Entry/Lobby and Waiting/Display

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| **Description/ Usage** | The lobby serves as the primary entrance to the facility for patrons, visitors, and spectators. The lobby must 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** | **Walls.** Provide a low-maintenance, durable finish with a wainscot. Provide painted gypsum wallboard or accent wall materials and color for visual interest.**Floor**. Provide a low-maintenance, durable, moisture- and slip-resistant finish suitable for this high-traffic area. Provide stained concrete, stone, terrazzo, or porcelain tile.Provide a walk-off mat/area at the entrance door that works integrally and flush with the adjacent finishes. Provide a base that matches the flooring or a vinyl or rubber base.**Ceiling**. Provide an identifying entry feature by creating custom ceiling using a combination of ceiling systems and/or a ceiling exposed to structure above. |
| **Plumbing** | Provide electric water cooler(s) near public toilets. |
| **HVAC** | Provide system per Chapter 3, "HVAC." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide decorative and task lighting. Provide accent lighting at signage/wayfinding devices. |
| **Communication** | **CCTV.** Provide at least one outlet or as needed to cover the entrance and lobby.**CATV/Internal Video.** Provide a CATV outlet.**PA/Audio.** Provide a speaker.**Telephone.** Provide one line.**Data.** Provide an outlet in the waiting/display area.**Security.** None required. |
| **Casework/ Built-in Equipment** | Provide display cases in this space. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Waiting/display area must 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. Provide a cell phone charging podium.Provide a self-use blood-pressure monitor. |
| **User-provided Equipment** | Computers and CCTV equipment. |
| **Special Req.** | Provide an airlock at the main entrance. Provide a grated snow-trap for Northern Tier bases. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Control Counter/Equipment Issue/Storage

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| **Description/ Usage** | 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.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.In smaller facilities, vending functions can be provided as an over-the-counter service at the control counter. Also see Table 4-3. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls**. Painted gypsum wallboard. Provide accent wall materials and color for visual interest.**Floor**.**In front of counter:** Provide a low-maintenance, durable, moisture- and slip-resistant finish suitable for this high-traffic area. Provide stained concrete, stone, terrazzo, or porcelain tile. Provide a base that matches the flooring or a vinyl or rubber base.**Behind counter**: Provide stained concrete, stone or porcelain tile, or carpet. Provide vinyl or rubber base.**Ceiling**. Acoustic ceiling panels (ACP). Use the ceiling to define and separate this area from the lobby, e.g., a dropped gypsum board soffit over the control desk and gypsum board false beams. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide power for all equipment per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 30 fc (300 lx) of general ambient lighting. Provide fixed 50 fc (500 lx) task lighting at the control counter; decorative fixtures are preferred. In addition, provide accent lighting for emphasis around the counter area. |
| **Communication** | **CCTV.** All monitors must be viewable from this area.**CATV/Internal Video.** None required.**PA/Audio.** Provide PA and audio system controls at the control counter for room-by-room and "all call" communication. Provide intercom capability as directed by installation. Provide a speaker.**Telephone.** Provide one line per two points of sale (POS). Provide at least two additional general-purpose phone lines. In facilities that include a multipurpose field, provide a means for communication between the field kiosk and the control desk.**Data.** Data outlets must be provided for every piece of equipment identified as requiring data plus a 25% spare capacity for flexibility. Pieces of equipment include, but are not limited to, POS, computers, copier/printer/fax, and ID check system.**Security.** Provide a duress alarm with controls next to the POS units. |
| **Casework/Built-in Equipment** | 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 must be dual height for standing transactions, seated office functions, and ADA customer service. Note that ADA-height counter must 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; laminate 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.Provide supports such as steel angle braces for counters with knee-hole space. Provide wall and base cabinets and an equipment counter.Storage must accommodate towels, small athletic equipment such as balls and rackets, and juice bar/vending supplies (if provided at the control counter).Provide flat panel display mount. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Chairs and stools. Provide an automatic external defibrillator (AED). |
| **User-provided Equipment** | CCTV monitors, printers, scanner or swipe-card check-in device, and PA controls. POS units, desktop computer for administrative functions, and flat panel display. |
| **Special Req.** | Attendants at the control desk must have direct LOS visual control over the following: main entrance, free weight area, gymnasium entrance, locker room entrance, and climbing wall (if provided). Attendants must also have visual control (via LOS or CCTV) over the unit PT/group exercise rooms, the selectorized equipment, the cardio equipment, and structured activity areas. Air Force permits visual control of the locker room entrance via CCTV.For times when counter is not staffed: Provide a gate between the desk and surrounding area. Provide a coiling door or grille at the counter to serve as a security screen. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Retail/Vending/Food and Beverage Sales

|  |  |
| --- | --- |
| **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, must be identifiable, visually screened but not totally enclosed, and visually accessible from the control desk.Space is considered optional for Navy. |
| **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 food and beverage areas to a minimum of 4 ft (1.22 m) above finished floor (AFF). Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted surfaces.**Floor.** Provide hard-surface flooring matching lobby or corridor such as seamless vinyl, hard tile or other durable material. Use of VCT is not allowed in this area.**Ceiling.** ACP or painted gypsum board. |
| **Plumbing** | Two-compartment stainless steel countertop sink with hot and cold water supply and a clean-out. Provide floor drain. If an icemaker is desired, provide a water connection. |
| **HVAC** | Provide system per Chapter 3, "HVAC." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 40 fc (400 lx) of general ambient lighting. Provide 50 fc (500 lx) on food displays and at food preparation areas. Provide accent fixtures and lighting to provide special ambience. |
| **Communication** | **CCTV.** Provide quantity to allow adequate coverage.**CATV/Internal Video.** Provide an outlet at food and beverage area, if applicable.**PA/Audio.** Provide a speaker and intercom connection.**Telephone.** Provide one line per two 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.** Provide 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. Sink-area countertop must be solid-surface.Drink rail. Dishwasher.Provide a lighted menu board (unless concessionaire operated). Option for under-cabinet microwave. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Food and beverage/expanded retail: refrigerator, freezer, and other small appliances as required. In lieu of under-cabinet microwave, option for counter microwave. Provide ice maker and refrigerated display cases.Bistro-style tables and chairs. |
| **User-provided Equipment** | Provide CCTV cameras per the outlet count.Vending machines.POS unit(s). |
| **Special Req.** | Provide a means to secure the food and beverage sales/retail area. Provide a built-in safe per local policy. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Laundry

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| --- | --- |
| **Description/ Usage** | The laundry accommodates cleaning and drying of towels and uniforms. Some installations contract out towel laundry; however, there is still a requirement to provide laundry for uniforms. Locate laundry adjacent to the control counter. It is preferred that the location be on an outside wall for ease of pick-up service. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted CMU or mold-resistant gypsum wallboard. Provide durable finishes, rub rails, and metal/high-impact plastic corner guards.**Floor.** Sealed concrete, porcelain tile, or seamless vinyl.**Ceiling.** None, vinyl-faced ACP, or epoxy painted mold-resistant gypsum wallboard. |
| **Plumbing** | Provide hot and cold water and drain connections in recessed washer outlet box to each of the washing machines and one laundry sink. Provide floor drains.Provide connections and floor drain to an ice machine, if provided. Coordinate ice machine floor drain location with equipment. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 76 °F (24 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Laundry Rooms, Central." Provide separate vents for each dryer and vent dryers per UFC 3-410-01. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Regardless of size, enclose laundry rooms with a 1-hour fire barrier. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide a dedicated circuit for each washer (or washer extractor) and for each dryer (or dryer tumbler). If hard-wired (non-plug-connected), provide wall-mounted safety disconnect switch within sight of the equipment it controls. |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required. **PA/Audio**. Provide one speaker.**Telephone**. None required.**Data**. None required.**Security.** Provide lockable doors. |
| **Acoustics** | Provide partition construction with a minimum STC rating of 52 per Chapter 3, “Acoustics.” |
| **Casework/ Built-in Equipment** | Provide a built-in folding table and shelves for clean towel storage. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide storage shelves (freestanding) for laundry supplies.Laundry carts, and commercial grade washers/dryers. |
| **User-provided equipment** | None required. |
| **Special Req.** | Provide easy access to rear of dryers (or tumblers) to allow maintenance and cleaning of vents (see HVAC).Provide space for storage of laundry carts.Coordinate door openings and dimensions with room layout and equipment sizes, e.g., laundry carts, washers/extractors, dryers/tumblers, and ice machines. Provide acoustical measures to control the noise/vibration of the washers/extractors and dryers/tumblers. The laundry room must not be visible from the lobby area. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Public Toilets/Janitor's Closet

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| --- | --- |
| **Description/ Usage** | These toilet rooms are used primarily by visitors, spectators, and persons not using the locker and shower rooms. They must be adjacent to the lobby and gymnasium. Provide unisex or separate male, female, and gender-neutral restrooms depending on the total number of patrons to be accommodated. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls**. Epoxy or semi-gloss enamel painted mold-resistant gypsum wallboard with a ceramic tile wainscot. Prefer full-height ceramic tile walls with integral patterns, especially on wet walls. Use a dark-colored epoxy grout.**Floor**. Non-slip porcelain tile with dark-colored epoxy grout. Slope tile to drain.**Ceiling**. Semi-gloss enamel or epoxy painted mold-resistant gypsum wall board. |
| **Plumbing** | Provide wall-hung water closets, wall-hung urinals and lavatories based on the applicable UFC 3-420-01 requirements for the calculated occupancy of the gymnasium. Provide a floor drain. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Exhaust per UFC 3-410-01. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. Provide a speaker.**Telephone**. None required.**Data**. None required.**Security**. Provide lockable doors. |
| **Casework/ Built-in Equipment** | Solid-surface countertop with either underhung or integral sink.Solid composite toilet and urinal 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 electric hand dryers.Fold-down diaper-changing table/station in male, female, and gender-neutral toilets. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Lockable cabinets for cleaning supplies at janitor's closet. |
| **User-provided Equipment** | None required. |
| **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). Exhaust per UFC 3-410-01. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Parent/Child Area

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| **Description/ Usage** | The parent/child area is optional. 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 must be divided by a 30-in. (760-mm) high, 0.5-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**.** |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls**. Semi-gloss painted gypsum wallboard.**Floor**. Homogeneous resilient sheet flooring with scuff-resistant properties and maintenance consisting of damp mop, no wax, buff only, and resilient base. Exercise area must include permanently adhered resilient athletic flooring consisting of dual durometer layers of natural and synthetic rubbers, calendared and vulcanized together. The top layer is a non-porous, slip-resistant, textured surface; the bottom layer is a cushioned performance layer. Total thickness to be 3/8 in. (9 to 10 mm).Athletic flooring system cannot be accommodated by interlocking flooring tiles or movable furnishings such as mats.**Ceiling.** ACP. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/weight rooms." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical," in the child area. For safety of the children, the top of the electrical outlet boxes must be 54 in. (1350 mm) AFF. Provide flush-floor outlets for commercial-grade fitness equipment and outlets for wall- or ceiling-mounted flat panel display in the fitness area. |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV.** Provide outlets to ensure adequate coverage.**CATV/Internal Video.** Provide an outlet in the fitness area.**PA/Audio.** Provide a speaker. Provide an emergency call/alarm that sounds at the control counter until reset by the respondent.**Telephone.** Provide an outlet.**Data.** Provide an outlet.**Security.** Provide lockable doors. |
| **Casework/ Built-in Equip.** | Child area to include storage cabinet for children's games and toys. Flat panel display universal wall mount. |
| **Furnishings, Fixtures & Equip. (FF&E)** | **Child area**: Provide child-sized tables, chairs, and games. Provide exercise mat.**Fitness area**: Provide fitness equipment. |
| **User-provided****Equipment** | Flat panel display. |
| **Special Req.** | Mar-resistant Plexiglas partition of shatterproof, 30-in. (750-mm) high, 0.5-in. (13-mm) thick, and clear to ensure the parent can see the child at all times. Include a centrally located entry/exit in the partition.Provide vision panel in the door and side lites. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customer.Adults.Children. |
| **Min. net ft2 (m2)** |

