

DAFI34-114\_YOKOTAABSUP

BY ORDER OF THE COMMANDER, 374TH AIRLIFT WING

DEPARTMENT OF THE AIR FORCE INSTRUCTION 34-114

YOKOTA AIR BASE SUPPLEMENT

21 AUG 2024

***Personnel***

FITNESS, SPORTS, AND WORLD CLASS ATHLETE PROGRAM

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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This supplement prescribes the responsibilities and procedures for the unrestricted use of the Samurai Fitness Center for youth 12-15 years of age residing on Yokota Air Base. This publication may not be supplemented at any level (DAFMAN 90-161, paragraph 4.5.5.2.). It applies to all base agencies and associated geographically separated units (GSUs) supported by the Military Personnel Flight (MPF). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using Department of the Air Force (DAF) Form 847, *Recommendation for Change of Publication*; route DAF Form 847 from the field through the appropriate functional chain of command. Requests for waivers must come through the chain of command from the commander of the office seeking relief from compliance. Waiver requests must be submitted to the OPR; waiver authority has not been delegated. The waiver approval authority for all compliance items within this publication are at the Wing Level (T-3). Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Department of the Air Force Instruction (DAFI 33-322), Records Management and Information Governance Program, and disposed of in accordance with Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS) located at <https://www.my.af.mil/afrims/afrims/afrims/rims.cfm>. See Attachment 1 for a glossary of references and supporting information.

3.1.6.1 (Added) (Yokota AB) Youth 12-15 years of age are authorized unrestricted access to all areas of the Samurai Fitness Center, with the exception of the sauna, group exercise room, and group exercise classes. Prior to access, youth 12-15 years of age are required to complete the Youth Samurai Fitness Orientation and have a signed Statement of Understanding & Waiver form on file with the Samurai Fitness Center. The Youth Samurai Fitness Orientation can be accomplished by coordinating with the Samurai Fitness Center front desk staff.

3.1.6.2 (Added) (Yokota AB) The Youth Samurai Fitness Orientation is an in-person orientation that covers the following: facility walk-thru, emergency procedures, rules and responsibilities, equipment safety, and proper use of equipment.

3.1.6.2.1 (Added) (Yokota AB) Youth aged 12-15 years old must report with their sponsor or parent to the Samurai Fitness Center's front desk to complete the in-person orientation. Upon completion, the youth and sponsor or parent will sign a Statement of Understanding & waiver that will be on file at the Samurai Fitness Center.

3.1.6.3 (Added) (Yokota AB) After completion of the Youth Samurai Fitness Orientation and a signed Statement of Understanding & Waiver form is on file, the youth will be allowed access to the Samurai Fitness Center without supervision. Upon entry to the facility, the youth is required to sign in with front desk staff for verification and tracking. Signing out of the facility is not required.



RICHARD F. McELHANEY, Colonel, USAF  
Commander, 374th Airlift Wing

## **Attachment 1**

### **GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION**

#### ***References***

DAFMAN 90-161, *Publications and Forms Management*, 15 April 2022

#### ***Adopted Forms***

DAF Form 847, *Recommendation for Change of Publication*

#### ***Abbreviations and Acronyms***

AFRIMS—Air Force Records Information Management System

MPF—Military Personnel Flight

OPR—Office of Primary Responsibility

RDS—Records Disposition Schedule

**Attachment 2**

**Yokota AB Fitness Center Age Policy**

**DAFI34-114\_YOKOTAAB SUP 30 JULY 2024, Table 3.1**

<b>Age</b>	<b>Authorized use WITHOUT Qualified Adult during staffed hours</b>	<b>Authorized use WITH Qualified Adult/ Interactive Supervision** during staffed hours</b>	<b>RESTRICTED use</b>
<b>16 years of age and older</b>	<ul style="list-style-type: none"> <li>• All areas of the Fitness and Sports Center excluding saunas</li> </ul>	<ul style="list-style-type: none"> <li>• Saunas</li> </ul>	
<b>Youth 12-15 years of age*</b>	<ul style="list-style-type: none"> <li>• All areas of the Fitness and Sports Center excluding saunas</li> </ul>	<ul style="list-style-type: none"> <li>• Group exercise room and classes</li> </ul>	<ul style="list-style-type: none"> <li>• Saunas</li> </ul>
<b>Youth 11 years and younger</b>		<ul style="list-style-type: none"> <li>• Child area of Parent/Child exercise room</li> <li>• Racquetball court</li> <li>• Yoga/Zen room</li> <li>• Locker room/Restrooms</li> <li>• Running track</li> <li>• Tennis/Multi-purpose courts</li> <li>• Fitness Pad</li> <li>• Basketball court</li> <li>• Facilities as a participant/ spectator in a sport or age-appropriate special event or class</li> </ul>	<ul style="list-style-type: none"> <li>• Saunas</li> <li>• Cardiovascular equipment</li> <li>• Strength training rooms and equipment</li> <li>• Group exercise room and classes</li> </ul>

\*Must enroll in Youth Samurai Fitness Program.

\*Sponsor/parent signs Statement of Understanding & Waiver form.

\*\* Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. A qualified adult is a parent, legal guardian, qualified family member program (FMP) staff member, qualified child and youth program personnel, Fitness and Sports Center personnel conducting a program or coach.

No youth ages 18 and younger are permitted in the facility during unstaffed after-hours access.