)/internal video connection can also be combined into a single junction box with the appropriate cover plate. Identify the preference for individual or combined telephone/data/video outlets with the \1\ project manager. /1/The Functional Data Sheets in Chapter 4 specify the need for a public address (PA) system and a closed circuit television (CCTV) system for each individual space. Identify the technical design requirements for the PA system and CCTV system with the \1\ Installation Manager. /1/

3-5.4.3 Alarm System.

Consider providing an alarm system for intrusion detection to protect equipment and assets. Provisions for an alarm system must be justified during the planning/programming process. \1\ /1/

3-6 SITE DESIGN AND ORGANIZATION.

Where possible, use outdoor spaces as transition spaces and for extended fitness uses, such as areas for runners and bicyclists. The site design should feel safe for all authorized users. If located nearby, provide access paths to related functions such as outdoor running tracks, sports fields, open park space, etc. The site design and all exterior features must comply with the AT standards in the section entitled, "Antiterrorism".

3-6.1 Landscaping.

\1\ Refer to UFC 1-200-01, “*General Building Requirements*” for landscaping requirements. /1/

Also refer to the USAF Landscape Design Guide and any Major Command standards. Provide an irrigation system, as needed. See the section entitled, “Sustainable Design” for information on this subject.

3-6.2 Parking and Access Drives.

Provide adequate parking for both staff and patrons with the appropriate access drives. Consider location of bicycle racks near the facility entrance in a secure location. Comply with UFC 3-210-02, *POV Site Circulation and Parking*. \1\ Also refer to AFMAN 32-1084, *Facility Requirements*. /1/

3-6.3 Service Drive.

The size of required service vehicles should be verified by the designer prior to planning the service access areas. A back-up spur should be provided for dead-end and service drives which exceed 100 ft. (30 m) in length. Access should be near the serviced areas: the receiving area, garbage dumpster/storage (indoor or outdoor), mechanical room, and service entry, if one is designated. Provide a service vehicle apron and consolidate service access when possible. Screen or separate the service area from public use or traffic areas with attractive walls, fences, depressions, berms, and landscaping. Ensure proper drainage if depressions are used. Do not cross outdoor activity areas with service access. Ensure compliance with AT standards noted in the section entitled, “Antiterrorism”, particularly for dumpster separation and access control.

3-6.4 General Site Lighting.

Ensure that parking areas and the facility have adequate lighting for safety, evacuation, and security measures. Comply with UFC 3-530-01, *Interior and Exterior Lighting and Controls*.

3-7 BARRIER-FREE DESIGN REQUIREMENTS.

\1\ Refer to UFC 1-200-01, “*General Building Requirements*” for barrier-free design requirements. /1/

3-8 ANTITERRORISM.

\1\ Refer to UFC 1-200-01, “*General Building Requirements*” for antiterrorism requirements. /1/

3-9 SUSTAINABLE DESIGN.

Use an integrated approach to the planning and design of Fitness Facilities that minimizes energy consumption and optimizes life cycle cost renewable energy possibilities. Use a practical combination of site selection and siting, energy conserving

building envelope technologies, energy efficient lighting, occupant-sensing controls, variable frequency drives for motors and exhaust fans, and high efficiency HVAC systems to achieve this goal. Incorporate renewable energy principles such as day-lighting, passive and active solar heating, natural ventilation, and photo-voltaics where they are life cycle cost effective.

\1\ Comply with the guidance in UFC 1-200-02, High Performance and Sustainable Building Requirements which addresses Air Force sustainable policy. /1/

\1\ /1/

3-9.1 Other Sustainable Design Criteria.

The following general references provide more information:

When specifying products that are included in EPA's list of affirmative procurement guideline items, designers must include the requirement for these products to meet or exceed the recycled material content standards established by EPA. The list of products and their corresponding recycled content requirements are found at <http://www.epa.gov/cpg/products>. Listed products likely to be used in Fitness Facilities include building insulation, carpet and cushion, cement and concrete, latex paint, floor tiles, patio blocks, restroom dividers, and structural fiberboard.

The "Whole Building Design Guide" <http://www.wbdg.org> further explains the environmental issues related to building materials and provides technical guidance on green building material selection.

3-9.2 DoD Energy Budget.

Design of new facilities must ensure that building energy consumption does not exceed the DoD energy budget figures.

CHAPTER 4 SPECIFIC DESIGN CRITERIA

4-1 INTRODUCTION.

This chapter identifies the specific design needs for each functional area as outlined in the space program. Tables 4-1 through 4-28 provide this data in a standard Functional Data Sheet format.

These Data Sheets are available as a Microsoft® Word® file for use during project execution. The file is downloadable from the Whole Building Design Guide Web site \1\
<http://dod.wbdg.org/> /1/

TABLE 4-1. ENTRY/LOBBY and WAITING/DISPLAY

Description/ Usage	The lobby serves as the primary entrance to the facility for patrons, visitors, and spectators. The lobby should be open and friendly in design and serve to introduce the rest of the facility. Immediately adjacent to the lobby is the waiting/display area which provides an area for customers to relax and for the facility to display trophies and special activities and programs.
Min. Ceiling Ht.	10 ft. (3.05 m) minimum.
Finishes	<p>Walls. Provide a low-maintenance, durable finish with a wainscot. Consider painted gypsum wallboard or the use of vinyl wall covering where budget and practical considerations allow.</p> <p>Floor. Provide a low-maintenance, durable, moisture and slip-resistant finish suitable for this high traffic area. Consider stained concrete, stone, terrazzo, or quarry tile. Provide a walk-off mat/area at the entrance door. Provide a base that matches the flooring or a vinyl or rubber base.</p> <p>Ceiling. Provide a decorative ceiling. Consider exposed, painted structure with an acoustical spray paint.</p>
Plumbing	Provide drinking fountain(s).
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	40 ft. candles (430 lux). General ambient lighting. Consider decorative and task lighting.
Communication	<p>CCTV. Provide at least one outlet.</p> <p>CATV/Internal Video. Provide a CATV outlet.</p> <p>PA/Audio. Provide a speaker.</p> <p>Telephone. Provide one line.</p> <p>Data. Provide an outlet in the waiting/display area.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	Provide display cases in this space.
Furnishings Fixtures & Equip. (FF&E)	<p>Provide CCTV cameras per the outlet count.</p> <p>Floor mat at entrance.</p> <p>Waiting/display area should include durable, easy to clean, and moisture-resistant furniture; tables; magazine and brochure rack; tack surfaces; wall art; trophy case (if not built-in); and a wall clock. Provide a means to display Installation and staff information.</p> <p>Consider providing a self-use blood-pressure monitor, a computer with Internet connectivity, and a pay phone.</p>
Special Req.	Provide an airlock at the main entrance. Provide a grated snow-trap for northern tier bases. Signage.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-2. CONTROL COUNTER/EQUIPMENT ISSUE/STORAGE.

Description/ Usage	<p>The control counter is often referred to as the front desk or reception desk. It's the focal point of information exchange within the building and is the check-in location for patrons; the check-in method may be located at the facility entrance or in the lobby to ensure all patrons check-in at entry. Do not use check-in/counting methods that restrict rapid access/egress to/from the facility, such as a turnstile.</p> <p>Equipment such as towels, balls, and racquetball rackets will be issued from the control desk. It must provide for direct supervision of the facility and greeting, informing, and directing patrons to their particular activity area. Additionally, the control desk serves as the focal point for safety and emergency situations.</p> <p>In smaller facilities, vending functions can be provided as an over-the-counter service at the control counter. Also see Table 4-3.</p>
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	<p>Walls. Painted gypsum wallboard. Consider vinyl wall coverings.</p> <p>Floor. In front of counter: Provide a low-maintenance, durable, moisture and slip-resistant finish suitable for this high traffic area. Consider stained concrete, stone, terrazzo, or quarry tile. Provide a base that matches the flooring or a vinyl or rubber base.</p> <p>Behind counter: Provide stained concrete, stone or quarry tile, vinyl composition tile (VCT), or carpet. Provide vinyl or rubber base.</p> <p>Ceiling. Acoustical Ceiling Panels (ACP). Consider using the ceiling to define and separate this area from the Lobby, i.e., a dropped gypsum board soffit over the control desk and gypsum board false beams.</p>
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide an emergency shut-off control per AT requirements.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide power for all equipment. Perform a power requirement survey as this area's power requirements are extremely site- and locale-specific.
Lighting	40 ft. candles (540 lux). General ambient lighting. Provide task lighting; consider decorative fixtures.
Communication	<p>CCTV. All monitors must be viewable from this area.</p> <p>CATV/Internal Video. None required.</p> <p>PA/Audio. PA controls. Provide a speaker.</p> <p>Telephone. Provide one line per two points of sale (POS). Provide at least two additional general purpose phone lines.</p> <p>Data. Provide one outlet per POS. Provide additional outlets, as needed, for associated hardware.</p> <p>Security. Consider providing duress alarm control next to the POS units.</p>

TABLE 4-2. CONTROL COUNTER/EQUIPMENT ISSUE/STORAGE.

Casework/ Built-in Equipment	<p>Provide a 24-in- (610-mm-) deep counter with built-in cabinets. Provide file drawers and storage drawers with a minimum of two lockable drawers for each POS. The counter should be dual height for standing transactions, seated office functions, and ADA customer service. Note that ADA-height counter should have knee-hole space on both sides of the counter. The counter must be a durable solid surface material such as granite, concrete, or solid plastic—laminated is not permitted. Modesty panels and apron must be of durable materials. Provide a towel return drop opening in the counter top with space for a laundry cart below. The staff access to the counter must permit access to the free weight area for emergency response.</p> <p>Consider supports such as steel angle braces for counters with knee-hole space. Consider providing wall and base cabinets and an equipment counter.</p> <p>Storage must accommodate towels, small athletic equipment such as balls and rackets, and juice bar/vending supplies (if provided at the control counter). Consider if clean towels will be provided by a service or if they will be in laundry carts and provide storage space accordingly.</p>
Furnishings Fixtures & Equip. (FF&E)	<p>POS units, desktop computer for administrative functions. CCTV monitors. Printers. Chairs and stools. Scanner or swipe-card check-in device (optional for Air Force). PA controls. Consider providing an automatic external defibrillator (AED).</p>
Special Req.	<p>Attendants at the control desk must have direct line-of-sight visual control over the following: the main entrance, the free weight area, the gymnasium entrance, the locker room entrance, and the climbing wall (if provided). Attendants should also have visual control (via line of sight or CCTV) over the unit PT/group exercise rooms, the selectorized equipment, the cardio equipment, and structured activity areas. \1\ Air Force permits /1/ visual control of the locker room entrance via CCTV.</p> <p>Consider providing a gate between the desk and surrounding area. Consider providing a coiling door or grille at the counter to serve as a security screen.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-3. RETAIL/VENDING/JUICE BAR.