Receiving and Equipment Repair/Storage

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| **Description/ Usage** | Provides an area to store, 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.There is an option for additional 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. |
| **Min. Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls.** Durable materials such as CMU with heavy-duty epoxy paint.**Floor.** Sealed concrete.**Ceiling.** None. Paint the exposed structure. |
| **Plumbing** | Provide a utility sink with hot and cold water connections and a floor drain. |
| **HVAC** | Provide system per Chapter 3, "HVAC." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide additional outlets at the work bench. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 30 fc (300 lx) of general ambient lighting. Provide 50 fc (500 lx) task lighting at the work bench. |
| **Communication** | **CCTV**. Provide one outlet.**CATV/Internal Video**. None required.**PA/Audio**. Provide a speaker.**Telephone**. Provide one line with internal two-way communication.**Data**. Provide one outlet.**Security**. Provide lockable doors, a door alarm, and exterior door bell. |
| **Casework/ Built-in Equipment** | None required. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide adequate shelving, bins, and open-end cubicles for storage of athletic equipment for both in- and out-of-season supplies.Provide workbenches and lockable tool and parts storage cabinet. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Provide a pair of locking exterior double doors, 4 ft (1.22 m) wide by 9.5 ft (2.9 m) tall each, with flush sills, to facilitate movement of equipment.Provide an interior pair of locking double doors, 4 ft (1.22 m) wide by 9.5 ft (2.9 m) each, to facilitate movement of equipment.Do not combine this space with mechanical or electrical rooms. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Administrative Offices

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| **Description/ Usage** | 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. The offices must be free from frequent distraction, have a professional appearance, and provide a sense of workplace. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wall board or wall covering.**Floor**. Carpet tile with resilient base.**Ceiling**. ACP. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 76 °F (24 °C). |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Ensure an adequate number of circuits to power all equipment. |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV.** Provide monitoring capability in the director's office when directed by the installation.**CATV/Internal Video:** One outlet required for director's office.**PA/Audio:** Provide a speaker. Provide controls in the director's office with room-by-room and "all call" communication. Provide intercom capability as directed by installation.**Telephone.** Provide one line per staff plus one additional line for fax and copier. **Data.** Provide one outlet per staff plus one outlet for each printer, copier, and scanner.**Security.** Provide lockable area for fitness access DVRs. |
| **Acoustics** | Provide partition construction with a minimum STC rating of 45 per Chapter 3, "Acoustics." If possible, do not locate these offices near noisy spaces as defined in Chapter 3, "Acoustics." |
| **Casework/Built-in Equipment** | Provide dry-erase boards in select offices. |
| **Furnishings Fixtures & Equipment (FF&E)** | Private offices—provide furniture for 120 ft2 (11 m2) or 100 ft2 (9.3 m2) office: desk, credenza, filing cabinet, desk chair, and two side chairs.Workstations—provide furniture for 64 ft2 (6 m2) workstation: desk chair and side chair for open offices. Workstation layout must provide adequate space for filing and overhead storage. |
| **User-provided Equipment** | Computers and other office equipment.Provide safe (for cash funds). |
| **Special Requirements** | For the director's office, provide an interior window with blinds to accommodate visual supervision over the fitness area and the control counter, where possible.Where possible, locate offices on exterior wall and provide windows for natural light admission. Provide shades or blinds at exterior windows for light control.Provide side lites next to the office doors for supervision and security. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Classrooms/Training Rooms

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| --- | --- |
| **Description/ Usage** | This space is used for conducting training and large meetings. This space must be accessible from administrative areas and public circulation spaces. Classroom sized for 25 persons at 750 ft2 (69.7 m2) for small facilities, 50 persons at 1,500 ft2 (139.4 m2) for medium and large, and 75 persons at 2,250 ft2 (209.0 m2) for extra-large and jumbo facilities. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wallboard or wall covering.**Floor.** Carpet tile is preferred. Other acceptable materials include stone, terrazzo, porcelain tile, stained concrete, or other hard tile. VCT is not allowed.**Ceiling**. ACP. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical," and additional outlets necessary to operate portable and dedicated equipment. |
| **Lighting** | Provide per Chapter 3, "Electrical," and include multiple light levels with controls for viewing multimedia presentations. |
| **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 two outlets. Provide additional outlets for training purposes.**Security.** Provide lockable doors. |
| **Acoustics** | Provide partition construction with a minimum STC rating of 49 per Chapter 3, "Acoustics." If possible, do not locate this room near noisy spaces as defined in Chapter 3, "Acoustics." |
| **Casework/ Built-in Equipment** | Provide a universal flat panel display mount. Provide solid-surface countertop. Provide lockable wall and base cabinets.Bulletin board with tack surface and dry-erase board. |
| **Furnishings Fixtures & Equipment (FF&E)** | Provide tables and chairs.Provide A/V cart, podium/lectern. |
| **User-provided Equipment** | CCTV equipment, flat panel display, printer, and DVD player. |
| **Special Requirements** | Provide a lockable storage closet with built-in shelves for training materials and floor space for AV cart. Provide a vision panel, minimum 5 ft2 (0.46 m2), in the door.For medium-size facilities and larger, provide an acoustical operable partition with minimum STC of 45. The operable partition is to recess into an alcove when in open position. Provide two separate entrances. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Copy/Work/Break Room

|  |  |
| --- | --- |
| **Description/ Usage** | This space is used as a staff workroom for copying, meetings, breaks, and lunches.Provide isolated alcove or separate space for copy/workroom. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wall board or wall covering.**Floor.** Provide hard-surface flooring matching corridor, such as seamless vinyl, hard tile, or other durable material.**Ceiling.** ACP. |
| **Plumbing** | Provide a two-compartment stainless-steel countertop sink with hot and cold water. Provide a cold-water connection for refrigerator ice maker. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 76 °F (24 °C). |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide one additional outlet at counter height for convenience. Provide additional outlets necessary to operate dedicated equipment. |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** Provide one outlet.**PA/Audio.** Provide a speaker.**Telephone.** Provide one line.**Data.** Provide outlets as required for equipment.**Security.** Provide lockable doors. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide two separate solid-surface countertops: one for food/break functions and one for administrative functions. Provide lockable wall and base cabinets.Bulletin board with tack surface and dry-erase board. |
| **Furnishings Fixtures & Equipment (FF&E)** | Provide table, chairs, microwave, coffee machine, and refrigerator. |
| **User-provided Equipment** | Copier/fax/printer and 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 ft2 (m2)** |

Men's and Women's Lockers/Dressing

|  |  |
| --- | --- |
| **Description/ Usage** | Separate men's and women'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 at soffits. |
| **Finishes** | **Walls.** Epoxy or semi-gloss enamel painted CMU or mold-resistant gypsum wallboard.**Floor.** Non-slip porcelain tile with dark-colored epoxy grout. Slope tile to drain.**Ceiling.** High-humidity-rated, vinyl-faced ACP with a corrosion-resistant supporting grid or mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint. |
| **Plumbing** | Provide and locate floor drains as required to ensure proper drainage and no standing water on the floor (this is particularly important in facilities with a pool).Provide an electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC.” Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Provide supply air from the dry side of this space (opposite the adjacent toilet/shower wet side) and exhaust from the wet area. Exhaust per UFC 3-410-01. Limit relative humidity to under 50% through the use of humidistats. Provide multi-speed ceiling fans with wall-mounted controls (not required to be HVLS fans). |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Where shower spaces are open to the locker room area, provide corrosion-resistant sprinkler and escutcheons such as stainless steel throughout the locker room. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide counter-height outlets at the vanity area. Provide power to the hair dryers identified in the built-in equipment. Provide outlets where flat panel displays are required; provide at height of flat panel display. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting fixtures must have translucent, damp location, non-breakable, protective covers. Minimize shadowing at face of lockers. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. Provide CATV outlets for wall or ceiling mounts.**PA/Audio**. Provide PA speakers as needed for full coverage. Provide speakers for the separate audio system. Provide an emergency call/alarm.**Telephone**. None required.**Data**. None required.**Security**. None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide solid plastic (HDPE) lockers and benches. Lockers must be a minimum of 15-in. wide by 24-in. deep (375 mm by 600 mm) with integral minimum 16-in. (400-mm) -wide benches (usually part of the locker system). Five percent of lockers must be accessible. Accessible benches are required to be adjacent to accessible lockers. Benches must have a minimum of 20 in. (500 mm) to maximum 24 in. (600 mm) in depth; 42 in. (1050 mm) minimum in length; seat height of 17 to 19 in. (425 to 475 mm) above the floor.Typically provide a mix of full- and half-sized Z-shaped lockers; provide 2 half-height lockers and 1 full-height locker in every 2 spaces. The location's climate determines 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 shelves and hooks for coats and hats inside lockers. Steel lockers are not permitted.Mount lockers at a level above the floor to ensure operating hardware is easily reachable. Provide padlock or touch combination 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 a full-height wall mirror. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide a scale and a wall clock. |
| **User-provided Equipment** | Provide blood pressure monitor and flat panel display. |
| **Special Requirements** | Provide dropped gypsum board soffits over lockers or utilize sloped-top lockers to preclude the tops of the lockers being used for storage. Design the space to block direct views from the public areas in. Consider providing natural light via frosted skylights or translucent wall building materials. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Men's and Women's Showers

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| --- | --- |
| **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 and adjacent drying stalls. If the facility includes a pool, the pool entry/exit must be adjacent to this area. Other adjacent functions may include sauna and/or steam room. Shower compartment construction options include constructed separation walls, field-assembled pre-manufactured shower partitions and pre-manufactured solid surface shower compartments. Shower counts are programmed per installation. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum |
| **Finishes** | **Walls.** Full height ceramic tile with dark-colored epoxy grout on cementitious backer units.**Floor.** Non-slip porcelain tile with dark-colored epoxy grout. Slope tile to drain.**Ceiling.** Mold-resistant gypsum wallboard 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 a minimum of one floor drain at each shower stall and additional drains as needed to ensure proper drainage. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Provide supply air from the dry side (adjacent locker/dressing area) and exhaust from the wet (toilet/shower) area. Exhaust per UFC 3-410-01. If constructed separation walls are used from floor to ceiling, locate exhaust outlets in each space. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Provide corrosion-resistant sprinklers and escutcheons such as stainless steel throughout the shower area. |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." 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** | Solid plastic (HDPE) shower partitions secured at floor, wall, and ceiling or provide permanent walls between showers; see **Finishes** for wall finish. Provide fixed solid plastic benches at drying areas at least 16 in. (400 mm) wide. Provide hooks or towel pins on wall in drying area. Provide swim mats or tiles that are textured, anti-slip, self-draining, and raise the walking surface above standing water. If the facility includes a pool, provide a swimsuit spin-dry unit. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Design the space to block direct views from the public areas into the shower room areas. Provide natural light via frosted skylights or translucent wall building materials. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Men's and Women's Toilets

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| --- | --- |
| **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** | **Walls.** Full-height ceramic tile with dark-colored epoxy grout on cementitious backer units at wet walls and ceramic tile wainscots at fixture areas. Epoxy or semi-gloss painted, mold-resistant gypsum wallboard elsewhere.**Floor.** Non-slip porcelain tile with dark-colored epoxy grout. Slope tile to drain.**Ceiling.** Vinyl-faced ACP or mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint. |
| **Plumbing** | Provide wall-hung water closets, wall-hung urinals and lavatories based on the applicable UFC 3-420-01 requirements for the calculated occupancy of the facility. Provide floor drains to fully drain area. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Provide supply air from the dry side of this space (adjacent locker/dressing area) and exhaust from the wet area (toilet/shower). Exhaust per UFC 3-410-01. Limit relative humidity to under 50% through the use of humidistats. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Where shower spaces are open to the toilet area, provide corrosion-resistant sprinklers and escutcheons such as stainless steel throughout the toilet room. |
| **Power** | Provide outlets per Chapter 3, "Electrical," Provide GFCI outlets at lavatory at counter height. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting fixtures must have translucent, damp location, non-breakable protective covers with shatterproof lens. Provide lighting directly over lavatories and grooming counters and minimize reflection glare in the mirrors in the overall lighting design. |
| **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. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Solid-surface countertop supported at both ends and with the front edge supported by galvanized angle reinforcing. Use holes in lavatory countertop for waste disposal; coordinate location of paper towel dispenser. The sink may be either undermount or integral with the counter.Solid plastic (HDPE) toilet and urinal partitions secured at floor and ceiling.**Toilet accessories**: Toilet paper dispensers, paper towel dispenser, trash receptacle, robe and towel hooks, grab bars, feminine hygiene receptacles in women's water closets, seat cover dispensers, and soap dispensers at lavatories.Provide wall-mounted shelves and full-width mirror at the lavatories. Provide a full-length mirror. Provide electric hand dryers. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Design entrances to prevent direct views into this area.Provide natural light via frosted skylights or translucent wall building materials. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Unisex Changing Room/Unisex Locker Room

