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| **ENTRY/LOBBY/WAITING/DISPLAY** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The lobby serves as the primary entrance to the facility for patrons, visitors, and spectators. The lobby mustopen 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.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Provide an airlock at the main entrance. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2030 | Exterior Doors |  |  | Exterior doors shall have continuous or heavy-duty hinges. |
| C10 | Interior construction |  |  | Provide display cases and tack surfaces.  Provide a recessed walk-off mat/area at the entrance door.  [Provide a grated snow-trap for northern tier bases.] |
| C3010 | Walls |  |  | [painted gypsum wallboard] [vinyl wall covering]. |
| C3020 | Floor |  |  | [stained concrete] [stone] [terrazzo] [quarry tile] [porcelain tile] [base that matches the flooring] [resilientbase]. |
| C3030 | Ceiling |  |  | [Decorative ceiling.] [Exposed, painted structure with an acoustical gypsum plaster finish.] |
| D20 | Plumbing |  |  | Provide an electric water cooler. |
| D503001 | Phone |  |  | Provide one line. |
| D503001 | Data |  |  | Provide one non-NMCI outlet in the waiting/display area |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| D503004 | Television system |  |  | Provide a CATV outlet. |
| D503005 | Security system |  |  | Provide at least one CCTV outlet. |
| E20 | Furnishings |  |  | Waiting/display area mustinclude durable, easy to clean, and moisture-resistant furniture; tables; magazine and brochure rack; wall art; trophy case (if not built-in); and a wall clock. Provide a means to display Installation and staff information. |

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| **CONTROL COUNTER/EQUIPMENT ISSUE/STORAGE** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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. 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.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:** Provide sound-absorbing finish materials to reduce reverberations.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Patrons shall not be able to pass beyond the control counter or access other facility spaces without checking in.  Attendants at the control desk must have direct line-of-sight visual control over the following: the main entrance, the free weight area, the treadmill area, the gymnasium entrance, the locker room entrance, and the climbing wall (if provided). Attendants should also have visual control (via line of sight or CCTV) over the unit PT/group exercise rooms, the selectorized equipment, the cardiovascular equipment, and structured activity areas. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction - Counter |  |  | Provide a 24-in.- (610-mm-) deep [granite] [concrete] [solidsurfacing material] counter with built-in cabinets. Provide a towel return drop opening in the counter top with space for a laundry cart below.  [Provide steel angle brace support for counters with knee-hole space.]  The counter should be dual height for standing transactions, seated office functions, and ABA customer service. Note that ABA-height counter should have knee-hole space on both sides of the counter. Modesty panels and apron must be of durable materials.  Staff access to the counter must permit access to the free weight and treadmill areas for emergency response. |
| C10 | Interior construction – Storage |  |  | Provide file drawers and storage drawers with a minimum of two lockable drawers for each POS. Storage must accommodate towels, small athletic equipment such as balls and rackets, and juice bar/vending supplies (if provided at the control counter). Consider if clean towels will be provided by a service or if they will be in laundry carts and provide storage space accordingly.  [Provide wall and base cabinets and an equipment counter.] |
| [C10 | Interior construction – gate |  |  | Provide a gate between the desk and surrounding area. Gate must allow for direct egress in case of an emergency.] |
| [C10 | Interior construction – coiling grille |  |  | Provide a coiling door or grille at the counter to serve as a security screen.] |
| C3010 | Walls |  |  | [Painted gypsum wallboard] [vinyl wall coverings] |
| C3020 | Floor - In front of counter |  |  | [stained concrete] [stone] [terrazzo] [porcelain tile] [quarry tile] [base that matches the flooring] [vinyl base] |
| C3020 | Floor - Behind counter |  |  | [stained concrete] [stone] [porcelain tile] [quarry tile] [carpet] with [base to match flooring] [resilient base] |
| C3030 | Ceiling |  |  | [ACT] [Provide a dropped gypsum board soffit over the control desk and gypsum board false beams] |
| D30 | HVAC |  |  | Provide an emergency shut-off control per AT requirements. |
| D5020 | Lighting |  |  | Provide lighting per FC 4-740-02N, Chapter 4 Table for Control Counter/Equipment Issue/Storage. |
| D503001 | Phone |  |  | Provide one line per two points of sale. Provide at least two additional general purpose phone lines. |
| D503001 | Data |  |  | Provide one outlet per Point of Sale (POS). Provide additional outlets, as needed, for associated hardware. |
| D503003 | Intercommunications system |  |  | PA controls. Provide a speaker. |
| [D503003 | Intercommunications system |  |  | Provide infrastructure as necessary to support two-way communications with the field kiosk. (If provided, see E10 for controls.)] |
| D503005 | Security system |  |  | All CCTV monitors must be viewable from this area. |
| D503090 | Other communications |  |  | Provide a duress alarm with controls next to the POS units. |
| [E10 | Equipment |  |  | Provide an automatic external defibrillator] |
| [E10 | Equipment |  |  | For facilities that include a multipurpose field, provide the controls for a two-way intercom system between the control counter and the field kiosk. Provide controls for the field competition-level field lights. See FC 4-740-02N, Chapter 5, for additional details.] |
| E20 | Furnishings |  |  | Chairs and stools |