Description/ Usage	The retail/vending functions may be accommodated at the control counter. A juice bar or expanded retail functions will be provided in a separate area. Vending can also be provided at a self-service standalone space with vending machines. The vending area, if a standalone space, should be identifiable, visually screened but not totally enclosed, and visually accessible from the control desk. \1\ /1/
Min. Ceiling Ht.	9 ft. (2.74 m) minimum or matched with the lobby.
Finishes	Walls. Ceramic wall tile or other hard surfaces approved for the snack bar to a minimum of 4 ft. (1.22 m) from finished floor. Floor. Provide hard-surface flooring such as VCT, seamless vinyl, or quarry tile or other durable material. Ceiling. ACP or painted gypsum board.
Plumbing	Two-compartment countertop sink with hot and cold water supply. Floor drain. If an icemaker is desired, provide a cold water connection.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide dedicated outlets for the vending machines and countertop height convenience outlets for microwave and other equipment as required.
Lighting	40 ft. candles (430 lux) general ambient lighting. Provide task lighting. Consider accent fixtures and lighting to provide special ambience.
Communication	CCTV. Provide sufficient quantity to allow adequate coverage. CATV/Internal Video. Provide an outlet at juice bar, if applicable. PA/Audio. Provide a speaker and intercom connection. Telephone. Provide one line per two points of sale (POS). Provide at least one additional general purpose phone line. Data. Provide one outlet per POS. Provide additional outlets, as needed, for associated hardware. Security. Consider providing duress alarm control next to the POS units.
Casework/ Built-in Equipment	Countertop with base and wall cabinets at the front opening. Behind the service corridor, provide base and wall cabinets. Countertop at sink area is required to be solid-surface. Drink rail.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Juice bar/expanded retail: Under cabinet or counter microwave, refrigerator, freezer, dishwasher, and other small appliances as required. POS unit(s). Also provide a menu board. Provide refrigerated display cases and bistro-style tables and chairs. Consider an ice maker. Vending machines.
Special Req.	Provide a means to secure the juice bar. Consider providing a built-in safe per local policy.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-4. LAUNDRY.

Description/ Usage	The laundry cleans and dries towels and uniforms. Some Installations contract out towel laundry; however, there is still a requirement to provide laundry for uniforms. The laundry room should be adjacent to the control counter. It may be combined with the receiving and equipment repair area (Table 4-7) if it requires adjacency to a loading dock or exterior service entrance for laundry service.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Epoxy painted CMU or water-resistant gypsum wallboard. Consider the impacts from carts and the movement of equipment—provide durable finishes, rub rails, and metal/high-impact plastic corner guards. Floor. Sealed concrete, VCT, or seamless vinyl. Ceiling. None or ACP. Consider washable and humidity resistant panels. Gypsum wallboard ceiling may also be used.
Plumbing	Provide hot and cold water and drain connections to each of the washing machines and one laundry sink. Provide floor drains. Provide recessed plumbing cabinets for each utility connection to the machines. Provide cold water to an ice machine and utility sink in the equipment storage area and provide a separate floor drain.
HVAC	68 F (20 C) minimum, 80 F (27 C) maximum. Provide separate vents to the outside for the dryers. Provide eight to 12 air changes per hour and 50 to 60% relative humidity.
Fire Protection	Provide system per the section entitled, “Fire Protection”. Note requirement for one-hour rated construction and 45-minute-rated door with self closer.
Power	Provide outlets per code. Provide power to each washer and dryer.
Lighting	50 ft. candles (540 lux) general ambient lighting.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide one speaker. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide a built-in folding table and shelves for clean towel storage.
Furnishings Fixtures & Equip. (FF&E)	Large, high capacity industrial extractors and dryers—provide a minimum of two dryers per extractors. Extractors must be mounted on concrete foundations. Provide for storage of laundry supplies. Consider providing a hanging rack. Ice machine.
Special Req.	Provide easy access to rear of dryers to allow easy maintenance and cleaning of vents (see HVAC). Coordinate door openings and dimensions with room layout and equipment sizes, e.g., laundry carts, washers, dryers, and ice machines. Provide acoustical measures to control the noise/vibration of the washers and dryers. The laundry room should not be visible from the lobby area.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-5. PUBLIC TOILETS/JANITOR'S CLOSET

Description/ Usage	These toilet rooms are used primarily by visitors, spectators, and persons not using the locker and shower rooms. They should be adjacent to the lobby and gymnasium. Provide separate male and female restrooms.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Epoxy or enamel painted, moisture-resistant gypsum wall board with a ceramic tile wainscot. Consider full ceramic tile walls with integral patterns. Use a dark-colored epoxy grout. Floor. Ceramic tile with integral patterns. Use a dark-colored epoxy grout. Ceiling. Epoxy or enamel painted, moisture-resistant gypsum board. None needed for janitor's closet.
Plumbing	Provide wall-hung water closets, wall-hung urinals and lavatories based on the applicable code for the calculated occupancy of the gymnasium. Provide a floor drain. Provide a keyed hose bibb.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Ventilate to the exterior per code. Provide eight to 12 air changes per hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	50 ft. candles (540 lux).
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Solid-surface countertop with either underhung or integral sink. Solid composite toilet and urinal partitions. Consider permanent ceramic-tile partitions. Toilet accessories: toilet paper dispensers, paper towel dispenser with integral trash receptacle, robe hooks, grab bars, sanitary napkin disposal (female water closet stalls), seat cover dispensers, and soap dispensers. Mirror. Fold-down diaper changing table/station in both the male and female toilets.
Furnishings Fixtures & Equip. (FF&E)	
Special Req.	Provide a Janitor's closet associated with or in proximity of these toilets. This closet includes a floor mop sink with hot and cold water and a hose connection, a floor drain, and storage for pails, mops, vacuums, and related cleaning supplies and equipment. Include a lockable door, (which can be opened from the inside) with a vision panel. Provide lockable cabinets for cleaning supplies. Provide exhaust ventilation directly to the outside.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-6. PARENT/CHILD AREA.

Description/ Usage	<p>\1\ The Parent/Child area is optional.</p> <p>This option provides parents/guardians a venue in which to exercise while maintaining direct visual control over their child. Part of the room has exercise equipment for the parent to use while the other part is designated for the children. The two areas should be divided by a 30-in.- (760-mm-) high, .5-in.- (13-mm-) thick, clear, shatterproof Plexiglas partition to ensure the parent can see the child at all times. Include a centrally-located entry/exit in the partition.</p> <p>/1/</p>
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	<p>Walls. Painted gypsum wallboard. Consider vinyl wall coverings.</p> <p>Floor. VCT or sheet vinyl and vinyl or rubber base. Exercise area should include permanently adhered impact flooring with a nonporous, high-density rubber/elastic surface. Composite products such as recycled rubber may be used; however, the top layer should be virgin (unrecycled) material chemically bonded to the sublayers. Avoid the use of interlocking impact flooring tiles.</p> <p>Ceiling. Acoustical Ceiling Panels (ACP).</p>
Plumbing	None required.
HVAC	65 F (18 C) minimum, 74 F (23 C) maximum. Provide eight to 12 air exchanges per hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code in the child area. Provide flush-floor outlets for commercial-grade fitness equipment and outlets for wall or ceiling mounted television monitors in the exercise area.
Lighting	50 ft. candles (540 lux),
Communication	<p>CCTV. \1\ /1/ Not supported by Air Force.</p> <p>CATV/Internal Video. Provide an outlet in the exercise area. Consider providing an outlet in the child area.</p> <p>PA/Audio. Provide a speaker. Provide an emergency call/alarm that sounds at the control counter.</p> <p>Telephone. Provide an outlet.</p> <p>Data. Provide an outlet.</p> <p>Security. None required.</p>
Casework/ Built-in Equip.	Child area: Storage cabinet for children's games and toys.
Furnishings Fixtures & Equip. (FF&E)	<p>\1\ /1/ Not supported by Air Force.</p> <p>Child area: Provide child-sized tables, chairs, and games. Consider providing a TV, VCR/DVD, and exercise mat. Note, if a TV is included, provide a protective shield to minimize damage to the TV from children and thrown objects.</p> <p>Exercise area: Provide exercise equipment and a TV.</p>
Special Req.	Meet the requirements outlined in AFI 34-266, <i>Air Force Fitness and Sports Programs</i> .
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p> <p>Adults.</p> <p>Children.</p>
Min. net m² (ft²)	

TABLE 4-7. RECEIVING AND EQUIPMENT REPAIR.

Description/ Usage	<p>Provides an area to hold, assemble, and repair fitness equipment. It will also be used to store overflow from the control counter/equipment issue storage, such as large or seasonal items. This area is adjacent to the fitness areas.</p> <p>There is an option for additional programmatic storage for optional programmatic items (such as a boxing ring). If required, this space will usually be part of/adjacent to the receiving and equipment repair area.</p>
Min. Ceiling Ht.	10 ft. (3.05 m) minimum.
Finishes	<p>Walls. CMU with glazed wall coating or heavy-duty epoxy paint.</p> <p>Floor. Concrete slab.</p> <p>Ceiling. None. Paint the exposed structure.</p>
Plumbing	Provide a work sink with hot and cold water connections and a floor drain.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide additional outlets at the work bench.
Lighting	50 ft. candles (540 lux) general ambient lighting. Provide task lighting at the work bench.
Communication	<p>CCTV. Provide one outlet.</p> <p>CATV/Internal Video. None required.</p> <p>PA/Audio. Provide a speaker.</p> <p>Telephone. Provide one line with internal two-way communication.</p> <p>Data. Provide one outlet.</p> <p>Security. Provide a door alarm and exterior door bell.</p>
Casework/ Built-in Equipment	Provide a 96 by 24 in. (2438 by 609 mm) work bench for equipment repair within the storage area.
Furnishings Fixtures & Equip. (FF&E)	<p>Provide CCTV cameras per the outlet count.</p> <p>Provide adequate shelving, bins, and open end cubicles for storage of athletic equipment and supplies for both in and out of season.</p> <p>Consider providing a computer (for maintenance use).</p>
Special Req.	<p>Provide a locking exterior double door with flush sills and sufficient height to facilitate movement of equipment. Consider an electric roll-up door with an exterior transition ramp or a loading dock and associated roadway.</p> <p>Provide an interior double door to facilitate movement of equipment.</p> <p>Provide a secure storage area for equipment, tools, supplies, and resale items. It must include adequate shelving, bins, and open end cubicles.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-8 ADMINISTRATIVE OFFICES

Description/ Usage	<p>The administrative offices consist of a mix of private and open office space. The quantity and type of offices are facility specific. Generally speaking, the following office spaces are provided: Director's office, Program Managers' office(s), and support staff workstations.</p> <p>The offices should be free from frequent distraction, have a professional appearance, and provide a sense of work place.</p>
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	<p>Walls. Painted gypsum wall board or vinyl wall covering.</p> <p>Floor. Carpet with vinyl or rubber base</p> <p>Ceiling. ACP</p>
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Ensure an adequate number of circuits to power all equipment. Provide a minimum of one quad outlet in closed offices on at least three walls. Gang outlets with data and telephone. Workstations should provide at least one quad outlet per staff. Provide additional outlets as necessary to operate shared equipment such as printers, fax, etc.
Lighting	50 ft. candles (540 Lux). General ambient fixtures.
Communication	<p>CCTV. None required.</p> <p>CATV/Internal Video: None required.</p> <p>PA/Audio: Provide a speaker. Provide controls in the Director's office.</p> <p>Telephone. Provide one line per staff plus one additional line for fax and copier.</p> <p>Data. Provide one outlet per staff plus one outlet for each printer, copier, scanner, etc.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equipment (FF&E)	<p>Private Offices—provide furniture for 120 ft.² (11 m²) or 100 ft.² (9.3 m²) office: desk, credenza, filing cabinet, desk chair, and two side chairs.</p> <p>Workstations—provide furniture for 64 ft.² (6 m²) workstation: desk chair and side chair for open offices. Workstation systems furniture must provide adequate space for filing and overhead storage.</p> <p>Provide dry-erase boards in select offices and workstations.</p>
Special Requirements	<p>Locate offices on exterior wall and provide windows for natural light admission.</p> <p>Provide side lights next to the office doors for supervision and security.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-9. CLASSROOMS/TRAINING ROOMS