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| --- | --- |
| **Description/ Usage** | This space provides separate, individual rooms equipped with changing area, shower, toilet, sink, diaper changing table, and lockers intended as a single-use facility for adults with or without small children. Locate near the pool (if provided) or near the parent/child area. Allow for unisex locker units to be used independently from unisex changing rooms. |
| **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, wall-hung water closet, and lavatory. Provide a minimum of one floor drain in shower, one general floor drain, and additional drains as needed to ensure proper drainage. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Exhaust per UFC 3-410-01. Limit relative humidity to 50% through use of humidistats. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Where shower spaces are open to the locker room area, provide corrosion-resistant sprinklers and escutcheons such as stainless steel throughout the locker room. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide counter-height GFCI outlets at the lavatory. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting fixtures must have translucent, damp location, non-breakable protective covers. Minimize shadowing at face of lockers. Provide lighting directly over lavatory to minimize reflections and glare in the mirrors. 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.** Provide lockable doors. |
| **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. |
| **User-provided Equipment** | None required.  |
| **Special Requirements** | 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 ft2 (m2)** |

Steam Room

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| --- | --- |
| **Description/ Usage** | **Note:** This space is not supported by the Navy.The optional steam room must 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. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Full-height ceramic tile with dark-colored epoxy grout.**Floor**. Non-slip ceramic.**Ceiling**. Tile: 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** | Temperature operating range: 100 °F (38 °C) to 110 °F (43 °C). Humidity 100% relative. Provide secured controls. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Provide high-temperature-rated corrosion-resistant sprinklers and escutcheons such as stainless steel throughout the steam room.Fire alarm notification appliances are not required within the steam room. Provide an audible and visual fire alarm notification appliance on the wall directly opposite the entry door into the steam room, with a minimum sound power of 95 dB at 10 ft (3 m) and 110 cd. At a minimum, provide a 100 in.2 (.06 m2) vision panel within the entry door into the steam room. |
| **Power** | None required. |
| **Lighting** | 35 fc (375 lx). General ambient lighting. Lighting fixtures must have translucent, moisture-resistant, non-breakable 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 wall-mounted clock visible from steam room. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | An adjacent cool-down space can serve the steam room, sauna (if provided), and hot tub (if provided). It must 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. Provide steam generator in an adjacent closet. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Sauna

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| --- | --- |
| **Description/ Usage** | **Note:** This space is not supported by the Navy. The optional sauna must 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. Providing a prefabricated, packaged unit is acceptable. |
| **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**. 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 °F to 180 °F (77 °C to 82 °C) with 5% relative humidity. Provide secure controls. Provide passive ventilation to achieve four air changes/hour. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Provide high-temperature-rated corrosion resistant sprinklers and escutcheons such as stainless steel throughout the sauna.Fire alarm notification appliances are not required within the sauna. Provide an audible and visual fire alarm notification appliance on the wall directly opposite the entry door into the sauna, with a minimum sound power of 95 dB at 10 ft (3 m) and 110 cd. At a minimum, provide a 100 in.2 (0.6 m2) vision panel within the entry door into the sauna. |
| **Power** | Provide a dedicated circuit for the heat source. |
| **Lighting** | Provide 10 fc (100 lx) of general ambient lighting. Lighting fixtures must be rated for wet applications, with ambient temperature rating of at least 180 °F (82 °C). |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** None required.**PA/Audio.** Provide a speaker. Provide an emergency call/alarm mounted within 36 in. (900 mm) of finished floor that sounds at the control counter until reset by the respondent.**Telephone.** None required.**Data.** None required.**Security.** None required. |
| **Casework/ Built-in Equipment** | Provide solid board cedar or redwood benches. One bench must meet ABA requirements. Provide a wall-mounted room temperature and humidity gauge. Provide hooks. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide a water tub and ladle for wet sauna. Provide a wall-mounted clock in this area that is visible from the sauna room. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | 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 must have a bench with wall-mounted clothing/towel hooks. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Massage Room

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| **Description/ Usage** | The optional massage room provides a private space for massage service. It is preferred to be adjacent to the locker/shower facilities. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wall board.**Floor.** Non-slip porcelain tile with dark-colored epoxy grout or resilient flooring with resilient base or porcelain tile.**Ceiling.** ACP. |
| **Plumbing** | Provide a hand-wash sink with hot and cold water connections. Provide floor drain. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 72 °F (22 °C) to 78 °F (26 °C). Provide independent thermostat. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 50 fc (500 lx) with indirect light fixtures and provide continuous dimming capability. |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** None required.**PA/Audio.** Provide a speaker. Provide an emergency call/alarm that sounds at the control counter until reset by the respondent.**Telephone.** Provide one line.**Data.** None required.**Security.** Provide lockable doors. |
| **Acoustics** | Provide partition construction with a minimum STC rating of 45 per Chapter 3, "Acoustics." If possible, do not locate this room near noisy spaces as defined in Chapter 3, "Acoustics." |
| **Casework/ Built-in Equipment** | Provide clothes hooks. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide a securable storage cabinet for supplies such as sheets, towels, and massage oil.Unless operated by a concessionaire, provide the following: height-adjustable massage table with adjustable head rest; adjustable-height wheeled stool for the therapist; massage chair in addition to or in lieu of the massage table; small table for making and verifying appointments. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | None required. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Hot Tub

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| **Description/ Usage** | **Note:** This space is not supported by the Navy.The optional hot tub must 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 by 1 in. (25 by 25 mm) tiles with dark epoxy grout.**Ceiling**. Water-resistant surface. |
| **Plumbing** | Provide a floor drain. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 72 °F (22 °C) to 78 °F (26 °C). Provide minimum six air changes per hour. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." Provide corrosion-resistant sprinklers and escutcheons such as stainless steel throughout the hot tub area. |
| **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.** Provide lockable area for when fitness access is in use. |
| **Casework/ Built-in Equipment** | Provide clothes hooks, seating bench, and handrail for entrance/exit of pool. |
| **User-provided Equipment** | CCTV equipment. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide freestanding shelving unit for towels and a wall clock.Provide a chemical storage cabinet. |
| **Special Requirements** | Provide a whirlpool tub with a dedicated water supply, water filter, hot water heater, and water pump. Provide an emergency shut-off control for the whirlpool. Provide an adjacent dry-off/dressing area. Provide corrosion-resistant materials for hardware, AC ducts, AC registers, and door frames. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Convertible Locker Space

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| **Description/ Usage** | **Note:** This space is not supported by the Navy.This optional space for large or extra-large facilities provides 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.This is not additional locker space and will need to be deducted from the overall calculated locker space for the facility. |
| **Min. Ceiling Ht.** | 10 ft (3.05 m) minimum except where furred down. |
| **Finishes** | **Walls.** Epoxy or semi-gloss enamel painted CMU or mold-resistant gypsum wallboard.**Floor.** Non-slip porcelain tile with dark-colored epoxy grout. Slope tile to drain.**Ceiling.** High humidity-rated, vinyl-faced ACP with a corrosion-resistant supporting grid or mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint. |
| **Plumbing** | Provide floor drains. Provide an electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 70 °F (21 °C) to 78 °F (26 °C). Exhaust per UFC 3-410-01. Control exhaust to unoccupied exhaust rate of 0.06 cfm/ft2 (0.0183 m3/min./m2) when space is unoccupied. Limit relative humidity to under 50% through the use of humidistats. May provide ceiling fans with wall-mounted controls. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide counter-height outlets at the vanity area. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting fixtures must have translucent, damp location, non-breakable protective covers. Minimize shadowing at face of lockers. |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** Provide an outlet.**PA/Audio.** Provide a speaker. Provide an emergency call/alarm.**Telephone.** Provide one line.**Data.** None required.**Security.** Provide lockable doors. |
| **Casework/ Built-in Equipment** | Provide solid plastic (HDPE) lockers and benches. Lockers must be a minimum of 15 in. wide by 24 in. (375 mm by 600 mm) deep with integral minimum 16-in. (400-mm) -wide benches (usually part of the locker system). These lockers are daily use only (not rented). Typically provide a mix of full- and half-sized Z-shaped lockers. The location's climate will determine 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. Steel lockers are not permitted.Mount lockers at a level above the floor to ensure operating hardware is easily reachable.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.Provide shelves and hooks for coats and hats. Provide a full-height wall mirror. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | 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 utilize sloped top lockers 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 ft2 (m2)** |

Gymnasium/Basketball/Volleyball Courts

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| **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. Court size must meet NCAA standards. See Appendix D of this UFC for a link to the NCAA basketball court diagram. |
| **Min. Ceiling Ht.** | 28 ft (8.53 m) clear height below structure and lights. |
| **Finishes** | **Walls.** Provide durable wall system up to 12 ft (3.66 m) in height, such as CMU with heavy-duty epoxy. Above 12 ft (3.66 m), use semi-gloss enamel and acoustic panels.**Floor.** Maple athletic flooring, 25/32 in. (19.8 mm) thick. Synthetic multipurpose, resilient, athletic flooring may be allowed when requested by the installation. Flooring must meet DIN standards for the specified function per *ACSM's Health/Fitness Facility Standards and Guidelines*; however, where primary space use is basketball, minimum ball rebound must be 93%.**Ceiling.** Exposed, painted structure. Provide acoustical banners, baffles, panels, or similar treatment**.** |
| **Plumbing** | No plumbing fixtures in the gymnasium. Ensure access to nearby electric water coolers. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Gym, sports arena (play area)." Provide durable air grill covers and do not place air grills in line with basketball nets. Locate ductwork to avoid trapping balls. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety," inclusive of protection from mechanical damage. Provide protection for sprinklers, exit signs, manual pull stations, and other exposed components; minimize equipment that protrudes into activity space or safety zones near activity spaces. Install component equipment (except manual pull stations) minimum 8 ft (2.44 m) AFF for safety considerations. Provide manual pull stations with protective covers. Provide upright sprinklers with head guards. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide power for the scoreboard, shot clocks, and a high, wall-mounted clock. Provide power requirements for other functions such as retractable backboards, divider curtain, and stage sound and lighting. Provide recessed floor outlets to power portable equipment used to officiate games. Locate power outlets along sidelines at center court. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide lighting levels for basketball in accordance with IESNA Class III adjustable up to Class II. If the program dictates televised events, provide appropriate IESNA lighting class of play levels for that specific sport. Provide keyed light switches. Provide fixtures with wire cages or appropriate shatterproof luminaires. 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 unless specified by installation.**PA/Audio**. Provide speakers with proper spacing.**Telephone**. Provide one line with internal two-way communication.**Data**. Provide data outlets in recessed floor boxes routed to scoreboard, centered under the anticipated scoring table location but outside the court boundaries.**Security**. Provide lockable area for when fitness access is in use. |
| **Acoustics** | For single court modules, reverberation time must equal 1.0 second. For two-court or larger modules, reverberation time must equal 1.8 to 2.0 seconds.Provide additional acoustical control with sound baffles, banners, and acoustical materials. Provide noise attenuation measures to mitigate acoustical problems resulting from vibration transmitted through the facility structure. |
| **Casework/ Built-in Equipment** | * Provide retractable basketball nets/backboards at two per half court or six per full court. Tournament courts only require 2 goals. Breakaway rims must be installed on all goals.
* Provide volleyball built-in flush floor insert sleeves in each court. Provide floor inserts for gymnastics standards.
* Motor-operated, vertical-acting (roll-up), divider curtain with manual override. Ensure the motor is easily accessible for maintenance.
* Provide an electronic scoreboard that is visible to officials, players, and spectators. Provide control for scoreboard and divider curtain on side of room opposite of bleachers.
* Bleachers. Use manually-operated, telescoping bleachers to maximize the flexibility of the space and allow sideline space for gymnasium events. Provide for accessible seating. Minimum of 200 seats; more as required and with additional courts.
* Provide game lines on flooring for full- and half-court basketball and volleyball.
* Provide 6-ft (1.83 m) -high attached safety padding with bottom edge on top of floor base on all walls that can be impacted by a player.
* Provide one pair of 30-second timing clocks for the main court.
 |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide volleyball stanchions, net, standard protective pads, net antenna, and elevated judge's stands.Provide wrestling mat, exercise mat, protective floor coverings with portable rolling stand, seating, scoring table, and chairs. Provide an AED. |
| **User-provided Equipment** | CCTV cameras per the outlet count. |
| **Special Requirements** | * Court size must meet NCAA standards. See Appendix D of this UFC for a link to an NCAA basketball court diagram.
* Interior entrance doors into the gym must have vision panels, minimum 5 ft2 (0.46 m2) each and ensure visual access from the control counter to the gym entrance. Where line of sight is not possible, CCTV monitoring of gym entrance must be provided.
* Provide minimum 10 ft (3.05 m) of unobstructed floor space as a safety zone between the outer edge of the playing area and any feature or obstruction. Provide minimum 12 ft (3.7 m) side to side and 18 ft (5.5 m) end to end of unobstructed floor space as a safety zone between the outer edge of the playing area and any adjacent court playing area.
* Design for moisture control and prevention of condensation on floor surface.
* Provide exterior double doors with removable latch post for equipment access.
* Provide natural light. Skylights are not permitted above wood floors. Mitigate glare on the play and spectator areas. Any glass panels must be a minimum of 18 ft (5.49 m) AFF and 0.5-in. (13-mm) -thick, tempered, laminated safety glass.
* Do not locate windows, doors, or other obstructions within 7 ft (2.13 m) of all backboard centerlines.
* Ensure no glazing or lighting can create glare or distraction on the play areas and cross-court play. Do not use window treatments to mitigate glare.
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| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers.Participants.Spectators. |
| **Min. net ft2 (m2)** |