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| **[RETAIL/VENDING/FOOD AND BEVERAGE SALES]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The retail/vending functions may be accommodated at the control counter. The food and beverage sales or expanded retail functions will be provided in a separate area that is highly visible and accessible to patrons to encourage business. Vending can also be provided at a self-service standalone space with vending machines. The vending area, if a standalone space, should be identifiable, visually screened but not totally enclosed, and visually accessible from the control desk.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Countertop with base and wall cabinets at the front opening. Behind the service corridor, provide base and wall cabinets. Countertop at sink area shall be solid-surface.  Drink rail.  Provide a means to secure the juice bar. |
| C3010 | Walls |  |  | [Ceramic wall tile] [other hard surfaces approved for the snack bar] to a minimum of 4 ft. (1.22 m) from finished floor. |
| C3020 | Floor |  |  | [seamless vinyl] [porcelain tile] [quarry tile] [other durable material] |
| C3030 | Ceiling |  |  | [ACT] [painted gypsum board] |
| D201004 | Sink |  |  | Two-compartment countertop sink and a clean-out. |
| D20 | Other plumbing |  |  | Floor drain.  [ice maker connection] |
| D5020 | Lighting |  |  | Provide lighting per FC 4-740-02N, Chapter 4 Table for Retail/Vending/Food and Beverage Sales. |
| D503001 | Phone |  |  | Provide one line per two points of sale (POS). Provide at least one additional general purpose phone line. |
| D503001 | Data |  |  | Provide one outlet per POS. Provide additional outlets, as needed, for associated hardware. |
| D503003 | Intercommunications system |  |  | Provide a speaker and intercom connection. |
| [D503004 | Television system |  |  | provide one CATV outlet at juice bar] |
| D503005 | Security – CCTV |  |  | Provide CCTV outlets for adequate coverage. |
| [D503090 | Other communications |  |  | Provide duress alarm control next to the POS units] |
| E10 | Equipment |  |  | Dishwasher, refrigerated display cases, [ice maker]  [Lighted menu board if government operated.] |
| [E10 | Equipment |  |  | Provide a built-in safe per local policy] |
| E20 | Furnishings |  |  | [Under cabinet] [counter] microwave, refrigerator, freezer, [other small appliances as required]  Bistro-style tables and chairs. |

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| **PUBLIC TOILETS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** These toilet rooms are used primarily by visitors, spectators, and persons not using the locker and shower rooms. They should be adjacent to the lobby and gymnasium. Provide unisex or separate male and female restrooms depending on the total number of patrons to be accommodated in the bleachers.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction – Counters and partitions |  |  | Solid-surface countertop. [Solid plastic (HDPE)toilet and urinal partitions.] [Permanent ceramic-tile partitions.]  Mirror. |
| C10 | Interior construction - Toilet accessories |  |  | Provide 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.  Fold-down diaper changing table/station in both the male and female toilets. |
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| C3010 | Walls |  |  | [[Epoxy] [semi-gloss or better enamel]] painted mold-resistant gypsum wallboard with a ceramic tile wainscot.] [Full ceramic tile walls with integral patterns.] Use a dark-colored epoxy grout. |
| C3020 | Floor |  |  | Porcelain tile with integral patterns. Use a dark-colored epoxy grout. |
| C3030 | Ceiling |  |  | [Epoxy] [semi-gloss or better enamel] painted, mold-resistant gypsum wall board. |
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| D201001 | Water closets |  |  | Provide wall mounted [flush valve] [dual function flush valve] water closets [with electronic flush control]  Base quantity on the applicable code for the calculated occupancy of the gymnasium. |
| D201002 | Urinals |  |  | Provide floor mounted wash out stall urinals, recess-mounted so that top of lip is level with adjacent finished floor [with electronic flush control] |
| D201003 | Lavatories |  |  | Provide [undermount] [integral] solid-surface countertop lavatories [with metering faucet] [with electronic control] [Provide pop-up drain.]  [Provide wall mounted lavatories made of [cast iron] [vitreous china], with [straight] [shelf] back [with metering faucet] [with electronic control]. Wall-hung lavatories only for single-user toilets.] |
| D20 | Other plumbing |  |  | Provide a floor drain. Provide a keyed hose bibb. |
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| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Public Toilets.. |
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| D503003 | Intercommunications system |  |  | Provide a speaker. |
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| **JANITOR’S CLOSET** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This space is for use of custodial staff and includes mop sink and storage space for cleaning equipment and supplies.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** Locate in proximity of other areas with plumbing. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide a lockable door (which can be opened from the inside) with a vision panel. |
| C3010 | Walls |  |  | [[semi-gloss or better enamel]] painted mold-resistant gypsum wallboard with full height ceramic tile walls with integral patterns.] Use a dark-colored epoxy grout. |
| C3020 | Floor |  |  | Non-slip porcelain tile. Use a dark-colored epoxy grout. Sealed concrete is also acceptable. Slope floor to drain. |
| C3030 | Ceiling |  |  | Painted exposed structure. Moisture-resistant and cleanable material. |
| D20 | Other plumbing |  |  | Provide a mop sink with hot and cold water with a keyed hose bibb connection and a floor drain |
| E20 | Furnishings |  |  | Provide lockable cabinets for cleaning supplies. Provide shelving |