Description/ Usage	This space is used as a classroom for conducting programmed fitness and health related training. \1\ For facilities /1/ that include a Health and Wellness Center, this classroom will be shared with that component and should be easily accessible from the Health and Wellness Center.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Painted gypsum wallboard or vinyl wall covering. Floor. VCT with vinyl base. Consider carpet. Ceiling. ACP.
Plumbing	Consider providing a small sink (see Casework).
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code and additional outlets necessary to operate dedicated equipment.
Lighting	50 ft. candles (540 Lux) ambient lighting from fluorescent fixtures. Dimmable recessed lighting.
Communication	CCTV. Provide outlets as required for coverage. CATV/Internal Video. Provide one outlet. PA/Audio. Provide a speaker. Telephone. Provide one line. Data. Provide a minimum of one outlet. Consider providing additional outlets for training purposes. Security. None required.
Casework/ Built-in Equipment	Solid-surface countertop; see the section entitled, "Interior Construction" for length criteria. Provide lockable wall and base cabinets. Provide a storage closet for training materials and AV cart. Provide an electrically operated retractable screen and a built-in computer projector.
Furnishings Fixtures & Equipment (FF&E)	Provide CCTV cameras per the outlet count. Provide tables, chairs, bulletin board with tack surface and dry-erase board. Consider providing overhead projector, printer, TV, VCR, and DVD player.
Special Requirements	Consider the acoustics of the space and features to eliminate potential distractions. Provide a minimum sound transmission coefficient (STC) rating of 50 to 55. Provide a vision panel in the door. \1\ /1/ Provide a moveable partition to divide the large classroom into two spaces.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-10. COPY/WORK/BREAK ROOM

Description/ Usage	This space is used as a staff workroom for copying, meetings, breaks, and lunches.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Painted gypsum wall board or vinyl wall covering. Floor. VCT with vinyl or rubber base. Ceiling. ACP
Plumbing	Provide a sink with hot and cold water. Consider a cold water connection for refrigerator ice maker.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide one additional outlet at counter height for convenience. Provide additional outlets necessary to operate dedicated equipment such as the copier, fax machine, printers, coffee machine, refrigerator, time clocks, microwave, and various other office machines.
Lighting	50 ft. candles (540 lux). Consider dimmable lights.
Communication	CCTV. None required. CATV/Internal Video. Consider providing one outlet. PA/Audio. Provide a speaker. Telephone. Provide one line. Data. Provide outlets as required for equipment. Security. None required.
Casework/ Built-in Equipment	Provide two separate solid-surface countertops: one for food/break functions and one for administrative functions. See the section entitled, "Interior Construction" for length criteria. Provide lockable wall and base cabinets.
Furnishings Fixtures & Equipment (FF&E)	Provide copier, fax machine, printers, table, chairs, microwave, coffee machine, refrigerator, bulletin board with tack surface, dry-erase board, and other office equipment as required. Consider providing a laminating machine.
Special Requirements	Locate copy/work/break room on exterior wall and provide windows for natural light admission. Provide a vision panel in the door.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-11. MEN’S AND WOMEN’S LOCKERS/DRESSING

Description/ Usage	Separate men’s and woman’s locker/dressing rooms will be used by those participating in fitness/sports activities for changing, dressing, and securing personal effects. It is open and directly adjacent to the toilet/shower facilities. As such, moisture and humidity must be addressed in the locker/dressing rooms.
Min. Ceiling Ht.	10 ft. (3.05 m) minimum except where furred down.
Finishes	Walls. Epoxy or enamel painted concrete masonry units (CMU) or moisture-resistant gypsum wall board. Floor. Slip-resistant tile with dark grout. Ceiling. High humidity-rated, ceramic-faced ACP. Provide a corrosion-resistant supporting grid.
Plumbing	Provide a floor drain. Consider providing a water fountain.
HVAC	70 F (21 C) minimum, 78 F (26 C) maximum. Provide for air flow from the dry side of this space (opposite the adjacent toilet/shower wet side) to the exhaust intakes in the wet area. Provide eight to 12 air changes per hour with supply by air dump to decrease air velocities, negative pressure, and 0.50 CFM/ft. ² . Limit relative humidity to under 50% through the use of humidistats. Humidistats may also be used to throttle back air changes as long as temperature and humidity remain within limits.
Fire Protection	Provide system per the section entitled, “Fire Protection”.
Power	Provide outlets per code. Provide counter-height outlets at the vanity area.
Lighting	40 ft. candles (430 lux). General ambient lighting. Lighting fixtures should have translucent, moisture resistant, nonbreakable, protective covers. Minimize shadowing at face of lockers.
Communication	CCTV. None required. CATV/Internal Video. Consider providing an outlet. PA/Audio. Provide a speaker. Provide an emergency call/alarm. Telephone. Provide one line. Data. Consider providing outlets to support personal fitness tracking devices. Security. None required.
Casework/ Built-in Equipment	Provide lockers and benches. Typically provide a mix of full- and half-sized Z-shaped lockers. However, consider the location’s climate when determining the ratio of half- to full-sized lockers: Colder climates will require a higher percentage (or 100%) of full-sized lockers to accommodate bulkier cold weather gear. Provide integral benches (usually part of the locker system) at least 16 in. (406 mm) wide. Solid composite plastic lockers are strongly preferred. Mount lockers at a level above the floor which provides reachable operating hardware. Provide a vanity area with a counter and mirror. Provide wall-mounted hair dryers adjacent to this area. Provide one hair dryer for every three shower heads for men and one hair dryer for every two shower heads for women. Provide shelves and hooks for coats and hats. Provide a full-height wall mirror. 1\1/ Provide multi-speed ceiling fans.
Furnishings Fixtures & Equip. (FF&E)	Provide a scale. Consider providing a blood pressure monitor.

TABLE 4-11. MEN'S AND WOMEN'S LOCKERS/DRESSING

Special Req.	Provide dropped gypsum board soffits over lockers to preclude the tops of the lockers being used for storage. \1\1/ The Air Force allows an option for additional, separate male and female distinguished visitors (DV) locker rooms independent from the core locker rooms. They should be adjacent to but visually separate from the group locker rooms.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-12. MEN'S AND WOMEN'S SHOWERS

Description/ Usage	These separate male and female areas are directly adjacent to (and may be open to) the corresponding gender's locker/dressing and toilet areas and include private shower/drying stalls. Several other functions may be provided in this space such as sauna, steam room, and/or hot tub.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum
Finishes	Walls. Full height ceramic tile with a dark-colored epoxy grout. Floor. Mud set, non-slip ceramic tile. Use dark-colored, epoxy grout in the shower floor tiling. Ceiling. Moisture-resistant gypsum board with a veneer plaster (level 5) finish and epoxy paint.
Plumbing	Provide minimum 42-in.- (1068-mm-) wide private shower/drying stalls for men and women. Provide proper drainage (i.e., floor drains and/or perimeter trench drains).
HVAC	70 F (21 C) minimum, 78 F (26 C) maximum. Provide for air flow from the dry side (adjacent locker/dressing area) to the exhaust intakes in the wet (toilet/shower) area. Provide 20-30 air changes per hour with negative pressure and supply by air dump to decrease air velocities.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	40 ft. candles (430 lux). General ambient lighting. Lighting fixtures should have translucent, moisture resistant, nonbreakable, protective covers. In the showers, provide recessed fixtures with sealed lenses, rated for wet applications.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Provide an emergency call/alarm. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Phenolic or solid composite shower partitions secured at floor and ceiling.
Furnishings Fixtures & Equip. (FF&E)	
Special Req.	Do not allow direct views into the shower room areas. Provide a privacy screen at the entrance to this area. Consider providing natural light via frosted skylights or translucent wall building materials (such as insulated glass block). \1\1/ If DV locker rooms are provided (see Table 4-11), provide associated, separate male and female toilet and shower facilities. When funds are limited, consider providing DV lockers and dressing area separate from the main locker room with access to the shower and toilet areas.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-13. MEN’S AND WOMEN’S TOILETS

Description/ Usage	Separate men’s and women’s toilet facilities are open and directly adjacent to the corresponding gender’s locker/dressing and shower areas.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum
Finishes	<p>Walls. Full height ceramic tile with dark-colored epoxy grout at wet walls and ceramic tile wainscots at fixture areas. Epoxy or enamel painted, moisture-resistant gypsum wall board elsewhere.</p> <p>Floor. Mud set, non-slip ceramic tile with dark-colored epoxy grout.</p> <p>Ceiling. Moisture-resistant gypsum board with a veneer plaster (level 5) finish and epoxy paint.</p>
Plumbing	Provide lavatories, urinals, and water closets. \1\1/ Provide proper drainage (i.e., floor drains and/or perimeter trench drains).
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide for air flow from the dry side (adjacent locker/dressing area) to the exhaust intakes in the wet (toilet/shower) area. Provide 15 to 20 air changes per hour with supply by air dump to decrease air velocities, negative pressure. Limit relative humidity to under 50% through the use of humidistats. Humidistats may also be used to throttle back air changes as long as temperature and humidity remain within limits.
Fire Protection	Provide system per the section entitled, “Fire Protection”.
Power	Provide outlets per code. Provide GFCI outlets at lavatory at counter height.
Lighting	40 ft. candles (430 lux). General ambient lighting. Lighting fixtures should have translucent, moisture resistant, nonbreakable, protective covers. Provide lighting directly over lavatories and grooming counters and minimize reflection glare in the mirrors in the overall lighting design.
Communication	<p>CCTV. None required.</p> <p>CATV/Internal Video. None required.</p> <p>PA/Audio. Provide a speaker. Provide an emergency call/alarm.</p> <p>Telephone. None required</p> <p>Data. None required.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	<p>Solid-surface countertop supported at both ends and with the front edge supported by galvanized angle reinforcing. The sink may be either underhung or integral with the counter.</p> <p>Phenolic or solid composite water closet and urinal partitions secured at floor and ceiling.</p> <p>Toilet accessories: toilet paper dispensers, paper towel dispenser with integrated trash receptacle, robe and towel hooks, grab bars, feminine hygiene receptacles in women’s water closets, seat cover dispensers, and soap dispensers at lavatories.</p> <p>Provide wall-mounted shelves and full-width mirror at the lavatories.</p> <p>Provide a full-length mirror.</p>
Furnishings Fixtures & Equip. (FF&E)	

TABLE 4-13. MEN'S AND WOMEN'S TOILETS

Special Req.	Do not allow direct views into this area. Provide a privacy screen at the entrance. Consider providing natural light via frosted skylights or translucent wall building materials (such as insulated glass block). \1\1/ If DV locker rooms are provided (see Table 4-10), provide associated, separate male and female toilet and shower facilities. When funds are limited, consider providing DV lockers and dressing area separate from the main locker room with access to the shower and toilet areas.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-14. FAMILY CHANGING ROOM/FAMILY LOCKER ROOM