Gymnasium Equipment Storage/Support

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| **Description/ Usage** | This room accommodates 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.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted CMU or painted gypsum wall board.**Floor.** Sealed concrete.**Ceiling.** None required. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 65 ºF (18 ºC) to 85 °F (29 °C). |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide fixtures with wire cages or appropriate shatterproof luminaire. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. None required.**Data**. None required.**Security**. Provide lockable doors. |
| **Casework/ Built-in Equipment** | None required. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Shelving and storage cabinets. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Area must be accessible from both interior and exterior though lockable double doors with kick-plates.Provide "Dutch" doors at interior for equipment issue. 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. |
| **Min. net ft2 (m2)** |

Rock Climbing

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| **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 counter. For renovation projects, if rock climbing area is not visible from the control counter, this space must be included in a lockable room. |
| **Min. Ceiling Ht.** | For renovations, accommodate a 20-ft (6.1-m) -minimum-height climbing wall and the specific requirements of the equipment selected. For new projects, accommodate a 25-ft (7.6-m) -minimum-height climbing wall. |
| **Finishes** | **Walls.** CMU. Basic wall features can include arêtes, dihedrals, overhanging routes, flakes, chimneys, buttresses, and roof. Design for not only the width and height of climbing walls but also the available depth to create interesting features.**Floor**. The flooring beneath the climbing wall must be seamless rubber surfacing.* Description: Cushioned seamless floor system comprised of a cushioned impact course and colored cap surface, composed of peroxide-cured EPDM and recycled select rubber bonded by a specially formulated polyurethane binder. Completed system must comply with applicable Consumer Product Safety Commission (CPSC) criteria for playground surfacing contained in *Public Playground Safety Handbook* and the following:
	+ Tested for shock attenuation under ASTM F1292 and Head Injury Criterion (HIC).
	+ Tested for slip resistance under ASTM E303.
	+ Tested for fire resistance under ASTM E84.
	+ Complies with ABA for wheelchair access.
* Thickness: Poured-in-place; final thickness of 3.75 in. (93.8 mm).
* Color: As selected by architect from manufacturer's full range of standard colors.
* Primer: As recommended by the manufacturer.
* Line Marker: Two-component polyurethane as recommended by the manufacturer for demarcation of specific areas or other lines or lanes.
* Thinner: As recommended by the manufacturer.
* Acceptable Manufacturers and Products:
	+ No Fault Industries Safety Surface
	+ Vitricon Vitriturf
	+ Approved substitute
* Installation:
	+ Areas of installation: climbing wall landing surface.
	+ Proceed only when ambient and surface temperatures are within range recommended by the manufacturer and substrate condition has been approved by the installer.

**Ceiling.** None required. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Gym, sports arena (play area)." |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 50 fc (500 lx) with uniform vertical illuminance on climbing surfaces. Coordinate the location of lights with the design of the climbing wall. Lighting must not impair the wall user, e.g., down-lighting fixtures must not be installed directly above the climbing wall. |
| **Communication** | **CCTV**. If direct LOS is not possible from the control desk, provide an outlet (also see **Special Requirements**).**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**. Provide lockable area for when fitness access is in use. |
| **Casework/ Built-in Equip.** | Manufactured climbing walls are acceptable. Select the provider based both on service and product features. Accommodate any specific power requirements.Provide a wall-mounted bulletin board 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. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | CCTV cameras per the outlet count. |
| **Special Requirements** | Climbing wall, whether custom designed or manufactured, must exhibit a natural rock appearance. Component manufactured holds that mount to the climbing wall surface must be adjustable to accommodate climbing competitions. This feature will also allow for climbing route variations and various types of holds.Provide a separate teaching station.If direct LOS from the control counter is not possible, provide a means to secure the climbing wall during periods of non-use.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; Association for Challenge Course Technology. Ensure all anchors and other safety devices are installed for safe use. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Racquetball Courts

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| **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) exactly. |
| **Finishes** | **Walls.** Pre-manufactured racquetball court side and front walls must be 0.5-in (13-mm) -thick, balanced, high-density dry panel systems with minimum 50-pound density weight panels over 0.5-in. (13-mm) sound cushion layer. Unless building layout precludes the option, provide a shatterproof, tempered glass back wall/door for viewing and officiating. Minimum calculated wall reflectance must be 0.65. See **Acoustics** section of this table for additional wall information.**Floor**. Maple athletic flooring. Flooring must meet DIN standards for the specified function per *ACSM's Health/Fitness Facility Standards and Guidelines*.**Ceiling**. Pre-manufactured racquetball court ceiling, 0.5-in. (13-mm) -thick, high-density resin core panels. |
| **Plumbing** | Must be near an electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 66 °F (19 °C) to 72 °F (22 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Gym, sports arena (play area)." Install ducts above ceiling or within wall surfaces. Install heavy-duty dent-resistant supply and return grilles flush and located in the rear one-third of the ceiling and/or the upper one-third of the back wall. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety," inclusive of protection from mechanical damage. Provide flush-mounted institutional style sprinklers throughout the racquetball court. Do not locate sprinklers closer than 6 ft (1.83 m) to the front wall of the court. Provide flush-mounted fire alarm and life safety equipment where these devices are required to be installed within the racquetball court. |
| **Power** | None required in courts. Provide convenience outlets per Chapter 3, "Electrical," in the waiting/viewing area. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Match requirements for indoor tennis courts per UFC 3-530-01. Provide lighting levels for racquetball in accordance with IESNA Class III adjustable up to Class II. Use translucent, impact-resistant, non-breakable, flush-mounted protective covers specifically designed for racquetball courts. For courts with glass walls, the lighting level must be the same on both sides of the glass wall. This reduces glare and allows players to follow the ball as it plays off the glass wall. |
| **Communication** | **CCTV.** Provide at least one outlet in the waiting/viewing area to look into the court.**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.** Provide lockable area for when fitness access is in use. |
| **Acoustics** | Racquetball separation wall assembly must provide STC 60 rating. To achieve this STC rating and control impact noise, separating wall can either include independent steel frames separated by a 1-in. (25-mm) clear space or can incorporate CMU block wall with steel frames directly attached. |
| **Casework/ Built-in Equipment** | Provide mounting sockets and netting for wallyball games on 50% of the courts or per local demand. Provide recessed storage boxes in one sidewall of each court. |
| **Furnishings, Fixtures & Equip. (FF&E)** | If a waiting/viewing area is included, provide seating for spectators. |
| **User-provided Equipment** | CCTV cameras per the outlet count. |
| **Special Requirements** | Court striping and dimensions must comply with USRA rules. Wall, floor, and ceiling materials and construction must comply with USRA *Standard Specifications for Racquetball Court Construction*.Because of the special air-conditioning requirements for racquetball courts, design exterior exposed racquetball court walls to eliminate wet walls and mildew in accordance with Chapter 3, “Exterior Walls and Mold." |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers.Participants.Spectators. |
| **Min. net ft2 (m2)** |

Unit PT/Group Exercise Room

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| **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, and yoga. |
| **Min. Ceiling Ht.** | 10 ft (3.05 m) minimum clear to lowest overhead feature. Provide a 12-ft (3.66-m) minimum clear height ceiling for facilities with large martial arts programs. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted CMU. Painted, double-layer high-impact gypsum board on studs is also acceptable.**Floor**. Maple athletic flooring. Synthetic multipurpose, resilient, athletic flooring may be allowed when requested by the installation. Flooring must meet DIN standards for the specified function per *ACSM's Health/Fitness Facility Standards and Guidelines*.**Ceiling.** Exposed structure with acoustical spray paint or ACP. If ACP, provide non-sag tiles. |
| **Plumbing** | Must be near electric water coolers. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 66 °F (19 °C) to 72 °F (22 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/aerobics room." Provide at least one ceiling fan per partitionable area. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide power at flat panel display mounting locations and for sound system. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 30 fc (300 lx) minimum at the floor. To address safety concerns, coordinate lighting design with equipment layout and ensure that equipment users, particularly those using horizontal benches, are not exposed to glare of direct/down lighting. Provide protection for all fixtures when appropriate for specific activity. Provide multi-level switching. |
| **Communication** | **CCTV**. Provide at least one outlet in each divided space.**CATV/Internal Video**. Provide outlets for monitors coordinated with their location.**PA/Audio**. Provide speakers with proper spacing.**Telephone**. Provide one line with internal two-way communication.**Data**. Provide data outlets in the walls or in recessed floor boxes.**Security**. Provide lockable doors. |
| **Acoustics** | Reverberation time must equal 1.0 second. Provide noise attenuation measures to mitigate acoustical problems resulting from mechanical systems, plumbing systems, and vibration transmitted through the facilities structure.Provide partition construction with a minimum STC rating of 50 per Chapter 3, "Acoustics." |
| **Casework/ Built-in Equipment** | Provide one acoustical operable partition with minimum STC rating of 45. Partition must be recessed into an alcove.Provide impact-resistant/shatterproof mirrors 6 ft (1.83 m) tall on at least two walls at a minimum of 18 in. (450 mm) above the floor.If required, provide infrastructure and speakers for sound system for each divided space.Provide wall- or ceiling-mounted flat panel display mount in each divided space.Provide personal effects storage, such as cubbies, for customers in the room. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide other fitness equipment as needed: indoor cycling equipment, stair steps, exercise balls, and small dumbbells. Provide an AED.Optional stage/platform. |
| **User-provided Equipment** | CCTV cameras per the outlet count. Flat panel display and sound system with mp3 and auxiliary input capability. |
| **Special Requirements** | Provide vision panel in the door, minimum 5 ft2 (0.46 m2), and consider side lites. Design the rooms to be rectangular 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.Provide natural light where appropriate based on activities in the space. Provide glare and heat-gain protection if exterior glazing is provided.Provide some visual connection to the rest of the facility. Consider providing interior windows to other exercise modules/circulation areas. If windows are provided, provide blinds.Accommodate queuing of customers in the area immediately outside the entrance. Provide secure storage room with direct adjacency to store items such as mats, stair steps, wall padding, and other fitness equipment. Storage rooms must either have double doors without astragal or designed as flow-through storage rooms. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Fitness Area