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| **ADMINISTRATIVE OFFICES** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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 should be free from frequent distraction, have a professional appearance, and provide a sense of work place.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:** 45 STC  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** Locate offices on exterior wall. Near or adjacent to the administrative offices, provide a telecommunications room in compliance with Electrical requirements. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2020 | Windows |  |  | Provide windows for natural light admission. |
| C10 | Interior construction |  |  | Provide side lights next to the office doors for supervision and security. For the director’s office, provide an interior window to accommodate visual supervision over the fitness area and the control counter.  [Provide dry-erase boards] |
| C3010 | Walls |  |  | [Painted gypsum wall board] [vinyl wall covering] |
| C3020 | Floor |  |  | Carpet tile with resilient base |
| C3030 | Ceiling |  |  | ACT |
| D503001 | Phone |  |  | Provide one line per staff plus one additional line for fax and copier. |
| D503001 | Data |  |  | Provide one outlet per staff plus one outlet for each printer, copier, scanner, etc. |
| D503003 | Intercommunications system |  |  | Provide a speaker in each office. Provide controls in the Director’s office. |
| E20 | Furnishings - Private Offices |  |  | Provide furniture for 120 ft.2 (11 m2) and 100 ft.2 (9.3 m2) offices: desk, credenza, filing cabinet, desk chair, and two side chairs.  For director’s office, provide blinds for the interior window. |
| E20 | Furnishings – Workstations |  |  | Provide furniture for 64 ft.2 (6 m2) workstation: desk chair and side chair for open offices. Workstation systems furniture must provide adequate space for filing and overhead storage. |

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| **CLASSROOM** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This space is used for conducting training and large meetings. This space must be accessible from Admin areas and public circulation spaces. Classroom sized for 25 persons at 750 SF (69.7 SM) for small facilities, 50 persons at 1,500 SF (139.4 SM) for medium and large, and 75 persons at 2,250 SF (209.0 SM) for extra large and jumbo facilities.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:** 49 STC  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Provide a vision panel, minimum 5 square feet, in the door. Consider use of side lites. For medium-size facilities and larger, provide a moveable partition to divide the large classroom into two spaces. Provide two separate entrances. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Solid-surface countertop. Provide lockable wall and base cabinets. Provide an electrically operated retractable screen and a built-in computer projector mount.  Provide a bulletin board with tack surface and dry-erase board. |
| C3010 | Walls |  |  | [Painted gypsum wallboard] [vinyl wall covering] |
| C3020 | Floor |  |  | [carpet tile] [stone] [terrazzo] [porcelain tile] [stained concrete] with [base to match flooring] [resilient base] |
| C3030 | Ceiling |  |  | ACT |
| [D20 | Plumbing |  |  | Provide [underhung] [integral] countertop sink with one compartment. [Provide waste disposer unit.]] |
| D5020 | Lighting |  |  | Include multiple light levels with controls for viewing multimedia presentations. |
| D503001 | Phone |  |  | Provide one line. |
| D503001 | Data |  |  | Provide a minimum of two outlets. [Provide additional outlets for training purposes.] |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| D503004 | Television system |  |  | Provide one CATV outlet. |
| D503005 | Security |  |  | Provide CCTV outlets as required for coverage. |
| E20 | Furnishings |  |  | AV cart [TV] [VCR] [DVD player]  Tables and chairs |

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| **COPY/WORK/BREAK ROOM** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This space is used as a staff workroom for copying, meetings, breaks, and lunches.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** Locate copy/work/break room on exterior wall and provide windows for natural light admission. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide two separate solid-surface countertops: one for food/break functions and one for administrative functions. Provide lockable wall and base cabinets.  Provide a bulletin board with tack surface and dry-erase board.  Provide a vision panel in the door. |
| C3010 | Walls |  |  | [Painted gypsum wallboard] [vinyl wall covering] |
| C3020 | Floor |  |  | [Seamless vinyl] [porcelain tile] [quarry tile] with [base to match flooring] [resilient base] |
| C3030 | Ceiling |  |  | ACT |
| D20 | Plumbing |  |  | Provide a sink with hot and cold water. [Provide a water connection for refrigerator ice maker.] |
| D503001 | Phone |  |  | Provide one line. |
| D503001 | Data |  |  | Provide outlets as required for equipment. |
| D503003 | Intercommunication system |  |  | Provide a speaker. |
| [D503004 | Television system |  |  | Provide CATV outlet] |
| E20 | Furnishings |  |  | Table, chairs, microwave, coffee machine, refrigerator |