Description/ Usage	This optional space provides separate, individual rooms equipped with changing area, shower, toilet, sink, diaper changing table, and lockers intended to accommodate adults with small children. Locate near the pool (if provided) or near the parent/child area. \1\ /1/
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. See Tables 4-11, 4-12, and 4-13 for the appropriate finishes. Floor. See Tables 4-11, 4-12, and 4-13 for the appropriate finishes. Ceiling. See Tables 4-11, 4-12, and 4-13 for the appropriate finishes.
Plumbing	Provide shower stall, lavatory, and water closets. Provide proper drainage (i.e., floor drains and/or perimeter trench drains).
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide 15-20 air changes per hour with supply by air dump to decrease air velocities. Limit relative humidity to 45% through use of humidistats. Humidistats may also be used to throttle back air changes as long as temperature and humidity remain within limits.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide counter-height GFCI outlets at the lavatory.
Lighting	40 ft. candles (430 lux). General ambient lighting. Lighting fixtures in wet area should have translucent, moisture resistant, nonbreakable, protective covers. Provide lighting directly over lavatory and consider reflections and glare in the mirrors when designing the overall lighting design. In the shower, provide recessed fixtures with sealed lenses, rated for wet applications.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Provide an emergency call/alarm. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	See Tables 4-11, 4-12, and 4-13 for the appropriate casework.
Furnishings Fixtures & Equip. (FF&E)	See Tables 4-11, 4-12, and 4-13 for the appropriate FF&E.
Special Req.	See Tables 4-11, 4-12, and 4-13 for the appropriate special requirements.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-15. STEAM ROOM

Description/ Usage	The optional steam room should have an adjacent cool down space and direct access to the shower spaces and the locker spaces. It provides a warm, extremely humid (close to 100%) environment for therapy and relaxation. Provide separate male and female rooms as part of or adjacent to male and female toilet and shower facilities. Consider providing a prefabricated, packaged unit.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Full height ceramic tile with dark-colored epoxy grout. Floor. Non-slip ceramic or quarry tile. Ceiling. Tile. Should be pitched for drainage down the walls.
Plumbing	Provide a cold water shower with a rope pull-chain. Provide floor drains. Provide access to a keyed hose bibb with hot and cold water.
HVAC	100 F (38 C) minimum, 110 F (43 C) maximum. Humidity 100% relative. Provide secured controls.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	None required.
Lighting	35 ft. candles (375 lux). General ambient lighting. Lighting fixtures should have translucent, moisture resistant, nonbreakable, protective covers.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker in the adjacent cool-down area. Provide an emergency call/alarm in the steam room that sounds at the control counter. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide ceramic tile benches in a single- or double-tiered arrangement.
Furnishings Fixtures & Equip. (FF&E)	Provide steam generator in an adjacent closet.
Special Req.	An adjacent cool down space can serve the steam room, sauna (if provided), and hot tub (if provided). It should have a bench with wall-mounted clothing/towel hooks. Provide a full-glass door with a door seal adequate to retain the steam within the room.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-16. SAUNA

Description/ Usage	The optional sauna should have an adjacent cool down space and direct access to the shower and locker spaces. It provides a very hot, dry environment for therapy and relaxation. Provide separate male and female rooms as part of or adjacent to male and female toilet and shower facilities. Consider providing a prefabricated, packaged unit.
Min. Ceiling Ht.	8 ft. (2.44 m) minimum.
Finishes	Walls. CMU with either redwood or cedar panels. Floor. Sealed concrete with removable redwood tile "mats." Ceiling. Plaster or redwood or cedar panels.
Plumbing	Provide a floor drain.
HVAC	Provide a separate dry heat system with individual temperature controls and a timer to achieve 170 to 180 F (77 to 82 C) with 5% relative humidity. Provide secure controls. Provide passive ventilation to achieve four air changes/hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide a dedicated circuit for the heat source.
Lighting	35 ft. candles (375 lux).
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Provide an emergency call/alarm in the sauna space that sounds at the control counter. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide solid board cedar or redwood benches.
Furnishings Fixtures & Equip. (FF&E)	Provide a water tub and ladle and a wall-mounted room temperature and humidity gauge. Provide hooks. Provide a wall-mounted clock.
Special Req.	Provide an insulated door with a vision panel and seals to maintain temperature. Minimize exposed metal hardware. Ensure no exposed metal fasteners on the benches. Use plastic or wood interior door handle. An adjacent cool down space can serve the sauna, steam room, (if provided), and hot tub (if provided). It should have a bench with wall-mounted clothing/towel hooks.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-17. MASSAGE ROOM

Description/ Usage	The optional massage room provides a private space for massage service. It should be adjacent to the locker/shower facilities. \1\ /1/
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Painted gypsum wall board. Floor. Solution dyed nylon carpet with antimicrobial treatment with resilient vinyl transitions. Ceiling. ACP.
Plumbing	Provide a hand-wash sink with hot and cold water connections.
HVAC	72 F (22 C) minimum, 78 F (26 C) maximum. Provide six to 10 air changes per hour and less than 60% relative humidity. Provide dedicated controls.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	50 ft. candles (540 lux). Use indirect light fixtures and provide dimming capability.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Consider providing an emergency call/alarm that sounds at the control counter. Telephone. Provide one line. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide a securable storage cabinet for supplies such as sheets, towels, and massage oil.
Furnishings Fixtures & Equip. (FF&E)	Provide height-adjustable massage table with adjustable head rest and chairs. Provide an adjustable-height wheeled stool for the therapist. Consider providing a massage chair in addition to or in lieu of the massage table. Provide clothes hooks. Provide a phone and a small table for making and verifying appointments.
Special Req.	For use during project execution by the appropriate Service agency
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-18. HOT TUB

Description/ Usage	The optional hot tub should have direct access to the shower and locker spaces and be adjacent to the steam room, if provided. It provides a hot pool of water with powered jets of water for therapy and relaxation. \\ / / May provide separate male and female rooms as part of or adjacent to male and female toilet and shower facilities or provide a single room for use by both men and women.
Min. Ceiling Ht.	10 ft. (3.05 m) minimum.
Finishes	Walls. Water-resistant surface. Floor. Slip-resistant ceramic tile, no larger than 1 x 1 in. (25 x 25 mm) tiles with dark epoxy grout. Ceiling. Water-resistant surface.
Plumbing	Provide a whirlpool tub with a dedicated water supply, hot water heater, and water pump. Provide a floor drain.
HVAC	72 F (22 C) minimum, 78 F (26 C) maximum. Provide six to 10 air changes per hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide waterproof outlets. Provide dedicated power for the water pump with a timer-operated pump switch with patron access.
Lighting	Provide waterproof fixtures.
Communication	CCTV. Provide outlets as required for coverage if the facility is shared by men and women. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Provide an emergency call/alarm that sounds at the control counter. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide a chemical storage cabinet.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Provide clothes hooks, seating bench, handrail for entrance/exit of pool, shelving for towels, and a wall clock.
Special Req.	Provide an emergency shut-off control for the whirlpool. Provide an adjacent dry-off/dressing area. Consider aluminum or nonferrous metal for hardware, AC ducts, AC registers, and door frames.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-19. CONVERTIBLE LOCKER SPACE

Description/ Usage	<p>This optional space provides for locker/dressing space that can be converted to male or female space, as needed, to accommodate tournaments and/or changing demographics. It is a separate room between the male and female locker rooms with double-locked doors into each. The criteria generally follow that in Table 4-11 for the locker/dressing area.</p> <p>This is not additional locker space and will need to be deducted from the overall calculated locker space for the facility. \1\ /1/</p>
Min. Ceiling Ht.	10 ft. (3.05 m) minimum except where furred down.
Finishes	<p>Walls. Epoxy or enamel painted concrete masonry units (CMU) or moisture-resistant gypsum wall board.</p> <p>Floor. Slip-resistant tile with dark grout.</p> <p>Ceiling. High humidity-rated, ceramic-faced ACP. Provide a corrosion-resistant supporting grid.</p>
Plumbing	None required. Consider providing a water fountain.
HVAC	70 F (21 C) minimum, 78 F (26 C) maximum. Provide for air flow from the dry side of this space (opposite the adjacent toilet/shower wet side) to the exhaust intakes in the wet area. Provide eight to 12 air changes per hour with supply by air dump to decrease air velocities, negative pressure, and 0.50 CFM/ft. ² . Limit relative humidity to under 50% through the use of humidistats. Humidistats may also be used to throttle back air changes as long as temperature and humidity remain within limits.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide counter-height outlets at the vanity area.
Lighting	40 ft. candles (430 lux). General ambient lighting. Lighting fixtures should have translucent, moisture resistant, nonbreakable, protective covers. Minimize shadowing at face of lockers.
Communication	<p>CCTV. None required.</p> <p>CATV/Internal Video. Consider providing an outlet.</p> <p>PA/Audio. Provide a speaker. Provide an emergency call/alarm.</p> <p>Telephone. Provide one line.</p> <p>Data. Consider providing outlets to support personal fitness tracking devices.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	<p>Provide lockers and benches. Typically provide a mix of full- and half-sized Z-shaped lockers. However, consider the location's climate when determining the ratio of half- to full-sized lockers: Colder climates will require a higher percentage (or 100%) of full-sized lockers to accommodate bulkier cold weather gear. Provide integral benches (usually part of the locker system) at least 16 in. (406 mm) wide. Solid composite plastic lockers are strongly preferred.</p> <p>Mount lockers at a level above the floor which provides reachable operating hardware. Provide a vanity area with a counter and mirror. Provide wall-mounted hair dryers adjacent to this area. Provide one hair dryer for every two shower heads.</p> <p>Provide shelves and hooks for coats and hats.</p> <p>Provide a full-height wall mirror.</p> <p>Consider providing ceiling fans.</p>
Furnishings Fixtures & Equip. (FF&E)	

TABLE 4-19. CONVERTIBLE LOCKER SPACE

Special Req.	The doors in to the male and female locker/dressing area must be keyed from both sides. Provide dropped gypsum board soffits over lockers or prefabricated metal top closure to preclude the tops of the lockers being used for storage.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-20. GYMNASIUM/BASKETBALL/VOLLEYBALL COURTS

Description/ Usage	This space is used for team activities and sports competitions such as basketball and volleyball. Multiple court gymnasiums with divider curtains can accommodate simultaneous activities. The gymnasium can also support instructional functions, informal, intramural, and extramural sports as well as community events.
Min. Ceiling Ht.	28 ft. (8.53 m) clear height below structure and lights.
Finishes	Walls. CMU with glazed wall coating or heavy-duty epoxy up to 12 ft. (3.66 m). Above 12 ft. (3.66 m), use semi-gloss enamel and consider acoustic panels. Floor. Multipurpose, resilient, athletic flooring—typically wood. Flooring must meet “DIN” standards for the specified function per ACSM. Ceiling. Exposed, painted structure. Provide acoustical banners.
Plumbing	No plumbing fixtures in the gymnasium. Consider access to nearby drinking fountains.
HVAC	68 F (20 C) minimum, 74 F (23 C) maximum; 20 cfm/person outside air, with CO ₂ sensors or other type of energy conservation system; 10 air changes/hour; less than 50% relative humidity. Provide durable air grill covers and do not place air grills in line with basketball nets.
Fire Protection	Provide system per the section entitled, “Fire Protection”. Provide protection for sprinkler heads, exit signs, manual pull stations, and other exposed components; minimize equipment that protrudes into activity space or raise it above 6 ft. (1.83 m) for safety considerations. Provide 1-hour fire separation from core areas of building.
Power	Provide outlets per code. Provide power for the scoreboard; shot clocks; and a high, wall-mounted clock. Consider power requirements for other functions such as retractable backboards, divider curtain, and stage sound and lighting.
Lighting	Metal halide, 50 ft. candles (540 lux) minimum, adjustable up to 80 ft. candles (860 lux). If the program dictates, consider providing up to 100 ft. candles (1080 lux). Provide perimeter compact fluorescents multi-level switched for non-sport activities. Provide keyed light switches. Provide protection for all fixtures. Do not locate fixtures directly above basketball backboards. Do not install high-pressure sodium lighting.
Communication	CCTV. Provide at least one outlet in each divided space. CATV/Internal Video. None required. PA/Audio. Provide speakers with proper spacing. Telephone. Provide one line with internal two-way communication. Data. Consider providing data outlets in recessed floor boxes, centered under the anticipated scoring table location, but outside the court boundaries. Security. None required.
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Provide wrestling mat, exercise mat, protective floor coverings, seating, scoring table, elevated judge’s stand, and chairs.