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| **Description/ Usage** | 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 one or multiple areas throughout the facility. The criteria in this table will apply regardless of equipment location. Fitness area is adjacent to the equipment repair/receiving area. 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, and stair climbers. |
| **Min. Ceiling Ht.** | 12 ft (3.66 m) minimum. 14 ft (4.27 m) is preferred. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted CMU. Provide high-impact wall guards up to 18 in. (450 mm) AFF in the free weight area.**Floor.** Use permanently adhered resilient athletic flooring consisting of dual durometer layers of natural and synthetic rubbers, calendared and vulcanized together. The top layer is a non-porous, slip-resistant, textured surface; the bottom layer is a cushioned performance layer. In the stretching/warm-up/cool-down spaces, use 1/4 in. (6 mm) thickness; in cardio, selectorized machine weights, and free weight areas use 3/8 in. (9 to 10 mm) thickness.Do not use interlocking flooring tiles or movable furnishings such as mats. Consider providing a low-profile raised floor in the selectorized and cardiovascular equipment areas to provide flexibility for routing power and data cables for fitness equipment.**Ceiling.** Exposed, painted structure. Consider providing ACP or other acoustical banners and treatments. |
| **Plumbing** | Provide a minimum of two electric water coolers. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/weight rooms." Provide ceiling fans. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical."**Free weight area**: Provide outlets for wall- or ceiling-mounted flat panel displays. **Selectorized equipment area**: If a fitness tracking system will be provided, 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. Provide outlets for wall- or ceiling-mounted flat panel displays.**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. Provide dedicated circuits for all treadmills. Coordinate flat panel display outlet locations with CATV outlet locations and the equipment selected: If cardiovascular equipment incorporates monitors, ensure outlets are located appropriately and provide outlets for wall- or ceiling-mounted flat panel displays as necessary to ensure adequate viewing angles for all equipment. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 30 fc (300 lx) uniform lighting. To address safety concerns, coordinate lighting design with equipment layout and ensure that equipment users, particularly those using horizontal benches, are not exposed to glare of direct/down lighting. |
| **Communication** | **CCTV**. Provide outlets as needed for coverage.**CATV/Internal Video**. Provide outlets for wall- or ceiling-mounted flat panel displays throughout the fitness area. Mount at proper viewing height for cardiovascular exercise machines in that area, height as selected by fitness area designer. The quantity and location of the CATV outlets must be determined by the sports fitness center designer and the Installation fitness program manager and must be coordinated with the equipment layout. The goal must be to enhance the experience and enjoyment of working out in the fitness areas and to have a number of CATV monitors available for comfortable viewing by all users of the fitness area. Consider options for wireless transmission of audio broadcast from video monitors.**PA/Audio**. Provide PA speakers as needed. Provide a separate audio system with speakers as needed for full coverage. Consider separate volume control and separate channels for individual activity areas.**Telephone**. None required.**Data**. Provide data outlets in recessed floor boxes in the cardiovascular and selectorized equipment areas and entertainment systems. Data to equipment for fitness tracking is optional.**Security**. None required. |
| **Acoustics** | Reverberation time must equal 1.0 to 1.3 seconds. Provide noise attenuation measures to mitigate acoustical problems resulting from mechanical systems, plumbing systems, and vibration transmitted through the facilities structure. |
| **Casework/ Built-in Equipment** | Provide 6-ft (1.83-m) -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.Provide 1.5-ft by 1.5-ft by 15-in. (0.46-m by 0.46-m by 0.38-m) -deep open cubbies – quantity to be 50% of number of pieces of fitness equipment.Provide wall-mounted bulletin boards. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Fitness equipment must be commercial grade.Provide a free-standing heavy punching bag and a speed bag if a boxing program is included.Exercise mats, wall clocks, and trash containers.Provide self-serve equipment cleaning supply stations throughout that include disinfectant spray bottles and disposable or reusable towels.Provide an AED. |
| **User-provided Equipment** | CCTV cameras per the outlet count.Flat panel display. |
| **Special Requirements** | If this space is provided on the second floor, ensure the elevator is specified to accommodate the fitness equipment.The foundation/floor in this space must be designed to accommodate all live and dead loads associated with the equipment.Provide storage either within the room or with a direct adjacency to store items such as mats, spare equipment, punching bags, and other sports equipment.Provide natural light through the use of windows and/or overhead skylights. Mitigate glare.Provide attractive, color-coordinated décor that projects a friendly environment. Avoid bland treatments such as a black floor and tan walls. Color selection must coordinate with equipment selected for the space.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.If provided, the raised floor provides flexibility for routing power and data cables for fitness equipment. Typically, this will be a low-profile access floor.If doors are provided, include vision panels, minimum 5 ft2 (0.46 m2) each, and consider side lites. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Fitness Assessment Room

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| **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 must include typical office furnishings and fitness testing equipment. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wall board.**Floor.** Carpet tile with resilient base.**Ceiling.** ACP. |
| **Plumbing** | None required. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide independent thermostat. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." 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** | Provide system per Chapter 3, "Electrical." Provide 50 fc (500 lx) of general ambient lighting. |
| **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. Provide a computer system with internet connectivity at each data outlet location.**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. Partitions and dividers.Fitness testing equipment that testing can be completed on, such as a treadmill or cycle with built-in monitoring sensors/devices.Scale and height rod. |
| **User-provided Equipment** | Computers, printer, and other office equipment as needed. |
| **Special Requirements** | Provide a key locked door. Provide side lites with blinds next to the door for supervision and security.If this space is provided on the second floor, ensure the elevator is specified to accommodate the fitness equipment. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Indoor Track

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| **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.The track is required but it can be either indoor or outdoor. |
| **Min. Ceiling Ht.** | 10 ft (3.05 m) minimum. If suspended in a high-bay area, the underside of the track structure must be 14 ft (4.27 m) minimum AFF. |
| **Finishes** | **Walls.** CMU with semi-gloss enamel paint.**Floor**. Resilient, cushioned running surface, such as rubber or urethane.**Ceiling**. Exposed, painted structure. |
| **Plumbing** | Provide an electric water cooler in the entrance lobby to the track. |
| **HVAC** | The HVAC criteria must match the criteria for the space in which the track is located. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide power to a wall-mounted clock and electric water cooler. If cardio fitness equipment is provided, coordinate power requirements. |
| **Lighting** | The lighting criteria must match the criteria for the space in which the track is located. When located within the gymnasium surrounding the court safety zone, provide lighting levels and controls matching the court it surrounds. When suspended above the gymnasium, provide lighting control with horizontal illuminance: 30 fc (300 lx), CV = 0.30 or less (Emax/Emin= 4:1 or less). |
| **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.** Provide lockable area for when fitness access is in use. |
| **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.Bulletin board and digital clock. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide freestanding storage units for towels and personal items. (This can also be incorporated into casework.)Consider providing cardio fitness equipment, such as treadmills or stair climbers, in unused corners. |
| **User-provided Equipment** | CCTV cameras per the outlet count. |
| **Special Requirements** | 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 preferred to be 45 in. (1067 mm) wide. The turns must have a minimum inside radius of 20 ft (6.1 m). Consider using banked curves. The height of banked curves on an indoor track must be 1 in. per 1 ft (25 mm per 300 mm) of track width. When using banked curves, ensure compliance with ABA requirements.Provide "lobby" areas at the entrances to a suspended 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, minimum 5 ft2 (0.46 m2) each. Ideally, the entry lobbies are to be located near the center of a straightaway.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).Track length and number of lanes varies as follows:**Navy.** Minimum track distance/size is 1/14 mile (115 m) and two lanes, which will fit over the smallest gymnasium option. In larger facilities, the preferred distance/size is 1/11 mile (146.3 m) in length and three lanes. In extra-large and jumbo size facilities, the Navy will include a 1/8-mile (201.2-m) four-lane track.**Marine Corps.** Minimum track distance/size for new facilities is 1/8 mile (201.2 m) and four lanes. The minimum track distance/size for add/alter facilities is 1/11 mile (146.3 m) in length and three lanes.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:* Ensure the suspended track does not interfere with gymnasium play below. The track must not encroach into the clear zones of the gym. 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 have significant cost implications.
 |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Functional Fitness

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| **Description/ Usage** | Functional training is exercise performed to better enable the participant to move through normal life activities. Functional fitness implies performing exercise in an optimal way, to achieve certain goals that allow improved performance of regular activities outside the gym. This may mean more fluid, precise movements, accomplishing necessary activities with the least possible wear and destruction, and remaining pain-free in the performance of mundane tasks. Better function could have applications in pulling weeds, loading the dishwasher, waxing the car, or carrying groceries home from the store.Typical equipment in the functional fitness area includes A-frames used for various exercises with bands, individual weight stations, and various kettle bells and other equipment. |
| **Ceiling Ht.** | 14 ft (4.27 m) minimum. |
| **Finishes** | **Walls**. CMU with heavy-duty epoxy or painted, double-layer (impact side) gypsum board, and provision of high-impact wall guards up to 18 in. (450 mm) AFF where weights are used.**Floor**. Use 3/8-in. (9- to 10-mm) -thick permanently adhered resilient athletic flooring consisting of dual durometer layers of natural and synthetic rubbers, calendared and vulcanized together. The top layer is a non-porous, slip-resistant, textured surface; the bottom layer is a cushioned performance layer. Provide a section of turf in coordination with installation requirements.**Ceiling**. Open structure is preferred; however, adequate acoustics must be maintained. |
| **Plumbing** | Provide a minimum of one electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/weight rooms." Provide ceiling fans. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety," inclusive of protection from mechanical damage. Provide protection for sprinklers, exit signs, manual pull stations, and other exposed components; minimize equipment that protrudes into activity spaces. Install component equipment (except manual pull stations) minimum 8 ft (2.44 m) AFF for safety considerations. Provide manual pull stations with protective covers. Provide upright sprinklers with head guards in areas without suspended ceilings. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Convenience outlets required. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting must be switched to allow for different levels of lighting. Provide fixtures with wire cages.**Light level:** 30 fc (300 lx) at the floor, minimum. |
| **Communication** | **Sound system**: Flush recessed speakers, 25-watt minimum output rating, capable of reproducing the entire audible range for human speech. Link speakers and provide audio interface in accessible area for sound equipment. |
| **Acoustics** | Walls must be acoustically treated to minimize the transmission of sounds from impact to other spaces. |
| **Casework/ Built-in Equipment** | None required. |
| **Furnishings,** **Fixtures & Equip. (FF&E)** |
|

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| --- | --- | --- |
| **Description** | **Notes** | **Quantity** |
| Double power station(3")/storage/stainless | Includes rack, bench, platform | 1 |
| Glute/ham bench (split pad)/lineal |  | 1 |
| Step-up box with plywood; no logo |  | 1 |
| Olympic lifting bar 20kg, 1-1/8 in. shaft1800# test zinc |  | 2 |
| 45# bumper plate |  | 8 |
| 35# bumper plate |  | 4 |
| 25# bumper plate |  | 4 |
| 10# bumper plate |  | 4 |
| Olympic plates - grip rubber | 4-10, 4-5, 4-2.5 | 70 |
| Adjustable dumbbells | 15-60/5# (10 Pair Total) | 1 |
| Triple-tier dumbbell rack (15 pr.) | Bottom two levels for DBs, top level for kettlebells. | 1 |
| Band attachments |  | 1 |
| Vertical medicine ball rack |  | 1 |
| Kettlebells 5-60/5, 70 to 100 lb/10 | 15/20/25/30/35/40 | 165 |
| Olympic curl bar (26 lb.) 5 ft black |  | 1 |
| Olympic spring lock collars |  | 3 |
| Medicine ball | 4/6/8/10/12/15/18/20/25/30 elite medicine balls | 1 |
| TRX straps |  | 2 |
| Stretch equipment: cage (e.g., True Stretch, 37 deg. angle calf stretch blocks with heel anti-slip ledge and a PT table for pre/post conditioning |  |  |
| Pre-movement prep, cooldown, injury prevention, supports functional movement: stretch cage and calf stretch blocks attached semi-permanent to floor, PT table |  |  |
| Power sled (plate loaded); includes harness + belt |  | 1 |
|  | Double ladder | 1 |
|  | Battling rope 50 ft  | 1 |
|  | Weight lifting bands | 1 |

 |
| **User-provided Equipment** | None required. |
| **Special Requirements** | * A storage room must be provided.
* Must be on first floor of facility due to dropping weights.
* Provide vision panels in the doors, minimum 5 ft2 (0.46 m2), and consider side lites.
 |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |