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| **GYMNASIUM/BASKETBALL/VOLLEYBALL COURTS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 28 ft. (8.53 m) clear height below structure and lights.  **Acoustics:** For single court modules, reverberation time shall equal 1.0 second. For two-court modules, reverberation time shall equal 1.8-2.0 seconds. For three or more contiguous courts, reverberation time shall equal 2.5-3.0 seconds. Provide additional acoustical control with sound baffles, banners, and acoustical materials. Provide noise attenuation measures to mitigate acoustical problems resulting from mechanical systems, plumbing systems, and vibration transmitted through the facility structure.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Ensure visual access from the control counter to gym entrance. 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. Provide a minimum 15 ft. (4.57 m) unobstructed floor space safety zone between the outer edge of the playing area and any adjacent court playing area. 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. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2020 | Exterior Windows |  |  | Provide natural light through the use of [windows] [and] [or] [overhead skylights (B301006)] Mitigate glare on the play and spectator areas. Any glass panels should be a minimum of 18 ft. (5.49 m) above finished floor and .5 in. (13 mm) thick, tempered, laminated safety glass. Ensure no glazing or lighting can create glare or distraction on the play areas. Also consider cross-court play. Do not use window treatments to mitigate glare. |
| B2030 | Exterior Doors |  |  | Provide exterior double doors with removable latch post for equipment access. |
| C10 | Interior Construction – Interior doors |  |  | Provide interior entrance doors with vision panels into the gym. |
| C10 | Interior construction – other |  |  | Provide motor-operated, vertical-acting (roll-up), divider curtain with manual override. Ensure the divider curtain motor is easily accessible for maintenance. |
| [C10 | Interior Construction – Built-in mat |  |  | Provide built-in, recessed mat at gym entrance. Coordinate optional built-in walk-off mat with E20.] |
| C3010 | Walls |  |  | CMU with heavy-duty epoxy paint up to 12 ft. (3.66 m). Above 12 ft. (3.66 m), use semi-gloss enamel [and acoustic panels]. |
| C3020 | Floor |  |  | [Maple athletic flooring, 25/32” (19.8mm) thick.] [Synthetic multipurpose, resilient, athletic flooring.]. Flooring must meet “DIN” standards for the specified function per ACSM.  Provide game lines on flooring for full- and half-court basketball and volleyball. Where primary space use is basketball, minimum ball rebound must be 93%.  Provide a protective floor covering system on a portable rolling stand. |
| C3030 | Ceiling |  |  | Exposed, painted structure. Provide acoustical banners, baffles, panels or similar treatment. |
| D20 | Plumbing |  |  | No plumbing fixtures in the gymnasium. Ensure access to nearby electric water coolers. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Gymnasium/Basketball/Volleyball Courts. |
| D40 | Fire Protection |  |  | Provide protection for sprinkler heads, exit signs, manual pull stations, and other exposed components.  Minimize equipment that protrudes into activity space or install component equipment minimum 8 feet (2.44 m) above finished floor (AFF) for safety considerations. |
| D5020 | Lighting |  |  | Provide lighting per FC 4-740-02N, Chapter 4 Table for Gymnasium/Basketball/Volleyball Courts. |
| D503001 | Phone |  |  | Provide one line with internal two-way communication. |
| [D503001 | Data |  |  | Provide data outlets in recessed floor boxes, centered under the anticipated scoring table location, but outside the court boundaries.] |
| D503003 | Intercommunications system |  |  | Provide speakers with proper spacing. |
| D503005 | Security system |  |  | Provide at least one CCTV outlet in each divided space. |
| E10 | Equipment |  |  | Provide electronic scoreboard. Provide divider curtain (roll-up) with manual override.  Provide controls for scoreboard and divider curtain on side of room opposite of bleachers.  Provide one pair of 30-second timing clocks for the main court. |
| E10 | Equipment |  |  | Provide retractable basketball nets/backboards at two per half court or six per full court. Breakaway rims must be installed on all goals.  Provide volleyball built-in flush floor insert sleeves in each court. [Floor inserts for gymnastics standards]  Provide volleyball stanchions, net, standard protective pads, net antenna, and elevated judge’s stands. |
| E10 | Equipment |  |  | Provide attached safety padding to 6 ft. (1830 mm) minimum above finished floor on all walls that can be impacted by a player. |
| E20 | Furnishings |  |  | Provide manually-operated telescoping bleachers. Provide for accessible seating.  Provide scoring table and chairs.  Provide wrestling mat and exercise mat. |
| [E20 | Furnishings |  |  | Provide a large surface walk-off mat outside the entrance to the gym. Coordinate walk-off mat with optional built-in mat in C10.] |

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| **GYMNASIUM STORAGE/SUPPORT** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** A room for the storage of equipment and supplies, e.g., roll-away basketball goals, volleyball standards, gymnasium floor protective covering, and telescopic platform for maintenance/repair, needed for program support. Coordinate with overhead storage.  **Special Dimensions:**  Ideal Plan Dimensions: The area must be at least 8 ft. (2.44 m) wide.  Minimum Ceiling Height: 10 ft. (3.05 m)  **Acoustics:**  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** 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. Provide ramp at exterior door to facilitate equipment issue/delivery. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2030 | Exterior doors |  |  | Provide exterior lockable double doors with kick-plates. [Exterior coiling roll-up door.] |
| C10 | Interior construction |  |  | Provide interior lockable double doors with kick-plates and vision panels. |
| C3010 | Walls |  |  | [Painted CMU] [painted gypsum wall board] |
| C3020 | Floor |  |  | Sealed concrete. |
| C3030 | Ceiling |  |  | Exposed structure. |
| D20 | Plumbing |  |  | [ice maker connection] [floor drain] |
| D30 | HVAC |  |  | Provide 65 F (18 C) minimum, 85 F (29 C) maximum. |
| D5020 | Lighting |  |  | Provide lighting per FC 4-740-02N, Chapter 4 Table for Gymnasium Storage/Support. |
| E20 | Furnishings |  |  | Shelving and storage cabinets. |