TABLE 4-20. GYMNASIUM/BASKETBALL/VOLLEYBALL COURTS

Special Req.	<p>Provide acoustical control with sound baffles, banners, acoustical materials, etc.</p> <p>Built-in equipment:</p> <ul style="list-style-type: none"> • Provide retractable basketball nets/backboards at two per half court or six per full court. Breakaway rims must be installed on all goals. • Provide volleyball stanchions and net with built-in flush floor insert sleeves. Consider floor inserts for gymnastics standards. • Motor-operated, vertical-acting, divider curtain with manual override. • Electronic scoreboard—provide control for scoreboard and divider curtain on side of room opposite of bleachers. • Bleachers. Use telescoping bleachers to maximize the flexibility of the space and to allow sideline space for gymnasium events. Provide for accessible seating. \1 /1/ • Provide game lines on flooring for full- and half-court basketball and volleyball. • Provide attached safety padding on all walls to 6 ft. (1830 mm) minimum above finished floor. • Provide one pair of 30-second timing clocks for the main court. <p>Other special requirements:</p> <ul style="list-style-type: none"> • Provide wood entrance doors with vision panels into the gym and ensure visual access from the control counter. • Provide a minimum 10 ft. (3.05 m) unobstructed floor space safety zone between the outer edge of the playing area and any feature or obstruction. • Consider moisture control and prevention of condensation on floor surface. Consider under-floor ventilation requirements, under-slab vapor barrier, estimated dew point occurrence, local water table, and local soil conditions. • Provide exterior double doors with removable latch post for equipment access. • Provide natural light through the use of windows and/or overhead skylights. Mitigate glare on the play and spectator areas. Any glass panels should be a minimum of 18 ft. (5.49 m) above finished floor and .5 in. (13 mm) thick, tempered, laminated safety glass. • Ensure no glazing or lighting can create glare or distraction on the play areas. Also consider cross-court play.
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p> <p>Participants.</p> <p>Spectators.</p>
Min. net m² (ft²)	

TABLE 4-21. GYMNASIUM EQUIPMENT STORAGE

Description/ Usage	A room for the storage of equipment and supplies, e.g., roll-away basketball goals, volleyball standards, gymnasium floor protective covering, and telescopic platform for maintenance/repair, needed for program support. Coordinate with overhead storage.
Min. Ceiling Ht.	10 ft. (3.05 m) minimum
Finishes	Walls. CMU or painted gypsum wall board. Floor. Sealed concrete. Ceiling. None required.
Plumbing	None required. Consider providing a connection for an ice maker and a floor drain. \1\ /1/
HVAC	65 F (18 C) minimum, 85 F (29 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	20 ft. candles (215 lux).
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. None required. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	Shelving and storage cabinets.
Special Req.	Area must be accessible from both interior and exterior through lockable double doors with kick-plates. Consider providing "dutch" doors at interior for equipment issue. \1\ /1/ Provide a vision panel in the door. Provide ramp at exterior door to facilitate equipment issue/delivery, if necessary. The area must be at least 8 ft.(2.44 m) wide. In addition to the gym storage room, a separate storage area accessible from the exterior may be provided for exterior sports and athletic equipment, e.g., bleachers and soccer goals.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.

TABLE 4-22. ROCK CLIMBING

Description/ Usage	A rock climbing wall is an optional addition, usually to the fitness equipment area or combined with other structured activities. The main uses of climbing walls are threefold: offering instructional programs for new climbers, fitness training or recreation for intermediate through advanced climbers, and climbing competitions. Locate the wall within the facility so that it is a highly visible feature or centerpiece and also serves an advertising function. Ensure direct visual control from the control desk. If the wall serves as a centerpiece, use a wall that has a realistic rock appearance.
Min. Ceiling Ht.	20 ft. (6.1 m) minimum. Accommodate the specific equipment selected.
Finishes	Walls. CMU. Basic wall features should include arêtes, dihedrals, overhanging routes, flakes, chimneys, buttresses, and roof. It's important to consider not only the width and height of climbing walls, but also the depth available to create interesting features. Floor. The flooring beneath the climbing wall should be a soft and resilient surface such as recycled rubber chips or a resilient rubber playground surface. The depth of the material should be specified to attenuate a 10 ft. (3.05 m) fall. Flooring must meet "DIN" standards for the specified function per ACSM. Ceiling. None required.
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	50 ft. candles (540 lux). Metal halide, mercury vapor, or fluorescent lights are recommended. Coordinate the location of lights with the design of the climbing wall. Lighting should not impair the wall user, e.g., down-lighting fixtures should not be installed directly above the climbing wall.
Communication	CCTV. If direct LOS is not possible from the control desk, provide an outlet. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. If direct LOS is not possible from the control desk, provide an emergency call/alarm that sounds at the control counter. Data. None required. Security. None required.
Casework/ Built-in Equip.	None required.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Consider manufactured climbing walls. Select the provider based both on service and product features. Accommodate any specific power requirements.
Special Req.	A bulletin board should be placed in a visible, adjacent area on which appropriate information and materials are posted, e.g., safety and injury guidelines, climbing tips, target heart zone information, and instructions for measuring heart rate. Provide a separate teaching station. Safety: If a manufactured climbing wall is used, comply with the manufacturer's guidelines and safety requirements. Also refer to the following industry groups for more information on safety requirements: Climbing Wall Association and Association for Challenge Course Technology.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.

Min. net m ² (ft ²)
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TABLE 4-23. RACQUETBALL COURTS

Description/ Usage	Racquetball courts generally consist of one or more enclosed courts within a larger space that allows circulation, waiting, and spectator viewing. Courts are sized and specified specifically for the game of racquetball (see Special Requirements).
Min. Ceiling Ht.	20 ft. (6.1 m).
Finishes	Walls. .5 in. (13 mm) thick high density resin core panels over .5 in. (13 mm) sound cushion layer. Consider providing a shatterproof, tempered glass back wall/door for viewing and officiating. Minimum calculated wall reflectance must be 0.65. Floor. Multipurpose, resilient, wood athletic flooring designed for racquetball courts. Flooring must meet "DIN" standards for the specified function per ACSM. Ceiling. .5 in. (13 mm) thick high density resin core panels
Plumbing	None Required. Consider access to drinking fountains and bathrooms.
HVAC	60 F (16 C) minimum, 68 F (20 C) maximum; 15 cfm/person outside air, with CO ₂ sensors or other type of energy conservation system; 10 air changes/hour, less than 50% relative humidity. Ventilating ducts must be installed flush with the ceiling or wall surfaces. Supply and return vents should be located in the rear one-third of the ceiling and/or the upper one-third of the back wall.
Fire Protection	Provide system per the section entitled, "Fire Protection". Any fire suppression or detection equipment must be protected and flush with the wall or ceiling surface.
Power	None required in courts. Provide convenience outlets per code in the waiting/viewing area.
Lighting	70 ft. candles (970 lux) minimum. Provide 100 ft. candles (1,076 lux) for competition play. Use translucent, impact resistant, nonbreakable, flush mounted protective covers specifically designed for racquetball courts. Light should be evenly distributed throughout the court. Metal halide fixtures are preferred. For courts with glass walls, the lighting level shall be the same on both sides of the glass wall. This feature will reduce glare and allow players to follow the ball as it plays off the glass wall.
Communication	CCTV. Provide at least one outlet in the waiting/viewing area. CATV/Internal Video. None required. PA/Audio. Provide a speaker in each court (upper end of back wall preferred) and in the waiting/viewing area. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide mounting sockets and netting for wally ball games on 50% of the courts or per local demand. Provide recessed wallet lock boxes in one sidewall of each court. Consider providing a large, recessed walk-off mat outside the entrance to the courts.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. If a waiting/viewing area is included, provide seating for spectators.
Special Req.	Court striping and dimensions must comply with U.S. Racquetball Association rules. Consider providing one court with a movable front or rear wall to allow one racquetball court to be converted into a squash court.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers. Participants. Spectators.

Min. net m² (ft²)

TABLE 4-24. UNIT PT/GROUP EXERCISE ROOM

Description/ Usage	This is typically one large room that is partitionable and can be used for large unit physical training or for multiple smaller classes that require only minimal equipment. Activities/classes include aerobics, martial arts, yoga, etc.
Min. Ceiling Ht.	10 ft. (3.05 m) minimum. Consider a 12 ft. (3.66 m) ceiling for facilities with large martial arts programs.
Finishes	Walls. CMU with glazed wall coating or heavy-duty epoxy. Floor. Multipurpose, resilient, athletic flooring. Wood is preferred for aerobics-type classes; synthetic sports flooring is acceptable for other uses. Flooring must meet "DIN" standards for the specified function per ACSM. Ceiling. None or ACP.
Plumbing	None required. Consider access to drinking fountains and bathrooms.
HVAC	66 F (19 C) minimum, 72 F (22 C) maximum, 12 to 14 air changes/hour, less than 60% relative humidity, negative pressure, 25 cfm/person outside air, with CO ₂ sensors or other type of energy conservation system.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide convenience outlets per code.
Lighting	50 ft. candles (540 lux) minimum at the floor. 80% indirect and 20% direct. Provide protection for all fixtures and dimming capability.
Communication	CCTV. Provide at least one outlet in each divided space. CATV/Internal Video. Provide outlets for ceiling-mounted monitors. PA/Audio. Provide speakers with proper spacing. Telephone. Provide one line with internal two-way communication. Data. Consider providing data outlets in the walls or in recessed floor boxes. Security. None required.
Casework/ Built-in Equipment	Provide a continuous stretching bar on at least one wall. Provide a continuous toe bar (for sit-ups) on at least one wall (different from wall with stretching bar). Provide a built-in protective box for the telephone. Provide mirrors on at least two walls at a minimum of 18 in. (450 mm) above the floor. Provide a secured sound system for each divided space and wireless headsets for instructors. Provide wall- or ceiling-mounted TV brackets in each divided space. \1\ /1/ Provide multi-speed ceiling fans.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Accommodate boxing equipment such as punching bags and speed bags. Provide other athletic equipment as needed: stair steps, balls, small dumbbells, etc. Consider providing an AED.