Auxiliary Gymnasium

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| --- | --- |
| **Description/ Usage** | **Note:** This space is not supported by the Navy. This space is used for sports competitions such as basketball, volleyball, wrestling, and indoor soccer. The auxiliary gymnasium can also support instructional functions, informal, intramural, group exercise/fitness functions, and community events.Preferably the auxiliary gymnasium will be adjacent to the main gymnasium. If not adjacent, must be nearby. |
| **Ceiling Ht.** | Minimum 25 ft (7.62 m) clear height to lowest overhead element. |
| **Finishes** | **Walls.** Provide durable wall system up to 12 ft (3.66 m) height, such as CMU with heavy-duty epoxy. Above 12 ft (3.66 m), use semi-gloss enamel and consider acoustic panels.**Floor**. Maple athletic flooring, 25/32 in. (19.8 mm) thick, must be installed in gymnasiums 6,500 ft2 (603.9 m2) or larger. Synthetic multipurpose, resilient, athletic flooring may be allowed when requested by the Installation. Flooring must meet DIN standards for the specified function per *ACSM's Health/Fitness Facility Standards and Guidelines*.**Ceiling**. Exposed, painted structure. Provide acoustical banners, baffles, panels, or similar treatment. |
| **Plumbing** | None required. Ensure access to nearby electric water coolers. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Gym, sports arena (play area)." Provide durable air grill covers and do not place air grills in line with basketball nets. Locate ductwork to avoid trapping balls. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety," inclusive of protection from mechanical damage. Provide protection for sprinklers, exit signs, manual pull stations, and other exposed components; minimize equipment that protrudes into activity space or safety zones near activity spaces. Install component equipment (except manual pull stations) minimum 8 ft (2.44 m) AFF for safety considerations. Provide manual pull stations with protective covers. Provide upright sprinklers with head guards. |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide power for the scoreboard, shot clocks, and a high, wall-mounted clock. Consider power requirements for additional lighting for special events. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide lighting levels for basketball in accordance with IESNA Class III adjustable up to Class II. If the program dictates televised events, provide appropriate IESNA lighting class of play levels for that specific sport. Provide perimeter compact fluorescents multi-level switched for non-sport activities. Provide keyed light switches. Provide fixtures with wire cages or appropriate shatterproof luminaires. Do not locate fixtures directly above basketball backboards. Do not install high-pressure sodium lighting. |
| **Communication** | **CCTV**. Provide at least one outlet on each wall.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. None required.**Data**. None required.**Security**. None required. |
| **Acoustics** | Reverberation time must equal 1.0 second. Provide noise attenuation measures to mitigate acoustical problems resulting from mechanical systems, plumbing systems, and vibrations transmitted through the facility's structure. |
| **Casework/ Built-in Equipment** | * Provide six retractable basketball nets/backboards. Breakaway rims must be installed on all goals.
* Provide volleyball built-in flush floor insert sleeves in each court.
* Provide an electronic scoreboard.
* Provide game lines on flooring for full- and half-court basketball and volleyball.
* Provide 6-ft (1.83-m) -high attached safety padding with bottom edge on top of floor base on all walls that can be impacted by a player.
 |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide volleyball stanchions, net, standard protective pads, and net antenna. Provide wrestling mat, exercise mat, and protective floor coverings. Provide an AED. |
| **User-provided Equipment** | CCTV cameras per the outlet count. |
| **Special Requirements** | * Interior entrance doors into the auxiliary gymnasium must have vision panels, minimum 5 ft2 (0.46 m2) each.
* 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.
* Do not locate windows, doors, or other obstructions within 7 ft (2.14 m) of all backboard centerlines.
* Ensure no glazing or lighting can create glare or distraction on the play areas.
 |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

High Intensity Tactical Training (HITT) Center

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| **Description/ Usage** | **Note:** This space is for Marine Corps only.This is typically one large, open space room that is non-partitionable and is used for implementation of the HITT program. Activities/classes such as aerobics, martial arts, and yoga must not be used in this space. |
| **Ceiling Ht.** | 20 ft (6.1 m) minimum. |
| **Finishes** | **Walls**. CMU with heavy-duty epoxy or painted, double-layer (impact side) gypsum board.**Floor**. Use 3/8 in. (9 to 10 mm) thick permanently adhered resilient athletic flooring consisting of dual durometer layers of natural and synthetic rubbers, calendared and vulcanized together. The top layer is a non-porous, slip-resistant, textured surface; the bottom layer is a cushioned performance layer. Synthetic artificial turf and track are to be installed in centers 2000 ft2 (185.8 m2) or larger. HITT logo is to be included on flooring where Olympic lift platform stations will be located. Provide high-impact wall guards up to 18 in. (450 mm) AFF. Impact and athletic flooring system cannot be accommodated by interlocking flooring tiles or movable furnishings such as mats.**Ceiling**. Exposed structure with acoustical spray paint or ACP. If ACP, provide non-sag tiles. |
| **Plumbing** | Provide a minimum of one electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC". Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/weight rooms." Provide ceiling fans. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety," inclusive of protection from mechanical damage. Provide protection for sprinklers, exit signs, manual pull stations, and other exposed components; minimize equipment that protrudes into activity spaces. Install component equipment (except manual pull stations) minimum 8 ft (2.44 m) AFF for safety considerations. Provide manual pull stations with protective covers. Provide upright sprinklers with head guards in areas without ceilings. |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 30 fc (300 lx) minimum at the floor. To address safety concerns, coordinate lighting design with equipment layout and ensure that equipment users, particularly those using horizontal benches, are not exposed to glare of direct/down lighting. Provide protection for all fixtures and dimming capability. |
| **Communication** | **CCTV**. Provide at least one outlet on each wall.**CATV/Internal Video**. Provide at least one outlet for wall-mounted monitor(s).**PA/Audio**. None required.**Telephone**. Provide one line with internal two-way communication.**Data**. Provide at least one outlet. HDMI cable outlet below dedicated flat panel display.**Security**. None required. |
| **Acoustics** | Reverberation time must equal 1.0 second. Provide noise-attenuation measures to mitigate acoustical problems resulting from mechanical systems, plumbing systems, and vibrations transmitted through the facilities structure.Provide partition and door construction with a minimum STC rating of 50 per Chapter 3, "Acoustics." |
| **Casework/ Built-in Equipment** | * Provide adjustable pull-up bars on at least one wall. Number of bars is determined by center size.
* Provide a built-in protective box for the telephone.
* Provide 9-ft (2.74-m) -high mirrors on at least two non-adjacent walls at a minimum of 18 in. (450 mm) above the floor.
* Provide wall flat panel display mount in each divided space.
* Provide personal effects storage, such as cubbies, for customers in the room.
* Provide attached wall padding for both ends of rubberized track surface.
 |
| **Furnishings, Fixtures & Equip. (FF&E)** | * Fitness equipment must be commercial grade. Equipment counts will vary by size based on square footage.
* Address accessibility issues in equipment selection.
* Provide other combat fitness equipment as needed: power racks (Olympic lift platforms with wood base and squat rack type), plyometric equipment, speed and agility equipment, functional training equipment, kettlebells, medicine balls.
* Office equipment: desk and chair.
* Provide an AED.
 |
| **User-provided Equipment** | CCTV cameras per the outlet count. One dedicated flat panel display for video analysis usage. Flat panel display must have HDMIport to connect to moveable hardware platform. |
| **Special Requirements** | * Design the rooms to allow for flexibility in use. Provide a method of fastening padding on walls for use during sprint/speed training. Provide acoustical separation from the rest of the facility.
* Provide protection of all sprinklers, fire alarm strobe/speaker, thermostats, and other similar features.
* Provide natural light where appropriate. Provide glare and heat-gain protection if exterior glazing is provided.
* Provide some visual connection to the rest of the facility. Consider providing interior windows to other exercise modules/circulation areas. If windows are provided, provide blinds.
* Accommodate queuing of customers in the area immediately outside the entrance.
* Provide secure storage either within the room or with a direct adjacency to store items such as speed/agility equipment, cones, ladders, and other fitness equipment.
* Provide attractive, color-coordinated HITT logo on one main wall. Walls must be colored white.
* Color selection for equipment must match HITT logo color.
* Provide vision panels in the doors, minimum 5 ft2 (0.46 m2) each, and consider side lites.
* Provide space for fitness testing; 25- to 40-yd dash, 5-10-5 cone drill, and kneeling medicine ball throw.
 |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Indoor Cycling

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| **Description/ Usage** | Classroom to accommodate indoor cycling classes, which includes an instructor on a bike and participants on bikes. These bikes are different from the stationary bikes utilized in the cardio area.This space may be included as part of the programmed space allotted for structured activities. |
| **Ceiling Ht.** | 10 ft (3.0 m) minimum to lowest element. |
| **Finishes** | **Walls.** Painted walls. Coordinate with users to find out any special images such as murals as well as preferred color (light vs. dark).**Floor**. Rubber or wood floor typical. Provide flooring that is appropriate and industry standard for indoor cycling classrooms. Strongly recommend use of platforms for the classroom to provide better view of the instructor.**Ceiling**. Exposed, painted structure. Consider providing ACP or other acoustical banners and treatments. |
| **Plumbing** | Provide an electric water cooler. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 74 °F (23 °C). Provide ventilation in accordance with ANSI/ASHRAE 62.1 requirements for "Health club/weight rooms." For Army projects, provide ceiling fans. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Match requirements of indoor basketball court, per UFC 3-530-01. Lighting must be switched to allow for different levels of lighting. Natural light via windows may be provided but direct sunlight and glare must be avoided. Windows providing internal views to other spaces is desirable.**Lighting control**: Use of occupancy sensors to activate lighting by motion detection is recommended. In addition, grouping lights so a portion of the lights may be turned off, especially if natural daylighting is provided, is required. Independent slide or toggle controls may also be used to control fixtures by groups. Grouping must be coordinated with user. |
| **Communication** | **CCTV/CATV/Internal Video**. Provide for up to 3 large flat panel displays on the front wall. The control for these must also be in the center of the front wall near the instructor.**PA/Audio**. Provide speakers for main PA system so announcements from the desk can be heard in this space. Provide ceiling-mounted speakers for high-quality music reproduction. If a lay-in ceiling is provided the speakers must be recessed. Speakers must have a 100-watt minimum output rating and must be capable of reproducing CD-quality sound. Provide wiring, cabling, and other built-in support for a user-provided sound system plugged into the speaker system in the room. Provide the connection for the instructor near the center of the front wall. The instructor will position their stereo equipment close to their bike so they can adjust the music while working out.**Telephone**. None required.**Data**. None required.**Security**. None required. |
| **Acoustics** | The indoor cycling classroom must be designed to acoustically separate this space from other spaces. In addition, this space must be designed for proper acoustics for aerobic and other exercise classes.Aerobic activity will require partitions to be sound rated to 53 STC minimum. Where glass walls are used to enhance interior views, front these walls to interior circulation and not into other activity spaces. One exception is the gymnasium. |
| **Casework/ Built-in Equipment** | **Architectural Casework**: Provide storage cubicles (cubbies) along one wall of the module for incidental storage during activities. Provide minimum of one cubby for 75% of the total number of participants at room's maximum occupant load (based on 50 ft2 [4.6 m2]) per person). Cubby design is generally an open-face cube in modular "banks" aligned on one wall to counter-top height or vertically with the tallest cubicle 5 ft (1.52 m) AFF. Cubbies must be minimum 14 in. by 14 in. (350 mm by 350 mm), 18 in. by 18 in. preferred (450 mm by 450 mm) face opening by minimum 15 in. (375 mm) deep. Construct cubbies of ½-in. (12.5-mm) minimum particle board shell with 1/2 in. (12.5 mm) plywood horizontal shelves. Entire construction veneered with .048 horizontal grade, high-pressure plastic laminate. As an alternative, if solid wood or hardwood veneer-core plywood is used throughout, the surfaces may be finished and sealed with a polyurethane (or equal) coating. Cubbies may also be made from a plastic or solid phenolic type material for added durability. The coating must be cleanable and able to withstand moisture without degrading. Edge trim of cubby frames must be solid hardwood (bonded) or 3 mil PVC edging routed into panel edge. Use of plastic laminate edges is not allowed. If counter-height, provide solid-surface countertop with eased edge front and minimum 1-in. (25-mm) -tall lip where the counter abuts the wall. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | Flat panel displays. |
| **Special Requirements** | * Design the rooms to allow for flexibility in use.
* Provide acoustical separation from the rest of the facility.
* Provide secure storage room with a direct adjacency to store fitness equipment.
* Per installation request, special lighting or themes may be required.
* Provide vision panels in the doors, minimum 5 ft2 (0.46 m2) each, and consider side lites. Provide a means to darken the vision panels.
 |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Mother's Room

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| **Description/ Usage** | This space is used by nursing mothers. |
| **Min. Ceiling Ht.** | 9 ft (2.74 m) minimum. |
| **Finishes** | **Walls.** Utilize a durable and scrubbable eggshell or satin finish, whichever has higher gloss, for painted gypsum wall board.**Floor.** Provide hard-surface flooring matching corridor such as seamless vinyl, hard tile, or other durable material.**Ceiling.** ACP. |
| **Plumbing** | Provide countertop-mounted sink with hot and cold water. Provide a cold-water connection for refrigerator ice maker. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to 76 °F (24 °C). |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical.” Provide one additional outlet at counter height for convenience. Provide additional outlets necessary to operate dedicated equipment. |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** Provide one outlet.**PA/Audio.** Provide a speaker.**Telephone.** Provide one line.**Data.** Provide outlets as required for equipment.**Security.** Provide lockable doors. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide extended solid-surface countertop for bottle prep/clean functions and to house mini-fridge below. |
| **Furnishings Fixtures & Equipment (FF&E)** | Guest chair on casters if table/work surface is provided or a lounge chair with tablet arm; small undercounter refrigerator and microwave. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | None required. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Concessions

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| **Description/ Usage** | Space for preparation and sale of food and drinks. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum |
| **Finishes** | **Walls.** CMU with heavy-duty epoxy paint.**Floor**. Sealed concrete or seamless vinyl.**Ceiling**. Painted exposed structure. |
| **Plumbing** | Two-compartment stainless-steel sink with hot and cold water supply and a clean-out. Provide a separate hand-washing sink. Floor drain. Provide water connections to the ice machine and soda fountain. Provide wall hydrant on exterior wall. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 68 °F (20 °C) to ventilated 10 °F (6 °C) above the 1.0% dry bulb temperature. No mechanical cooling. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide dedicated outlets for the refrigerators, ice machine, and fountain soda machine. Provide countertop-height outlets for POS units, microwave, and other food/warming equipment as required. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 40 fc (400 lx) of general ambient lighting. Provide task lighting of 50 fc (500 lx) at the food preparation and service areas. Provide an occupancy sensor on the light controls. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. Provide one line per 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. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide 24-in. (600-mm) -deep solid surface work-surface counter for food preparation. Provide two solid surface service counters with service windows opening to the public covered space and the side facing the field. Provide coiling doors at the service windows. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide a menu board, an under-counter, reach-in refrigerator, a freezer, and an ice maker. |
| **User-provided Equipment** | A glass-front, front-loading refrigerated display case; soda fountain machine with under-counter boxed syrup; microwave; and other food preparation/warming equipment as required by the specific menu.Trash receptacles. |
| **Special Requirements** | Provide a minimum 36-in (900-mm) -wide access door to the dry goods storage room. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Covered Public Space.