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| **UNIT PT/GROUP EXERCISE ROOM** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This is typically one large room that is partitionable and can be used for large unit physical training or for multiple smaller classes that require only minimal equipment. Activities/classes include aerobics, martial arts, yoga, etc.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m). [Provide a 12 ft. (3.66 m) ceiling for facilities with large martial arts programs.]  **Acoustics:** 50 STC. Reverberation time shall equal 1.0 second. Provide acoustical separation from the rest of the facility.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Design the rooms to allow for flexibility in use.  Provide natural light where appropriate—provide glare and heat-gain protection if exterior glazing is provided.  Accommodate queuing of customers in the area immediately outside the entrance. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide secure storage for mats, stair steps, wall padding, and other sports equipment. Secure storage may be directly adjacent to the space.  Provide one or more movable acoustical partition(s) with minimum STC rating of 45 that recess into a [alcove] [closet].  Provide a built-in protective box for the telephone.  Provide 6 ft. (1.83 m) tall mirrors on at least two walls at a minimum of 18 in. (450 mm) above the floor.  Provide a secured sound system for each divided space and wireless headsets for instructors.  Provide wall- or ceiling-mounted TV brackets in each divided space.  Provide personal effects storage, such as cubbies, in the room.  Provide a method of fastening padding on walls for use during combative sports. |
| [C10 | Interior construction |  |  | Provide interior windows to other exercise modules/ circulation areas.] |
| C3010 | Walls |  |  | [Painted CMU] [painted, double-layer high impact gypsum board on studs] |
| C3020 | Floor |  |  | [Maple athletic flooring, 25/32” (19.8mm) thick.] [Synthetic multipurpose, resilient, athletic flooring.]. Flooring must meet “DIN” standards for the specified function per ACSM. |
| C3030 | Ceiling |  |  | [Painted, exposed structure] [non-sag, moisture-resistant ACT] |
| D20 | Plumbing |  |  | Ensure access to nearby electric water coolers. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Unit PT/Group Exercise Room. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Unit PT/Group Exercise Room. |
| D503001 | Phone |  |  | Provide one line with internal two-way communication. |
| [D503001 | Data |  |  | Provide data outlets in the walls or in recessed floor boxes.] |
| D503003 | Intercommunications system |  |  | Provide speakers with proper spacing. |
| D503004 | Television system |  |  | Provide outlets for ceiling-mounted monitors. |
| D503005 | Security system |  |  | Provide at least one CCTV outlet in each divided space. |
| [E10 | Equipment |  |  | Provide an AED.] |
| E20 | Furnishings |  |  | TVs  Provide other athletic equipment as needed: spinning equipment, stair steps, exercise balls, small dumbbells, etc. |
| [E20 | Furnishings |  |  | If the optional interior windows are provided, provide blinds.] |

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| **FITNESS AREA** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This area is typically the focal point of the facility. The area is divided into four sections: stretching/warm-up/cool-down, free/plate-loaded weights, selectorized (machine) equipment, and cardiovascular equipment. The stretching/warm-up/cool-down area is open space within the larger room. It can also serve as transition areas between the other sections. The cardiovascular equipment area can be located in multiple areas throughout the facility. Consider locations such as balconies, alcoves, etc. The criteria in this table will apply regardless of equipment location. This area is adjacent to the equipment repair/receiving area.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 12 ft. (3.66 m) [14 ft. (4.27 m) is preferred.]  **Acoustics:** Reverberation time shall equal 1.0-1.3 seconds.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** If this space is provided on the second floor, ensure that the elevator is specified to accommodate the fitness equipment. Provide attractive, color coordinated décor that projects a friendly environment. Avoid bland treatments such as a black floor and tan walls. Color selection should coordinate with equipment selected for the space.  The design live load for the foundation/floor in this space shall be 150 PSF. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2020 | Exterior Windows |  |  | Provide natural light through [windows] [and] [or] [overhead skylights (B301006)]. Mitigate glare from windows and/or skylights. |
| C10 | Interior construction |  |  | Provide 6 ft. (1830 mm) tall mirrors on at least two walls at a minimum of 18 in. (450 mm) above the floor. One of the two walls must be in the free weight area.  Provide 1’-6”x1’-6”x15” (0.46 m x 0.46 m x 0.38 m) deep open cubbies – quantity to be 50% of number of pieces of fitness equipment.  Provide storage for mats, spare equipment, punching bags, and other sports equipment. Storage may be directly adjacency to the space.  Provide self-serve equipment cleaning supply stations throughout with disinfectant spray bottles and disposable towels.  Provide wall-mounted bulletin boards. |
| C3010 | Walls |  |  | Painted CMU. Provide high-impact wall guards up to 18 in. above finished floor in the free weight area. |
| C3020 | Floor - Stretching/warm-up/cool-down areas |  |  | Use permanently adhered resilient athletic flooring consisting of dual duometer 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. Use ¼” (6 mm) thickness. |
| C3020 | Floor - Selectorized (machine) equipment, free weights and cardiovascular equipment areas |  |  | Use permanently adhered resilient athletic flooring consisting of dual duometer 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. Use 3/8” (9-10 mm) thickness. Consider providing a low-profile raised floor to provide flexibility for routing power and data cables for fitness equipment. |
| [C3020 | Floor – Selectorized (machine) equipment and cardiovascular equipment areas |  |  | Provide a raised floor system (low-profile access) for power distribution] |
| C3030 | Ceiling |  |  | [Exposed, painted structure] [ACT] |
| D20 | Plumbing |  |  | Provide a minimum of two electric water coolers. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Fitness Area |
| D50 | Power - Selectorized equipment area |  |  | 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 television monitors.] If a fitness tracking system will be provided, coordinate equipment outlets with the specific equipment selected. |
| D50 | Power - Cardiovascular equipment area |  |  | Provide flush-floor outlets for commercial-grade equipment in a grid pattern sized appropriately for equipment spacing and to accommodate fitness tracking systems. [Provide a raised floor system for power distribution.] Provide dedicated circuits for all treadmills. Provide outlets for wall- or ceiling-mounted television monitors. Coordinate equipment outlets with the specific equipment selected. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Fitness Area. |
| [D503001 | Data |  |  | Provide data outlets in recessed floor boxes in the cardiovascular and selectorized equipment areas.] |
| D503003 | Intercommunications system |  |  | Provide speakers as needed. |
| D503004 | Television system |  |  | Provide wall and ceiling CATV outlets as required for comfortable viewing by all users of the fitness area.  Mount at proper viewing height for cardiovascular exercise machines. Consider FM sound broadcast of video monitors. |
| D503005 | Security system |  |  | Provide CCTV outlets as needed for coverage. |
| E10 | Equipment |  |  | .  [Provide a heavy punching bag and a speed bag if a boxing program is included.]  [Provide an AED] |
| E20 | Furnishings |  |  | Provide fitness equipment per FC 4-740-02N and Activity.  The free/plate-loaded weights area includes dumbbells, plate racks and plate-loaded equipment, and benches. The selectorized (machine) equipment consists of pin-selected weight equipment. The cardiovascular equipment consists of items such as treadmills, stationary bikes, stair climbers, etc. Address accessibility issues in equipment selection.  Provide exercise mats. |
| E20 | Furnishings |  |  | Provide trash containers and wall clocks. |