TABLE 4-24. UNIT PT/GROUP EXERCISE ROOM

Special Req.	<p>Design the rooms to allow for flexibility in use. Provide a method of fastening padding on walls for use during combative sports. Provide acoustical separation from the rest of the facility.</p> <p>Provide natural light where appropriate—provide glare and heat-gain protection if exterior glazing is provided.</p> <p>Provide some visual connection to the rest of the facility—Consider providing interior windows to other exercise modules/circulation areas. If windows are provided, also provide blinds for privacy when necessary.</p> <p>Provide secure storage either within the room or with a direct adjacency to store items such as mats, wall padding, punching bags, and other sports equipment.</p> <p>Provide personal effects storage, such as cubbies, for customers in the room.</p> <p>Accommodate queuing of customers in the area immediately outside the entrance.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-25. FITNESS AREA

Description/ Usage	<p>This area is typically the focal point of the facility. The area is divided into four sections: stretching/warm up/cool down, free/plate-loaded weights, selectorized (machine) equipment, and cardiovascular equipment. The stretching/warm-up/cool-down area is open space within the larger room. It can also serve as transition areas between the other sections. The cardiovascular equipment area can be located in multiple areas throughout the facility. Consider locations such as balconies, alcoves, etc. The criteria in this table will apply regardless of equipment location. This area is adjacent to the equipment repair/receiving area.</p> <p>The free/plate-loaded weights area includes dumbbells, plate racks and plate-loaded equipment, and benches. The selectorized (machine) equipment consists of pin-selected weight equipment. The cardiovascular equipment consists of items such as treadmills, stationary bikes, stair climbers, etc.</p>
Min. Ceiling Ht.	12 ft.(3.66 m) minimum. 14 ft.(4.27 m) is preferred.
Finishes	<p>Walls. CMU with glazed wall coating or heavy-duty epoxy. Provide wall protection up to 18 in. above finished floor in the free weight area.</p> <p>Floor. In the stretching/warm up/cool down and free weights areas use permanently adhered impact flooring with a nonporous, high-density rubber/elastic surface. Composite products such as recycled rubber may be used; however, the top layer should be virgin (unrecycled) material chemically bonded to the sublayers. Avoid the use of interlocking impact flooring tiles.</p> <p>For the selectorized equipment and cardiovascular equipment areas use multipurpose, resilient, athletic flooring.</p> <p>For the circuit training equipment, consider using the impact flooring detailed above. All flooring must meet “DIN” standards for the specified function per ACSM.</p> <p>Ceiling. Exposed, painted structure. Consider providing ACP or other acoustical banners and treatments.</p>
Plumbing	None required. Provide a minimum of two drinking fountains.
HVAC	68 F (20 C) minimum, 74 F (23 C) maximum; 12 to 18 air changes per hour; negative pressure; less than 50% relative humidity; 25 cfm/person outside air, with CO ₂ sensors or other type of energy conservation system. Provide for multi-speed ceiling fans.
Fire Protection	Provide system per the section entitled, “Fire Protection”.
Power	<p>Provide outlets per code.</p> <p>Free weight area: Consider providing outlets for wall- or ceiling-mounted television monitors.</p> <p>Selectorized equipment area: Coordinate equipment outlets with the specific equipment selected. Provide flush-floor outlets for commercial-grade equipment in a grid pattern sized appropriately for equipment spacing and to accommodate fitness tracking systems. Consider providing a raised floor system for power distribution. Consider providing outlets for wall- or ceiling-mounted television monitors.</p> <p>Cardiovascular equipment area: Coordinate equipment outlets with the specific equipment selected. Provide flush-floor outlets for commercial-grade equipment in a grid pattern sized appropriately for equipment spacing and to accommodate fitness tracking systems. Consider providing a raised floor system for power distribution. Provide 220v dedicated circuits for all treadmills. Provide outlets for wall- or ceiling-mounted television monitors.</p>
Lighting	50 ft. candles (540 lux) uniform lighting. Use 80% indirect and 20% direct. Consider the possibilities for glare affecting equipment users—particularly those using equipment with horizontal benches. Mitigate glare as necessary.

TABLE 4-25. FITNESS AREA

Communication	<p>CCTV. Provide outlets as needed for coverage.</p> <p>CATV/Internal Video. Provide outlets for wall or ceiling mounted television monitors. Mount at proper viewing height for cardiovascular exercise machines. Consider FM broadcast of video monitors.</p> <p>PA/Audio. Provide speakers as needed.</p> <p>Telephone. None required.</p> <p>Data. Consider providing data outlets in recessed floor boxes in the cardiovascular and selectorized equipment areas.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	<p>Provide 6 ft. (1830 mm) tall mirrors on at least two walls at a minimum of 18 in (450 mm) above the floor. One of the two walls must be in the free weight area.</p> <p>Provide toe bars (for sit-ups) in the stretching area(s).</p> <p>Provide multi-speed ceiling fans. Provide self-serve equipment cleaning supply stations throughout that include disinfectant spray bottles and disposable or reusable towels.</p>
Furnishings Fixtures & Equip. (FF&E)	<p>Provide CCTV cameras per the outlet count.</p> <p>Provide bulletin boards, exercise mats, wall clocks, and trash containers.</p> <p>Sample equipment lists for each area (cardio, free weights, and selectorized) are provided in Appendix C. Address accessibility issues in equipment selection.</p> <p>Consider providing an AED.</p>
Special Req.	<p>Provide storage either within the room or with a direct adjacency to store items such as mats, spare equipment, and other sports equipment.</p> <p>Provide natural light through the use of windows and/or overhead skylights. Mitigate glare.</p> <p>Provide attractive, color coordinated décor that projects a friendly environment. Avoid bland treatments such as a black floor and tan walls. Color selection should coordinate with equipment selected for the space.</p> <p>Consider providing a help desk within this space in larger facilities. If provided, locate it within the space in areas not well served by the Control Counter.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-26. FITNESS ASSESSMENT ROOM

Description/ Usage	This room provides a space for staff to meet with customers and evaluate the customer's fitness level. It is inside or directly adjacent to the fitness spaces and the program manager's office and should include typical office furnishings and fitness testing equipment.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Painted gypsum wall board or vinyl wall covering. Floor. Carpet with vinyl or rubber base. Ceiling. ACP.
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide dedicated controls.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide a minimum of one quad outlet on at least three walls. Gang outlets with data and telephone. Provide additional dedicated outlets to accommodate the fitness equipment.
Lighting	50 ft. candles (540 lux). General ambient fixtures.
Communication	CCTV. None required. CATV/Internal Video: None required. PA/Audio: Provide a speaker. Telephone. Provide one line. Data. Provide at least one outlet at the desk area and one outlet at the fitness equipment area. Security. None required.
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	Office furniture: desk, credenza, filing cabinet, desk chair, two side chairs, computer, printer, and other office equipment as needed. Fitness testing equipment.
Special Req.	Provide side lights with blinds next to the door for supervision and security.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-27. PHYSICAL THERAPY/REHAB TRAINING

Description/ Usage	\1\ This optional office provides a space for staff to meet with customers and rehabilitate injuries. A private office is preferred, but a workstation may be acceptable if it is large enough to accommodate the equipment and private consultation with the customer. This space should be located in the Health and Wellness Center. /1/
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Painted gypsum wall board or vinyl wall covering. Floor. Carpet with vinyl or rubber base. Ceiling. ACP.
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide dedicated controls.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide a minimum of one quad outlet in closed offices on at least three walls. Gang outlets with data and telephone. Workstations should provide at least one quad outlet per staff. Provide additional dedicated outlet to accommodate the fitness equipment.
Lighting	50 ft. candles (540 lux). General ambient fixtures.
Communication	CCTV. None required. CATV/Internal Video: None required. PA/Audio: Provide a speaker. Telephone. Provide one line. Data. Provide one outlet at desk and one outlet at the fitness equipment. Security. None required.
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	Office furniture: desk, credenza, filing cabinet, desk chair, and two side chairs. Cardiovascular fitness equipment. Provide a height-adjustable physical therapy table for examinations and manipulation.
Special Req.	Locate offices on exterior wall and provide windows for natural light admission. Provide side lights next to the office doors for supervision and security. May provide a separate but adjacent space to contain a stainless steel, therapeutic spa tub for additional rehabilitation functions. Criteria for the spa tub area, particularly flooring, are similar to those for the optional hot tub (see Table 4-18), and that criteria should be used for a spa tub area.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-28. INDOOR TRACK

Description/ Usage	The indoor track provides space for running, jogging, and walking. It is usually co-located with the gymnasium (see Table 4-20) either surrounding the court safety zone or suspended above the gym area or other high-bay space. \1\ The track is required but it can be either indoor or outdoor. /1/
Min. Ceiling Ht.	10 ft. (3.05 m) minimum. If suspended in a high-bay area, the underside of the track structure should be 14 ft. (4.27 m) minimum above the finished floor.
Finishes	Walls. CMU with semi-gloss enamel paint. Floor. Resilient, cushioned running surface, such as rubber or urethane. Ceiling. Exposed, painted structure.
Plumbing	Provide a drinking fountain in the entrance lobby to the track.
HVAC	The HVAC criteria should match the criteria for the space in which the track is located.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide power to a wall-mounted clock.
Lighting	The lighting criteria should match the criteria for the space in which the track is located.
Communication	CCTV. Provide outlets for adequate coverage. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. Provide a telephone line or other emergency call system within or adjacent to the running track area. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide signage to indicate running directions (directions alternate day-to-day). Provide personal effects storage, such as cubbies, for customer use.
Furnishings Fixtures & Equip. (FF&E)	Provide CCTV cameras per the outlet count. Bulletin board and digital clock. Provide storage for towels and personal items.

TABLE 4-28. INDOOR TRACK

Special Req.	<p>The metric unit equivalent for the track distance must be an accurate soft conversion because runners will time themselves based on number of laps; the reference point must be consistent. Track length is based on the inside radius. Lanes are 42 in. (1067 mm) wide.</p> <p>The turns should have a minimum inside radius of 20 ft. (6100 mm) and a minimum outside radius of 32 ft. (9.75 m).</p> <p>Consider using banked curves. The height of banked curves on an indoor track should be 1 in. per 1 ft. (25 mm per 305 mm) of track width.</p> <p>Provide a “lobby” area at the entrance to the track so that the doors do not open onto the track area and to provide space for stretching and warm-up. Provide an exercise mat in this area. Provide vision panels in the doors.</p> <p>Provide for exterior views if possible or, at a minimum, natural light admission. Mitigate glare and prevent direct sunlight on the track or the gymnasium (if suspended above).</p> <p>\1\</p> <p>Minimum track distance/size for new facilities is 1/8 mile (201.2 m) and four lanes. Minimum track distance/size for add/alter facilities is 1/10 mile (161 m) and three lanes.</p> <p>/1/</p> <p>Typically, the most space and cost effective location for the indoor track is suspended above the gymnasium. Service-specific size and length criteria for the track is given above, but consider the following when sizing the indoor track:</p> <ul style="list-style-type: none"> • Ensure the suspended track does not interfere with gymnasium play below. The track should not encroach into the clear zones of the gym. While decreasing the track turn radii may preclude the track from encroaching on the clear zones, radii smaller than the minimum noted above will make for an awkward running venue and should be avoided. • Ensure that required adjacencies are not affected by the placement of the track. • The facility can be designed to allow the track to extend beyond the gymnasium area and into other high-bay spaces, such as the fitness area. This can make for an interesting architectural feature, but will also have significant cost implications.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

4-2 HEALTH AND WELLNESS CENTER SPACES.

Tables 4-29 through 4-35 provide the specific design needs for each Health and Wellness Center functional areas in a standard Functional Data Sheet format.