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| --- | --- |
| **Description/ Usage** | Covered, paved exterior area directly adjacent the concessions service window. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls.** None.**Floor**. Sealed concrete or brick or stone pavers if budget allows.**Ceiling**. Painted exposed structure. |
| **Plumbing** | Provide a keyed exterior wall-hydrant; frost-free as dictated by climatic conditions. |
| **HVAC** | None. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | None required. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide 5 fc (50 lx) of general ambient lighting. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. Provide emergency telephone.**Data**. None required.**Security**. None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | None required. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide trash and recycling receptacles. Provide an AED in an exterior-mounted tamper-resistant case with a breakable seal for access. |
| **User-Provided Equipment** | None required. |
| **Special Requirements** | None required. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Men's and Women's Toilets

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| **Description/ Usage** | Separate ABA-compliant men's and women's toilet facilities that exit directly to the exterior. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls**. Semi-gloss enamel painted, mold-resistant gypsum wallboard with a ceramic tile wainscot. Prefer full-height ceramic tile walls with integral patterns, especially on wet walls. Use a dark-colored epoxy grout.**Floor**. Slip-resistant epoxy no-seam floor with integrated epoxy base to 6 in. (150 mm) AFF.**Ceiling**. Mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and epoxy paint. |
| **Plumbing** | **Male:** Two flush-valve floor-mounted urinals, two flush-valve wall-mounted water closets, and two lavatories. Provide wash-out stall urinals, recess-mounted so that top of lip is level with adjacent finished floor.**Female:** Three flush-valve wall-mounted water closets and two lavatories.Provide floor drains for proper drainage located under the water closet partitions. Provide keyed hose bibbs with hot and cold water. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 55 °F (13 °C) to ventilated 10 °F (6 °C) above the 1.0% dry bulb temperature. No mechanical cooling. Exhaust per UFC 3-410-01. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." Lighting fixtures must have translucent, damp location, non-breakable protective covers with shatterproof lenses. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. None required.**Data**. None required.**Security**. None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide solid-surface lavatory countertops supported at both ends, with the front edge supported by galvanized angle reinforcing. Consider use of holes in lavatory countertop for waste disposal; coordinate location of paper towel dispenser. The sink must be integral with the counter. As an option, consider stainless-steel wash trough-style lavatories. Provide stainless-steel, solid plastic (HDPE) toilet and urinal partitions secured at floor and ceiling.Toilet accessories must be stainless steel and include: toilet paper dispensers, paper towel dispenser, trash receptacle, robe and towel hooks, grab bars, feminine hygiene receptacles in women's water closets, seat cover dispensers, and soap dispensers at lavatories. Provide full-width mirror at the lavatories. |
| **Furnishings, Fixtures & Equip. (FF&E)** | None required. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Exterior doors must have a keyed lockset that is lockable from the exterior only. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Maintenance Bay

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| **Description/ Usage** | Space for field maintenance equipment, including truck, field groomer, and main access for field lighting. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls.** CMU with heavy-duty epoxy paint.**Floor**. Sealed concrete.**Ceiling**. Painted exposed structure. |
| **Plumbing** | Provide floor drain with a filter-cartridge-style oil/water separator. Provide exterior wall hydrant. |
| **HVAC** | Provide system per Chapter 3, "HVAC." Temperature operating range: 55 °F (13 °C) to ventilated 10 °F (6 °C) above the 1.0% dry bulb temperature. No mechanical cooling. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. None required.**Data**. None required.**Security.** None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide lockable cabinets for cleaning supplies.Provide two overhead doors on opposite sides of the bay to allow drive-through with the maintenance vehicle. Provide one separate personnel door to the side of one of the overhead doors. All doors must be lockable. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide workbenches and lockable tool and parts storage cabinet. |
| **User-provided Equipment** | Synthetic turf groomer. |
| **Special Requirements** | Place the master control panel for the field lights and irrigation system in this space. Provide a paved approach outside the overhead doors, where equipment can be hosed-off prior to entering the bay. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Announcer's Booth/Press Box

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| **Description/ Usage** | Second-story space to accommodate observers and scoreboard controls. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls.** CMU with heavy-duty epoxy paint.**Floor**. Sealed concrete.**Ceiling**. Painted exposed structure. |
| **Plumbing** | None required. |
| **HVAC** | Ventilate to not greater than 10 °F (6 °C) above the 1.0% dry bulb temperature. No heating or mechanical cooling provided. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." Provide dedicated power to the wireless scoreboard controls. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide an occupancy sensor on the light controls. |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. Where required in project scope, provide PA system with speakers to project sound to spectator's area(s).**Telephone**. Provide one line.**Data**. Wireless scoreboard controller.**Security**. None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide a seated-height solid surface countertop at field-side window. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Three chairs. Provide the control panel for the wireless scoreboard. Wireless scoreboard controls to include a game timer/clock, home and visitor scores, and quarter and half indicators. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | Provide lockable, horizontal sliding windows facing the multipurpose field for the full width of the wall. The window sill must be at the seated-height countertop and the glazed area must extend to 78 in. (1950 mm) AFF. If the support building serves multiple activity fields, provide a counter and windows on each side that faces a field. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Dry Goods and Sports Activity Storage

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| **Description/ Usage** | Accommodates separate storage spaces for dry food service supplies such as paper goods (not for food storage) and sports activity items such as cones and flags. |
| **Ceiling Ht.** | 10 ft (3.05 m) minimum. |
| **Finishes** | **Walls**. CMU with heavy-duty epoxy paint.**Floor**. Slip-resistant sealed concrete.**Ceiling**. Painted exposed structure. |
| **Plumbing** | None required. |
| **HVAC** | Ventilate to not greater than 10 °F (6 °C) above the 1.0% dry bulb temperature. No heating or mechanical cooling provided. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | Provide outlets per Chapter 3, "Electrical." |
| **Lighting** | Provide system per Chapter 3, "Electrical." |
| **Communication** | **CCTV**. None required.**CATV/Internal Video**. None required.**PA/Audio**. None required.**Telephone**. None required.**Data**. None required.**Security**. None required. |
| **Acoustics** | No special provisions required. |
| **Casework/Built-in** | None required. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Provide storage shelving as required. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | The walls for both storage rooms must extend to underside of structural ceiling. The dry goods storage must only be accessible from the concessions area via a lockable door.The sports activity storage must only be accessible from the exterior via a lockable door. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Multi-Purpose Field and Track

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| **Description/****Usage** | This table describes the multipurpose field and track and associated features including the bleacher pads, lighting zone, scoreboard zone, and site circulation. |
| **Dimensions** | **Track**. A 1312-ft (400-meter) elliptical track: six lanes for medium-sized facilities and smaller, eight lanes for large-sized facilities and larger, and a 328.1-ft (100-meter) dash straightaway. For Air Force only, provide lane markings at 1.24 mile (2.0 km) distance for alternate walk test. See **Special Requirements** below for additional criteria.**Multipurpose field**. Fixed-size field of 360 ft by 160 ft (109.7 m by 48.8 m) playing area, with an additional 10 ft (3.0 m) of unobstructed space on each side. The synthetic turf multipurpose field must be striped for soccer per *NCAA Soccer Rules* and for flag football per United States Flag Football Association (USFFA) *National Rules*. It is preferred that striping be integrated in the factory with the synthetic turf. The field must have white stripes for flag football and yellow stripes for soccer. In general, NCAA and USFFA standards must be followed. See **Special Requirements** below for additional criteria.**Bleacher pads**. Pads are sized to accommodate 5-row tilt-up bleachers with a 5-ft (1.53-m) space around perimeter. The length can be continuous or with 5-ft (1.53-m) gap between each set of bleachers. |
| **Surface Materials** | **Track**. Provide a first-class, full-pour polyurethane synthetic surface, including all necessary sub-structure and drainage to obtain long-life durability, pursuant to the guidelines of *NCAA Cross Country/Track and Field Rules*. The minimum thickness of the track surface must be ½ in. (13 mm) and the surface color will be determined by the installation. Provide a flush, paved transition strip a minimum width of 18 in. (450 mm) between the outside edge of the track and the surrounding area. This transition strip must not present a tripping hazard. The surfacing system minimum performance standards must reflect ASTM requirements for the materials specified. Running lanes will be marked on the track and markings will be placed for the 1.5-mile (2.41 km) events through use of a standard starting line and finish location arrow. The synthetic track system must be designed and constructed with a minimum five (5) year warranty covering the synthetic track surface against defects, workmanship, and normal use. Provide service start and stop signage for fitness testing.**Multipurpose field**. Provide either a natural grass turf or a synthetic artificial turf surface. As a minimum, the synthetic turf field must be an infill turf product utilizing a UV-stable, extruded-spine monofilament polyethylene fiber system. The finished playing surface must appear as mowed grass with no irregularities and must afford excellent traction for athletic shoes of all types. The finished surface must resist abrasion and cutting from normal use. The infill materials must be a mixture of graded, dust-free, rounded silica sand and crumb rubber. Seams (glued and/or sewn) must be as recommended by the synthetic turf manufacturer. The field must include an adequate drainage layer, including geotextile, panel drains, and stone base below the playing surface designed to prevent the field from excessive ponding of water. Grade field subgrades to provide a minimum of 0.7% slope from crown to sidelines. Drainage mats are not permitted. The synthetic playing field must be designed and constructed with a minimum eight- (8) -year warranty covering the synthetic playing surface against defects, workmanship and normal use, and increased G-max rating. The G-max value of the field must be from 100 to 125 at the completion of the installation and must not exceed a value of 175 during the 8-year warranty period; the increase in G-max value must not increase more than 5% in any single year. This surface must cover the entire area within the inside perimeter of the track.**Bleacher pads**. Reinforced concrete. Pad surface must be flush with surrounding areas.**Site circulation**. Provide concrete pathways with grass in non-paved areas. If budget and design language allow, provide brick or porous concrete pavers in lieu of concrete. |
| **Plumbing and Drainage** | **Multipurpose field**. Provide drainage per the selected manufacturer's specifications; do not use plastic cells for drainage. Subbase system must consist of a stone aggregate base on the subgrade to serve as a base for the synthetic turf and remove water from the synthetic turf surface. Subbase system must also include a concrete edge curb and attachment system and a sub-drainage system to convey storm and/or groundwater away from playing field areas. Sub-drainage system must consist of perforated HDPE drainage piping in gravel-filled trenches sloped to provide positive drainage. Provide an appropriate liner, as specified by the manufacturer, over the prepared subgrade and interiors of the sub-drain trenches prior to installation of subbase materials, piping, and trench backfill to prevent groundwater from entering the sub-drainage system. Provide water supply with quick hose disconnects at 4 locations around the perimeter of the field.If facilities include a natural grass turf surface, the field wet-down system is not required. Provide a sprinkler system or other means of watering the turf.**Site circulation**. Provide drinking fountains adjacent to an approach path for the track and multipurpose field. These drinking fountains may also be located on the support building exterior wall. |
| **Power** | Provide power to the lights, wireless scoreboard, and lighting control/communications kiosk. |
| **Lighting** | Provide system per Chapter 3, "Lighting." IESNA Class III lighting levels for recreation mode and Class II for competition mode. |
| **Fencing** | Provide a 4-ft (1.2-m) -tall vinyl-coated chain-link fence around outermost lane of track. The fencing must be 9 gauge (prior to vinyl coating) galvanized steel with vinyl-coated PVC coating, double-knuckle top and bottom with top and bottom rail. Color of vinyl coating specified by installation. Posts are to be 3-in. (75-mm) -diameter galvanized steel with vinyl coating and foundations are to be concrete with a minimum depth of 4 ft (1.2 m) or to the frost line, whichever is greater. |
| **Furnishings, Fixtures & Equip. (FF&E)** | **Multipurpose field**. Soccer goals and cones. Provide natural grass turf or synthetic artificial turf grooming and maintenance equipment.**Bleacher pads**. Five-row, tilt-up, portable aluminum bleachers. Provide trash and recycling receptacles.**Scoreboard zone**. Provide an electronic wireless scoreboard that includes game timer/clock, home and visitor scores, and quarter and half indicators. Scoreboard must be sized to ensure visibility from the opposite end of the field. Provide protector (i.e., fencing/net) for scoreboard. |
| **Special Requirements** | **Track**. Track design and exact dimensions must be per *NCAA Cross Country/Track and Field Rules* guidelines for running tracks. Track will include lane markings; markings will be placed for 1.5-mile (2.41-km) events. The inner lane must have a width of 48 in. (1200 mm) and all other lanes must have a width of 42 in. (1050 mm).Inner and outer edges of track to have concrete containment curb per track manufacturer's design and requirements.**Multipurpose field**. Fixed-size playing area per **Dimensions** section above. Provide white striping for flag football per USFFA *National Rules*, “Diagram of Eight Man Field.” Provide yellow striping for soccer per *NCAA Soccer Rules*. Provide an installation logo at the center of the field.**Site circulation**. Provide a lighting control/communications kiosk adjacent to an approach path to the track and multipurpose field. The kiosk must include controls for the recreation mode light level on a one-hour maximum timer, a phone or intercom communication link to the fitness center control desk, and a phone or intercom communication link to the installation emergency dispatch. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Softball Field