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| **FITNESS ASSESSMENT ROOM** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** This room provides a space for staff to meet with customers and evaluate the customer’s fitness level. It is inside or directly adjacent to the fitness spaces and the program manager’s office and should include typical office furnishings and fitness testing equipment.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:** 45 STC  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Provide a key locked door. If this space is provided on the second floor, ensure that the elevator is specified to accommodate the fitness equipment. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide side lights next to the door. |
| C3010 | Walls |  |  | [Painted gypsum wall board with scrubbable eggshell or satin finish] [wall covering] |
| C3020 | Floor |  |  | Carpet tile with resilient base. |
| C3030 | Ceiling |  |  | ACT |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Fitness Assessment Room. |
| D5020 | Lighting |  |  | Provide 50 ft. candles (500 Lux) of general ambient lighting. |
| D503001 | Phone |  |  | Provide one line. |
| D503001 | 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. |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| E20 | Furnishings |  |  | Office furniture: desk, credenza, filing cabinet, desk chair, and two side chairs.  Partitions and dividers.  Fitness testing equipment such as a [treadmill] [stair climber] with built-in monitoring sensors/devices.  Scale.  Blinds on the door side lite. |

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| **[ROCK CLIMBING]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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 controlcounter. . For renovation projects, if Rock climbing area is not visible from the control counter this space must be included in a lockable room.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: Accommodate the specific equipment selected (minimum climbing wall height is 20 ft. (6.1 m)).  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** If a manufactured climbing wall is used, comply with the manufacturer’s guidelines and safety requirements. Also refer to the following industry groups for more information on safety requirements: Climbing Wall Association and Association for Challenge Course Technology. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide a bulletin board. |
| C3010 | Walls |  |  | CMU. Coordinate climbing wall surface with E10 if a pre-manufactured wall is used. Basic wall features should include arêtes, dihedrals, overhanging routes, flakes, chimneys, buttresses, and roof. Consider not only the width and height of climbing walls, but also the available depth to create interesting features. |
| C3020 | Floor |  |  | The flooring beneath the climbing wall must be Seamless Rubber Surfacing.  1. Description: Cushioned seamless floor system comprised of a cushioned impact course and colored cap surface, composed of peroxide-cured EPOM EPDM and recycled select rubber bonded by a specially formulated polyurethane binder. Completed system shall must comply with applicable Consumer Product Safety Commission (CPSSPC) criteria for playground surfacing and the following:  a) Tested for shock attenuation under ASTM F1292 and Head Injury Criterion (HIC).  b) Tested for slip resistance under ASTM E303.  c) Tested for fire resistance under ASTM E84.  d) Complies with ADAAG ABA for wheelchair access.  2. Thickness: Poured-in-place, see Part 3 of this Section for final thickness of 3.75 inches (93.8 mm).  3. Color: As selected by Architect from manufacturer's full range of standard colors.  4. Primer: As recommended by the manufacturer.  5. Line Marker: Two-component polyurethane as recommended by the manufacturer for demarcation of specific areas or other lines or lanes.  6. Thinner: As recommended by the manufacturer.  7. Acceptable Manufacturers and Products:  a) No Fault Industries 'Saf Oek"  b) Vitricon 'Vitriturf'  c) Approved substitute  8. Installation:  a) Areas of Installation: Climbing Wall Landing Surface.  b) Proceed only when ambient and surface temperatures are within range recommended by the manufacturer, and substrate condition has been approved by the Installer |
| C3030 | Ceiling |  |  | Exposed structure. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Rock Climbing. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Rock Climbing. |
| [D503001 | Phone |  |  | Provide an emergency call/alarm that sounds at the control counter if direct line of sight is not possible from the control desk.] |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| [D503005 | Security system |  |  | Provide a CCTV outlet if direct line of sight is not possible from the control desk.] |
| [E10 | Equipment |  |  | Pre-manufactured climbing wall with a minimum of basic wall features such as arêtes, dihedrals, overhanging routes, flakes, chimneys, buttresses, and roof. Consider not only the width and height of climbing walls, but also the available depth to create interesting features.  Coordinate power requirements.] |

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| **RACQUETBALL COURTS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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).  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 20 ft. (6.1 m) exactly.  **Acoustics:** STC 60  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Court striping and dimensions shall comply with U.S. Racquetball Association (USRA) rules. Wall, floor, and ceiling materials and construction shall comply with USRA Standard Specifications for Racquetball Court Construction. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide a shatterproof, tempered glass back wall. Minimum calculated wall reflectance must be 0.65.  Provide a shatterproof, tempered glass back door.  Provide recessed wallet lock boxes in one sidewall of each court.  [Provide one court with a movable front or rear wall to allow conversion to a squash court.] |
| C3010 | Walls |  |  | Side and front walls shall be .5-in.- (13-mm-) thick, balanced, high density dry panel systems with minimum 50 pound density weight panels over .5 in. (13 mm) sound cushion layer. 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” clear space or can incorporate CMU block wall with steel frames directly attached. |
| C3020 | Floor |  |  | Multipurpose, resilient, wood athletic flooring designed for racquetball courts. Flooring must meet “DIN” standards for the specified function per ACSM. |
| C3030 | Ceiling |  |  | 0.5-in- (13-mm-.) thick high density resin core panels. |
| D20 | Plumbing |  |  | Ensure access to electric water coolers |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Racquetball Courts. |
| D40 | Fire Protection |  |  | Any fire suppression or detection equipment must be protected and flush with the wall or ceiling surface. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Racquetball Courts. |
| D503003 | Intercommunications system |  |  | Provide a speaker in each court (upper end of back wall preferred) and in the waiting/viewing area. |
| D503005 | Security system |  |  | Provide at least one CCTV outlet in the waiting/viewing area. |
| [E10 | Equipment |  |  | Provide mounting sockets and netting for wally ball games on 50% of the courts per local demand.] |
| E20 | Furnishings |  |  | Provide a large surface walk-off mat outside the entrance to the courts. Consider providing walk-off mat as a built-in, recessed mat in C10.  [Provide spectator seating in waiting/viewing area.] |