TABLE 4-29. HEALTH AND WELLNESS CENTER RECEPTION/WAITING AREA

Description/ Usage	Reception and waiting area for customers going to the Health and Wellness Center for testing or consultation. With this space, include an area off to the side which accommodates a resource library and computer lab for use by the customers as well as the staff. Provide seating for eight people.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Use wallboard. Floor. Use carpet or vinyl tile. Ceiling. Use acoustical lay-in.
Plumbing	None required.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code and to power dedicated equipment.
Lighting	15 ft. candles (160 lux). Fluorescent lighting.
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. Provide one line at the reception desk. Data. Provide communications and data connections. Security. None required.
Casework/ Built-in Equipment	Provide a 24 in. (610 mm) deep reception counter with built-in cabinets.
Furnishings Fixtures & Equip. (FF&E)	Desk, chairs, file cabinets, book and magazine racks.
Special Req.	
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-30. HEALTH AND WELLNESS CENTER DEMONSTRATION KITCHEN

Description/ Usage	Optional space. Provide a kitchen demonstration island with a range, vegetable sink, and countertop workspace. \1\1/
Min. Ceiling Ht.	12 ft. (3.66 m) minimum.
Finishes	Walls. Use wallboard. Floor. Use vinyl tile. Ceiling. Use acoustical lay-in.
Plumbing	Provide a deep double sink with hot and cold water connections.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Provide appropriate exhaust for range and ovens per code.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide 110-volt and 220-volt electrical outlets for all appliances.
Lighting	50 ft. candles (540 lux). Fluorescent or incandescent lighting.
Communication	CCTV. None required. CATV/Internal Video. Provide one outlet. PA/Audio. Provide a speaker. Telephone. Provide one outlet. Data. Provide one outlet. Security. None required.
Casework/ Built-in Equipment	Provide countertop workspace with a double sink and upper/lower closed storage cabinets.
Furnishings Fixtures & Equip. (FF&E)	Provide a refrigerator/freezer, dishwasher, double oven, microwave, and miscellaneous equipment to demonstrate new methods of food preparation.
Special Req.	Provide an angled mirror over the demonstration area to facilitate viewing by students.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-31. HEALTH AND WELLNESS CENTER ADMINISTRATIVE AREA

Description/ Usage	<p>The administrative offices consist of a mix of private and open office space. The quantity and type of offices are facility specific. Generally speaking, the following office spaces are provided: Director's office, Program Managers' offices, and support staff workstations.</p> <p>The offices should be free from frequent distraction, have a professional appearance, and provide a sense of work place.</p>
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	<p>Walls. Painted gypsum wall board or vinyl wall covering.</p> <p>Floor. Carpet with vinyl or rubber base.</p> <p>Ceiling. ACP.</p>
Plumbing	None required.
HVAC	68 F(20 C) minimum, 78 F (26 C) maximum.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Ensure an adequate number of circuits to power all equipment. Provide a minimum of one quad outlet in closed offices on at least three walls. Gang outlets with data and telephone. Workstations should provide at least one quad outlet per staff. Provide additional outlets as necessary to operate shared equipment such as printers, fax, etc.
Lighting	50 ft. candles (540 lux). General ambient fixtures.
Communication	<p>CCTV. None required.</p> <p>CATV/Internal Video: None required.</p> <p>PA/Audio: Provide a speaker with adjustable volume.</p> <p>Telephone. Provide one line per staff plus one additional line for fax and copier.</p> <p>Data. Provide one outlet per staff plus one outlet for each printer, copier, scanner, etc.</p> <p>Security. None required.</p>
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	<p>Private Offices—provide furniture for 120 ft.² (11 m²) or 100 ft.² (9.3 m²) office: desk, credenza, filing cabinet, desk chair, and two side chairs.</p> <p>Workstations—provide furniture for 64 ft.² (6 m²) workstation: desk chair and side chair for open offices. Workstation systems furniture must provide adequate space for filing and overhead storage.</p> <p>Provide dry-erase boards in select offices and workstations.</p>
Special Req.	<p>Locate offices on exterior wall and provide windows for natural light admission.</p> <p>Provide side lights next to the office doors for supervision and security.</p>
For use during project execution by the appropriate Service agency	
Occupancy	<p>Staff.</p> <p>Customers.</p>
Min. net m² (ft²)	

TABLE 4-32. HEALTH AND WELLNESS CENTER ERGOMETRY/FITNESS TESTING

Description/ Usage	This should be an enclosed room with 8 ft. by 10 ft. (2440 by 3050 mm) testing cubicles; provide one testing station per 1500 active duty assigned personnel. Place room adjacent to the wellness assessment room, if applicable.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Use wallboard. Floor. Use carpet or vinyl tile. Ceiling. Use acoustical lay-in.
Plumbing	Consider access to a hand wash sink with hot and cold water connections. If adjacent sink is not available, provide one.
HVAC	Individually zone room for HVAC.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide a minimum of one quad outlet on at least three walls. Gang outlets with data and telephone. Provide additional dedicated outlets to accommodate the fitness equipment.
Lighting	50 ft. candles (540 lux). General ambient fixtures.
Communication	CCTV. None required. CATV/Internal Video: None required. PA/Audio: Provide a speaker. Telephone. Provide one line. Data. Provide at least one outlet at desk and one outlet at the fitness equipment. Security. None required.
Casework/ Built-in Equipment	None required.
Furnishings Fixtures & Equip. (FF&E)	Office furniture: desk, credenza, filing cabinet, desk chair, two side chairs, computer, printer, and other office equipment as needed. Fitness testing equipment.
Special Req.	
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-33. HEALTH AND WELLNESS CENTER STORAGE

Description/ Usage	Provide storage for Health and Wellness Center materials and supplies.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Use wallboard. Floor. Use vinyl tile. Ceiling. Use open ceiling.
Plumbing	Provide a floor mop sink with hot and cold water and a hose connection. Provide a floor drain.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Ventilate to the exterior per code. Provide eight to 12 air changes per hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	50 ft. candles (540 lux).
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Provide storage for Health and Wellness Center materials and for janitor's supplies such as pails, mops, vacuums, and related cleaning supplies and equipment.
Furnishings Fixtures & Equip. (FF&E)	
Special Req.	Provide a lockable door (which can be opened from the inside) with a vision panel. Provide lockable cabinets for cleaning supplies. Provide exhaust ventilation directly to the outside.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-34. HEALTH AND WELLNESS CENTER TOILETS/LAVATORIES

Description/ Usage	These toilets are used primarily by Health and Wellness Center visitors and staff. Provide separate rooms for men and women.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Epoxy or enamel painted, moisture-resistant gypsum wall board with a ceramic tile wainscot. Consider full ceramic tile walls with integral patterns. Use a dark-colored epoxy grout. Floor. Non-slip ceramic tile with integral patterns. Use a dark-colored epoxy grout. Ceiling. Epoxy or enamel painted, moisture-resistant gypsum board.
Plumbing	Provide wall-hung water closets, wall-hung urinals, and lavatories based on the applicable code. Provide a floor drain. Provide a keyed hose bibb.
HVAC	68 F (20 C) minimum, 78 F (26 C) maximum. Ventilate to the exterior per code. Provide eight to 12 air changes per hour.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code.
Lighting	50 ft. candles (540 lux).
Communication	CCTV. None required. CATV/Internal Video. None required. PA/Audio. Provide a speaker. Telephone. None required. Data. None required. Security. None required.
Casework/ Built-in Equipment	Solid-surface countertop with either underhung or integral sink. Solid composite toilet and urinal partitions. Consider permanent ceramic-tile partitions. Toilet accessories: toilet paper dispensers, paper towel dispenser with integral trash receptacle, robe hooks, grab bars, sanitary napkin disposal (female water closet stalls), seat cover dispensers, and soap dispensers. Mirror. Provide fold-down diaper changing table/station in the male and female toilets.
Furnishings Fixtures & Equip. (FF&E)	
Special Req.	For use during project execution by the appropriate Service agency
Occupancy	Staff. Customers.
Min. net m² (ft²)	

TABLE 4-35. HEALTH AND WELLNESS CENTER RELAXATION ROOM

Description/ Usage	Optional space. Provide acoustic treatment to reduce sound transmission into the room. Provide comfortable lounge seating for 4 to 6 customers.
Min. Ceiling Ht.	9 ft. (2.74 m) minimum.
Finishes	Walls. Use wallboard. Floor. Use carpet. Ceiling. Use acoustical lay-in.
Plumbing	None required.
HVAC	72 F (22 C) minimum, 78 F (26 C) maximum. Provide six to 10 air changes per hour and less than 60% relative humidity. Provide dedicated controls.
Fire Protection	Provide system per the section entitled, "Fire Protection".
Power	Provide outlets per code. Provide power for the electric massage chairs.
Lighting	50 ft. candles (540 lux). Use indirect light fixtures and provide dimming capability.
Communication	CCTV. None required. CATV/Internal Video. Provide one outlet. PA/Audio. Provide a speaker. Telephone. Provide one outlet for future use purposes. Data. Provide one outlet. Security. None required.
Casework/ Built-in Equipment	
Furnishings Fixtures & Equip. (FF&E)	Provide one or more electric massage chairs. Provide an audio system.
Special Req.	This room should be located in a remote location within the Health and Wellness Center and be free from noise and distractions.
For use during project execution by the appropriate Service agency	
Occupancy	Staff. Customers.
Min. net m² (ft²)	

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APPENDIX A REFERENCES

AMERICAN COLLEGE OF SPORTS MEDICINE

<http://www.acsm.org>

Health/Fitness Facility Standards and Guidelines

ARCHITECTURAL WOODWORK INSTITUTE

<http://www.awinet.org>

AWI Quality Standards Illustrated

NATIONAL FIRE PROTECTION ASSOCIATION (NFPA)

<http://www.nfpa.org>

NFPA 70, National Electric Code

NFPA 101, Life Safety Code

UNITED STATES ACCESS BOARD

ADA and ABA Accessibility Guidelines for Buildings and Facilities,

<http://www.access-board.gov/ada-aba/final.cfm>

UNITED STATES AIR FORCE

Air Force Dynamic Prototype Program for Fitness Center

http://www.wbdg.org/references/afbim_tools.php

AF ETL 07-4, Air Force Carpet Standard

AF ETL 04-,3 Design Criteria for Prevention of Mold in Air Force Facilities

AFI 34-266, Air Force Fitness and Sports Programs

AFMAN 32-1084, Facility Requirements

USAF Interior Design Guide

USAF Landscape Design Guide

U.S. DEPARTMENT OF COMMERCE, INTERNATIONAL TRADE ADMINISTRATION

<http://www.ita.doc.gov>

Electric Current Abroad

**UNITED STATES DEPARTMENT OF DEFENSE, UNIFIED FACILITIES CRITERIA
(UFC) PROGRAM**

<http://dod.wbdg.org>

UFC 1-200-01, General Building Requirements

UFC 1-200-02, High Performance and Sustainable Building Requirement

UFC 3-210-02, POV Site Circulation and Parking

UFC 3-410-01FA, Heating, Ventilation, and Air Conditioning

UFC 3-410-02, Lonworks (R) Direct Digital Control for HVAC and Other Local Building
Systems

UFC 3-420-01, Plumbing Systems

UFC 3-520-01, Interior Electrical Systems

UFC 3-530-01, Design: Interior and Exterior Lighting and Controls

UFC 4-740-16, Design: Military Recreation Centers

UFC 4-750-07F, Aquatic Facilities (DRAFT)

**WHOLE BUILDING DESIGN GUIDE, NATIONAL INSTITUTE OF BUILDING
SCIENCES**

<http://www.wbdg.org>

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APPENDIX B SPACE PROGRAM

B-1 SPACE PROGRAM STANDARDS.