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| **Description/ Usage** | This table describes the requirements for the softball field and related features, including dugouts, bleacher pads, lighting, scoreboard, and site circulation. |
| **Dimensions** | **Softball Field.** The dimensions are as follows: bases are 70 ft (21.3 m) apart, pitching mound must be 50 ft (15.2 m) from home, and the outfield fence must be 300 ft (91.4 m) from home. The backstop must be 25 ft (7.6 m) from home plate. The side fence must be 25 ft (7.6 m) from the foul line. The synthetic turf softball field must be striped for softball per the *GSL – USSSA Slow-Pitch Rule Book & By-Laws* to include the foul lines, batters’ boxes, coach's boxes, and on-deck circles. It is preferred that striping be integrated in the factory with the synthetic turf. Provide breakaway bases (double first base) attached to rubber grommets anchored in the ground that release on impact.The new synthetic turf softball field must utilize an "infill" system consisting of synthetic turf fibers and an infill of sand and crumb rubber.See **Special Requirements** below for additional criteria.**Bleacher pads.** Pads are sized to accommodate 5-row tilt-up bleachers with a 5-ft (1.53-m) space around perimeter. Separate pads and bleachers are to be provided on the home and visitor sides behind backstop. |
| **Surface Materials** | **Softball field.** Provide either a natural grass turf or a synthetic artificial turf surface.As a minimum, the synthetic turf field must be an infill turf product utilizing a UV-stable, extruded-spine monofilament polyethylene fiber system. The finished playing surface must appear as mowed grass with no irregularities and must afford excellent traction for athletic shoes of all types. The finished surface must resist abrasion and cutting from normal use. The infill materials must be a mixture of graded, dust-free, rounded silica sand and crumb rubber with a ratio of sand to rubber to be per manufacturer's recommendation but must be a minimum 25% sand to rubber by volume. Seams (glued and/or sewn) must be as recommended by the synthetic turf manufacturer. To the maximum extent possible, field striping, markings, and inlays must be factory installed. The field must include an adequate drainage layer, including geotextile, panel drains, and stone base below the playing surface, designed to prevent the field from excessive ponding of water. Grade field subgrades to provide a minimum of 0.7% slope for drainage. Drainage mats are not permitted. The synthetic playing field must be designed and constructed with a minimum eight (8) year warranty covering the synthetic playing surface against defects, workmanship, and normal use, and increased G-max rating. The G-max value of the field must be from 100 to 125 at the completion of the installation and must not exceed a value of 175 during the 8-year warranty period; the increase in G-max value must not increase more than 5% in any single year. Provide a cast-in-place concrete perimeter edge curb constructed as recommended by the synthetic turf manufacturer.**Bleacher pads.** Reinforced concrete. Pad surface must be flush with surrounding areas.**Site circulation.** Provide concrete pathways with grass in non-paved areas. If budget and design language allow, provide brick or porous concrete pavers in lieu of concrete. |
| **Plumbing and Drainage** | **Softball field**. Provide drainage per the selected manufacturer's specifications; do not use plastic cells for drainage. Subbase system must consist of a stone aggregate base on the subgrade to serve as a base for the synthetic turf and remove water from the synthetic turf surface. Subbase system must also include a concrete edge curb and attachment system and a sub-drainage system to convey storm and/or groundwater away from playing field areas. Sub-drainage system must consist of perforated HDPE drainage piping in gravel-filled trenches sloped to provide positive drainage. Provide an appropriate liner, as specified by the manufacturer, over the prepared subgrade and interiors of the sub-drain trenches prior to installation of subbase materials, piping, and trench backfill to prevent groundwater from entering the sub-drainage system.Provide a minimum of 4 quick-couplers (2 on each side of the field) for turf maintenance and washing down the field. Quick-couplers must be located around the field so that a 100-ft (30-m) hose can reach all parts of the field. Locate couplers adjacent to the synthetic turf.If facilities include a natural grass turf surface, the field wet-down system is not required. Provide a sprinkler system or other means of watering the turf.**Site circulation**. Provide drinking fountains adjacent to an approach path for the track and multipurpose field. These drinking fountains may also be located on the support building exterior wall. |
| **Power** | Provide system per Chapter 3, "Electrical." Include power for lights, wireless scoreboard, and lighting control/communications kiosk. |
| **Lighting** | Provide system per Chapter 3, "Lighting." Match requirements of football fields per UFC 3-530-01. |
| **Fencing** | **Backstop Fencing**. Provide a 16-ft (4.9-m) -tall vinyl-coated chain-link softball backstop with 6-ft (1.8-m) top overhang panel sloped at 45 degrees 25 ft (7.6 m) from home plate. The backstop must be 16 ft (4.9 m) wide on the home field side, 16 ft (4.9 m) wide behind home plate, and 16 ft (4.9 m) wide on the visitor side. The fencing must be 9 gauge (prior to vinyl coating) galvanized steel, vinyl coated, and be double-knuckled at the top and bottom. Color of vinyl coating specified by installation. Provide an 8-in. (200-mm) -wide concrete maintenance curb 4 in. (100 mm) above adjacent grade at the base of / below the fence.**Side Fencing**. Provide a 6-ft (1.8-m) -tall vinyl-coated chain-link fence between the backstop and outfield fence with one 4-ft (1.2-m) man gate adjacent to the farthest end of the dugout from home plate and one double 5-ft (1.5-m) (10-ft [3-m] opening) equipment gate halfway between the first to second base line and the outfield fence. Fencing must be 9 gauge (prior to vinyl coating) galvanized steel, vinyl coated, double-knuckle top and bottom with top and bottom rail. Color of vinyl coating specified by installation. Provide an 8 in. (200 mm) wide concrete maintenance curb 4 in. (100 mm) above adjacent grade at the base of /below the fence.**Outfield Fence**. Provide a 6 ft (1.8 m) tall vinyl coated chain link fence around the outfield. Fencing must be 9 gauge (prior to vinyl coating) galvanized steel with vinyl coating, double knuckle top and bottom with top and bottom rail with 4-1/2 in. (112 mm) corrugated plastic tubing over top rail/fence. Color of vinyl coating specified by Installation. Provide an 8-in. (200-mm) -wide concrete maintenance curb 4 in. (100 mm) above adjacent grade at the base of / below the fence.**Foul Pole**. Provide a 20-ft (6.1-m) -tall foul pole with 1.5 ft (0.5 m) by 12 ft (3.7 m) visible galvanized steel mesh wing with optic yellow vinyl coating at the intersection of each foul line and outfield fence. |
| **Furnishings, Fixtures & Equip. (FF&E)** | **Softball field**. Bases. Provide natural grass turf or synthetic artificial turf grooming and maintenance equipment.**Bleacher pads**. 5-row, tilt-up, portable aluminum bleachers. Provide trash and recycling receptacles.**Scoreboard zone**. Provide an electronic wireless scoreboard that includes game timer/clock, home and visitor scores, and ball/strike/out indicators. Scoreboard must be sized to ensure visibility from the backstop. Provide protector (i.e., fencing/net) for scoreboard. |
| **User-provided Equipment** | None required. |
| **Special Requirements** | **Softball field**. Fixed-size playing area per **Dimensions** above.**Site circulation**. Provide a lighting control/communications kiosk adjacent to the side fencing. The kiosk must include lighting system controls on a one-hour maximum timer, a phone or intercom communication link to the fitness center control desk, and a phone or intercom communication link to the installation emergency dispatch.**Dugouts (Optional)**. Provide dugouts for the visitor and home teams. Each dugout to be 8 ft (2.4 m) deep by 20 ft (6.1 m) wide with a minimum 4-in. (100-mm) -thick broom-finished concrete slab floor; surrounded by a 6-ft (1.8-m) -tall vinyl-coated chain-link fence beginning 25 ft (7.6 m) along the base line from home plate. The fencing must have a 4-ft (1.2-m) -wide opening at the end farthest from home plate. Fencing to be 9 gauge (prior to vinyl coating) galvanized steel, vinyl coated, double-knuckle top and bottom with top and bottom rail. The concrete slab floor must extend 4 in. (100 mm) beyond the face of the chain link fencing and be 4 in. (100 mm) above adjacent grade. Provide a single-slope standing seam metal roof with 8 ft (2.4 m) clear to underside of structure inside of the dugout. The roof must start behind/outside of the fence to the field and extend a minimum of 1 ft (0.3 m) beyond the side and back fencing of the dugout. Color of vinyl coating and metal roof as specified by installation. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | StaffCustomers |
| **Min. net ft2 (m2)** |

Building Support/Vertical Circulation

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| **Description/ Usage** | This space is to accommodate building HVAC, janitor’s closet, and non-ABA access to the press box. |
| **Min. Ceiling Ht.** | N/A |
| **Finishes** | **Walls.** CMU with heavy-duty epoxy paint.**Floor.** Sealed concrete or seamless vinyl.**Ceiling.** Painted exposed structure. |
| **Plumbing** | Provide a floor drain. Provide a mop sink with hot and cold water and a hose connection. |
| **HVAC** | Heating and ventilation only. |
| **Fire Protection** | Provide system per Chapter 3, "Fire Protection and Life Safety." |
| **Power** | As required for mechanical equipment. |
| **Lighting** | Provide system per Chapter 3, "Electrical." Provide an occupancy sensor on the light controls. |
| **Communication** | **CCTV.** None required.**CATV/Internal Video.** None required.**PA/Audio.** None required.**Telephone.** None required.**Data.** None required.**Security.** None required. |
| **Acoustics** | No special provisions required. |
| **Casework/ Built-in Equipment** | Provide shelving in janitor’s closet. |
| **Furnishings, Fixtures & Equip. (FF&E)** | Mechanical HVAC equipment, as required. If required by installation, provide lockable cabinets for cleaning supplies in janitor’s closet. |
| **User-provided Equipment** | None required. |
| **Special Req.** | None. |
| **For use during project execution by the appropriate Service agency** |
| **Occupancy** | Staff.Customers. |
| **Min. net ft2 (m2)** |