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| **MEN’S AND WOMEN’S LOCKERS/DRESSING** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m) except where furred down.  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide solid plastic (HDPE) or color-through phenolic lockers and benches. Lockers must be a minimum of 15-in. wide by 24-in. deep (37580 mm x 6010 mm) with integral minimum 16-in. (406-mm) wide benches (usually part of the locker system). 5% of lockers must be accessible. Accessible benches are required to be adjacent to accessible lockers. Benches must have a minimum of 20" (500 mm) to maximum 24" (600 mm) in depth; 42" (1050 mm) minimum in length; seat height of 17"-19" (425-475 mm) above the floor. Typically provide a mix of full- and half-sized Z-shaped lockers; most facilities provide 2 half-height lockers and 1 full-height locker in every 2 spaces. However, consider the location’s climate when determining the ratio of half- to full-sized lockers: Colder climates will require a higher percentage (or 100%) of full-sized lockers to accommodate bulkier cold weather gear. Provide 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 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. |
| C10 | Interior construction |  |  | Provide a vanity area with a counter and mirror. Provide shelves and hooks for coats and hats.  Provide a full-height wall mirror. |
| C3010 | Walls |  |  | [Epoxy] [semi-gloss or better enamel] painted [CMU] [mold-resistant gypsum wallboard] |
| C3020 | Floor |  |  | Slip-resistant porcelain tile with dark grout. |
| C3030 | Ceiling |  |  | High humidity-rated, ceramic-faced ACT with a corrosion-resistant supporting grid.  Provide dropped gypsum board soffits over lockers. |
| [D20 | Plumbing |  |  | Electric water cooler] |
| D20 | Plumbing |  |  | Floor drain |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Locker’s/Dressing. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Locker’s/Dressing. |
| D503001 | Phone |  |  | Provide one line. |
| [D503001 | Data |  |  | Provide outlets to support personal fitness tracking devices.] |
| D503003 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm. |
| D503004 | Television system |  |  | Provide a CATV outlet. |
| E10 | Equipment |  |  | [Provide ceiling fans.] |
| E20 | Furnishings |  |  | Provide a scale and a wall clock.  [Provide a blood pressure monitor.] |

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| **MEN’S AND WOMEN’S TOILETS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** Separate men’s and women’s toilet facilities are open and directly adjacent to the corresponding gender’s locker/dressing and shower areas.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Do not allow direct views into this area. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| [B20 | Exterior enclosure |  |  | Provide natural light via [translucent wall building materials. Coordinate with option for skylights.] |
| [B30 | Roofing |  |  | Provide natural light via frosted skylights. Coordinate with option for translucent wall materials.] |
| C10 | Interior construction |  |  | Solid-surface countertop supported at both ends and with the front edge supported by galvanized angle reinforcing.  Solid plastic (HDPE)water closet and urinal partitions secured at floor and ceiling.  Provide wall-mounted shelves and full-width mirror at the lavatories.  Provide a full-length mirror. |
| C10 | Interior construction |  |  | Toilet accessories: toilet paper dispensers, paper towel dispenser with integrated trash receptacle, robe and towel hooks, grab bars, feminine hygiene receptacles in women’s water closets, seat cover dispensers, and soap dispensers at lavatories. |
| C3010 | 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] [semi-gloss or better enamel] painted, mold-resistant gypsum wallboard elsewhere. |
| C3020 | Floor |  |  | Mud set, non-slip porcelain tile with dark-colored epoxy grout. |
| C3030 | Ceiling |  |  | [Vinyl-faced ACT] [Mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint]. |
| D201001 | Water Closets |  |  | Provide wall mounted [flush valve] water closets [with electronic flush control] |
| D201002 | Urinals |  |  | Provide wash out stall urinals, recess-mounted so that top of lip is level with adjacent finished floor [with electronic flush control] |
| D201003 | Lavatories |  |  | Provide countertop lavatories with[undermount] [integral] sink [with metering faucet] [with electronic control] [Provide pop-up drain.] |
| D20 | Other plumbing |  |  | Provide [floor drains] [and] [or] [perimeter trench drains] |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Toilets. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Toilets. |
| D503003 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm. |