\1\ The data in Figure B-1 is the basis for the Space Program Worksheet discussed in the section entitled, "Space Program" and is provided here for reference only. Do not use this table to program a Fitness Facility by itself. The Worksheet combines this data in the correct manner—which may not be apparent from this Figure. /1/

FIGURE B-1. SPACE PROGRAM STANDARDS

Functional Component	Space Allocation Standard		
	m ²	ft. ²	Description
Fitness Spaces			
Lobby/Reception			
Entry Lobby	9.29	100	Vestibule/Lobby Module(s) (for 2-3 ppl)
Control Counter	11.61	125	Counter Module(s)
Equipment issue storage	16.26	175	Storage Module(s)
Vending	1.86	20	Vending Machine(s)
Waiting/Display	8.36	90	Seating/Display Module(s) (for 4 ppl)
Spectator peak-time circulation	27.87	300	Circulation Module(s)
Public restrooms/phones	0.00		Public Restroom(s)
Gymnasium			
Basketball/volleyball Court	826.07	8,892	One-court/200-seat Module(s)
Two Court Module	1630.95	17,556	Two-court/200-seat Module(s)
Arena-style Two-Court Module	1708.62	18,392	Arena-style Two-Court Module(s)
Additional Spectator seating	84.71	912	Additional 200-seat Module(s)
Basic storage/support	65.03	700	Storage Module(s)
Additional court storage	32.52	350	Additional storage module(s)
Unit PT/Group Exercise			
Partitionable Room(s)	4.65	50	people at 4.6 m ² (50 ft. ²)/person
Storage/support	0.46	5	10% of partitionable room area
Fitness Spaces			
Stretching	4.65	50	people at 4.6 m ² (50 ft. ²)/person
Cardiovascular Equipment	4.65	50	items at 4.6 m ² (50 ft. ²)/item
Selectorized (machine) weights	4.65	50	items at 4.6 m ² (50 ft. ²)/item
Free/Plate-loaded weights	6.04	65	items at 6.0 m ² (65 ft. ²)/item
Fitness Program Manager's Office	11.61	125	Office
Fitness Assessment Room	11.61	125	Office(s)
Structured Activities			
Structured Activity Space	74.32	800	Flexible space Module(s)
Racquetball Courts	74.32	800	Racquetball Court(s)
Spectator/officiating	18.58	200	Spectator/officiating Module(s)
Structured activity storage	7.43	80	10% of Structured Activity Space
Locker Rooms			
Men's Locker Room			
Locker/changing area	0.74	8	Lockers
Shower/drying area	2.79	30	Showers
Toilet area	4.18	45	Water closets/lavatory modules
Woman's Locker Room			
Locker/changing area	0.74	8	Lockers
Shower/drying area	2.79	30	Showers
Toilet area	4.18	45	Water closets/lavatory modules
Sauna and cool-down area			M/F (2) Saunas/cool-down area
Steam Room and cool-down area			M/F (2) Steam Rooms/cool-down area
Hot Tub			Unisex Hot Tub
Support Areas			
Laundry	18.58	200	Laundry Room
Equipment repair and receiving			Repair/receiving Room
Storage			Storage Room
Additional Programmatic Storage			sf Additional Storage
Core HAWC Spaces			
Lobby/Reception	27.87	300	Lobby/Reception Module(s)
Director's Office	11.15	120	Office
Program Managers' Offices	9.29	100	Office(s)
Support Staff Workstations	5.95	64	Workstation(s)
Classrooms/Training rooms	58.53	630	Classroom/Training Module(s)
Resource Room/Computer Lab	23.23	250	Resource/Computer Lab Module(s)
Storage/support	7.43	80	Storage/support Module(s)
Ergometry and Fitness Testing *	7.43	80	Testing Cubicle(s)
Wellness Assessment *	13.94	150	Assessment Room(s)
Administrative Spaces (required or optional)			
Director's Office	11.15	120	Office
Program Managers' Offices	9.29	100	Office(s)
Support Staff Workstations	5.95	64	Workstation(s)
Copy/file/work/break Room	7.43	80	Workroom Module(s)
Classroom/Training Room	39.02	420	15-person Classroom/Training Module(s)
Classroom/Training Storage	5.57	60	Storage Module(s)

* Service-specific space.

¹ If contract service, verify area with contractor.

FIGURE B-1. SPACE PROGRAM STANDARDS (continued)

Functional Component	Space Allocation Standard			
	m ²	ft. ²	Standard	Description
Optional or Service-specific Program Spaces				
Indoor Track				
Indoor Track			need to include corners	
1/14th-mile Indoor Track	310.01	3,337	1/14th-mile, 2-lane Indoor Track	1/14th-mile, 2-lane Indoor Track (754 linear ft.)
1/12th-mile Indoor Track	523.03	5,630	1/12th-mile, 3-lane Indoor Track	1/12th-mile, 3-lane Indoor Track (1284 linear ft.)
1/11th-mile Indoor Track	556.75	5,993	1/11th-mile, 3-lane Indoor Track	1/11th-mile, 3-lane Indoor Track (1440 linear ft.)
1/8th-mile Indoor Track	989.11	10,647	1/8th-mile, 4-lane Indoor Track	1/8th-mile, 4-lane Indoor Track (2640 linear ft.)
Indoor track lobby	13.38	144	Indoor track lobby(ies)	Access point to lobby from stair/elevator
Additional Group Exercise Room	116.13	1,250	Additional Group Exercise Room	per room
Massage Room	11.15	120	Massage Room(s)	per room
Physical Therapy Training	11.61	125	Physical Therapy Training Room(s)	per room
Expanded Retail ¹	9.29	100	Expanded Retail Module(s)	per area
Expanded Juice Bar ¹	13.94	150	Expanded Juice Bar Module(s)	per area
Expanded Juice Bar Seating	13.94	150	Two-table seating Module(s)	Two 4-top tables and seating area
Family Changing Room	10.22	110	Family Changing Room(s)	per shower, wc, lav, changing, and locker
Male DV Locker Room *	46.45	500	Male DV Locker Room	500, 750, 1000 sf
Female DV Locker Room *	23.23	250	Female DV Locker Room	250, 500, 750
Child Play Area/Parent Child Area *	74.32	800	Parent/child Module(s)	400 sf play area (at 35 sf/child), 400 sf equip (50 sf/equip)
HAWC Demonstration Kitchen	46.45	500	Kitchen Module(s)	per kitchen
HAWC Relaxation Room *	9.29	100	Relaxation Room(s)	per room
Site Spaces				
Staff Parking	41.81	450	Parking Spaces	per space (including circulation)
Loading dock	8.36	90	Loading Dock	Per single-truck dock
Service Drive/trash	69.68	750	Service Drive Module	per area
Customer Parking	41.81	450	Parking Spaces	per space (including circulation)
Bicycle Rack Area	14.86	160	10-bike Rack(s)	per 10-bike Rack
Patio	2.32	25	Patio Module(s)	per patio
* Service-specific space.				
¹ If contract service, verify area with contractor.				

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APPENDIX C EQUIPMENT LISTS

C-1 FITNESS EQUIPMENT LISTS.

The following lists contain sample equipment for the fitness areas and are broken down into three categories: free weights, selectorized equipment, and cardiovascular equipment.

C-1.1 Free/plate-loaded Weights.

The following are samples of commercial-grade, plate-loaded or free weight equipment and benches:

- Leg Extension
- Leg Curl (Seated)
- Leg Curl (Horizontal/Prone)
- Leg Curl (Standing/Kneeling)
- Squat Press (Seated/45deg/Hip)
- Squat Press (Vertical/Hack)
- Squat Press (Horizontal/Supine)
- Squat Press (Jammer/Ground Based)
- Calf Raise (Seated)
- Calf Raise (Standing)
- Calf Raise (45deg)
- Rotary Calf
- Tibia Dorsi Flexion
- Abduction
- Adduction
- Glute Isolation
- Chest Press (Seated)
- Chest Press (Horizontal/Supine)

- Wide Chest Press
- Incline Press
- Decline Press
- Military/Shoulder Press
- Lat Pulldown
- Lat Pullover
- Low Row
- High Row
- Rear Deltoid (Seated)
- Rear Deltoid (Horizontal/Prone)
- Back Extension
- T-Bar/Lever Row
- Lateral/Deltoid Raise
- Shoulder Press
- Shrug
- Bicep Curl
- Tricep Extension
- Tricep Dip Extension
- Wrist Curl
- Hand Grip Isolation
- Neck Isolation
- Smith Machine
- Ab Crunch
- Rotary Torso

- Dumbbell Sets (10pr)
- Dumbbell Rack-1 Tier/5pr
- Dumbbell Rack-2 Tier/10pr
- Fixed Barbell Set (10 Assorted)
- Fixed Barbell Rack
- Weights (Assorted 2.5#-45#)
- Weight Tree/Rack
- Bars (Assorted/Loose)
- Bar Rack
- Benches (Assorted)
- Squat Rack (F) & Bar
- Bench Press (F) & Bar
- Incline Press (F) & Bar
- Decline Press (F) & Bar
- Military/Shoulder Press (F) & Bar
- Dead Lift Platform/Rack (F) & Bar
- Power Cage/Rack (F) w/ Bar
- Curl Bench (Seated)
- Curl Bench (Standing)
- Leg Raise/Dip
- Chin-Up/Dip
- Back Extension
- Abdominal Board

C-1.2 Selectorized (Machine) Equipment.

The following are samples of selectorized equipment:

- Multi-Station (Ex. 6 stations)
- Leg Extension
- Leg Curl (Seated)
- Leg Curl (Horizontal/Prone)
- Leg Curl (Standing/Kneeling)
- Leg Press (Seated/45deg)
- Leg Press (Horizontal/Supine)
- Leg Press (Lunge)
- Calf Raise (Seated)
- Calf Raise (Standing/Donkey)
- Calf Raise (45deg)
- Rotary Calf
- Abductor
- Adductor
- Multi-Hip Machine (Rotary Hip)
- Hip Extension
- Glute Isolation
- Bent Arm/Pectoral Fly
- Straight Arm Fly/Rear Delt
- Chest Press (Seated)
- Chest Press (Horizontal/Supine)
- Incline Press
- Decline Press

- Lat Pulldown
- Lat Pullover
- Low Row
- High Row
- Rear Deltoid (Seated)
- Rear Deltoid (Horizontal/Prone)
- Back Extension
- Lateral/Deltoid Raise
- Shoulder/Overhead Press
- Bicep Curl
- Tricep Extension
- Tricep Dip Extension (Press)
- Wrist Curl
- Neck Isolation
- Smith Machine (H)
- Cable Crossover w/ Chin-up Bar
- Cable Station (2 sided)
- Ab Crunch
- Rotary Torso
- Pull-up/Dip Assist

C-1.3 Cardiovascular Equipment.

The following are samples of commercial-grade, electronically controlled cardiovascular equipment:

- Treadmill
- Elliptical Trainer

- Cross Trainer/Hiker
- Stationary Bike (Upright)
- Stationary Bike (Recumbent)
- Stairclimber/Stepper
- Rowing Machine
- Skier
- Kayak Machine
- Skate Machine