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| **MEN’S AND WOMEN’S SHOWERS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** These separate male and female areas are directly adjacent to (and may be open to) the corresponding gender’s locker/dressing and toilet areas and include private shower/drying stalls. If the facility includes a pool, the pool entry/exit should be adjacent to this area. Other functions may be provided in this space such as sauna.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Do not allow direct views into this area. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| [B20 | Exterior enclosure |  |  | Provide natural light via [translucent wall building materials. Coordinate with option for skylights.] |
| [B30 | Roofing |  |  | Provide natural light via frosted skylights. Coordinate with option for translucent wall materials.] |
| C10 | Interior construction |  |  | Provide solid plastic (HDPE) shower partitions secured at floor, wall and ceiling.] [Permanent walls between showers.]  Provide fixed solid plastic benches at drying areas at least 16 in. (406 mm) wide. Provide hooks or towel pins on wall in drying area. |
| C3010 | Walls |  |  | Full height ceramic tile with dark-colored epoxy grout on cementitious backer units. |
| C3020 | Floor |  |  | Mud set, non-slip porcelain tile with dark-colored epoxy grout. |
| C3030 | Ceiling |  |  | [Vinyl-faced ACT] [Mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint]. |
| D201005 | Showers |  |  | Provide shower heads and controls based on 42-in. spacing. |
| D20 | Other plumbing |  |  | Provide [floor drains] [and] [or] [perimeter trench drains] |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Showers. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Men’s and Women’s Showers. |
| D503003 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm. |



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| **CONVERTIBLE LOCKER SPACE** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The Navy does not support this space. The Marine Corps will only consider this option for Large or Extra Large facilities. This optional area 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 4-16 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.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/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 prefabricated metal top closure to preclude the tops of the lockers being used for storage. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide solid composite lockers and benches. Lockers must be a minimum of 15-in. wide by 24-in. deep (380 mm x 610 mm) with integral minimum 16-in. (406-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. However, consider the location’s climate when determining the ratio of half- to full-sized lockers: Colder climates will require a higher percentage (or 100%) of full-sized lockers to accommodate bulkier cold weather gear. 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.  Consider providing ceiling fans. |
| C10 | Interior construction |  |  | Provide a vanity area with a counter and mirror. Provide shelves and hooks for coats and hats.  Provide a full-height wall mirror. |
| C3010 | Walls |  |  | [Epoxy] [semi-gloss or better enamel] painted [CMU] [mold-resistant gypsum wallboard] |
| C3020 | Floor |  |  | Slip-resistant porcelain tile with dark epoxy grout. Slope tile to drain. |
| C3030 | Ceiling |  |  | [High humidity-rated, ceramic-faced ACT with a corrosion-resistant supporting grid] [mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and semi-gloss paint].  Provide dropped gypsum board soffits over lockers. |
| [D20 | Plumbing |  |  | Electric water cooler] |
| D20 | Plumbing |  |  | Floor drain |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Convertible Locker Space. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Convertible Locker Space. |
| D503001 | Phone |  |  | Provide one line. |
| [D503001 | Data |  |  | Provide outlets to support personal fitness tracking devices.] |

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| **[SAUNA]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The optional sauna should have an adjacent cool down space and direct access to the shower and locker spaces. It provides a very hot, dry environment for therapy and relaxation. Provide separate male and female rooms as part of or adjacent to male and female toilet and shower facilities.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 8 ft. (2.44 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Consider providing a prefabricated, packaged unit. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior Construction |  |  | Provide built-in, solid board cedar or redwood benches. One bench must meet ABA requirements. Ensure no exposed metal fasteners on the benches.  Provide an insulated door with a vision panel and seals to maintain temperature. Use plastic or wood interior door handle.  Provide hooks.  Provide an adjacent cool down space with a wall-mounted, solid-composite bench with and wall-mounted clothing/towel hooks. Adjacent cool down space can serve the sauna. |
| C3010 | Walls |  |  | CMU with [redwood] [cedar] panels. |
| C3020 | Floor |  |  | Sealed concrete with removable redwood tile “mats.” |
| C3030 | Ceiling |  |  | [redwood] [cedar] panels |
| D20 | Plumbing |  |  | Provide a floor drain. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Sauna. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Sauna. |
| D503003 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm in the sauna space that sounds at the control counter. |
| E10 | Equipment |  |  | Provide a wall-mounted room temperature and humidity gauge.  Provide a water tub and ladle |
| E20 | Furnishings |  |  | Provide a wall-mounted clock. |



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| **LAUNDRY** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The laundry cleans and dries towels and uniforms. Some Installations contract out towel laundry; however, there is still a requirement to provide laundry for uniforms. The laundry room should be adjacent to the control counter. It may be combined with the receiving and equipment repair area if it requires adjacency to a loading dock or exterior service entrance for laundry service.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 2.74 m (9 ft.  **Acoustics:** 52 STC  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** Provide easy access to rear of dryers to allow easy maintenance and cleaning of vents (see HVAC). Provide space for storage of laundry carts. The laundry room should not be visible from the lobby area. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide a built-in table for laundry folding.  Provide a built-in shelves for clean towel storage.  [Provide hanging racks if facility accommodates a large uniform program.]  Coordinate door openings and dimensions with room layout and equipment sizes, e.g., laundry carts, washers, dryers, and ice machines. |
| C3010 | Walls |  |  | Durable and scrubbable eggshell or satin painted finish, whichever has higher gloss, for [CMU] [mold-resistant gypsum wallboard]. Provide rub rails and [metal] [high-impact plastic] corner guards. |
| C3020 | Floor |  |  | [Sealed concrete] [porcelain tile][seamless vinyl] |
| C3030 | Ceiling |  |  | [Exposed structure] [Moisture-resistant ACT] [Epoxy painted mold-resistant gypsum wallboard] |
| D201004 | Sink |  |  | Provide a laundry sink. |
| D20 | Other plumbing |  |  | Provide hot and cold water and drain connections to each extractor.  Provide floor drain at ice machine and at central location in front of washing machines. Coordinate ice machine floor drain location with equipment. Provide utility sink. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Laundry. |
| D40 | Fire protection |  |  | Provide one-hour rated construction and 45-minute-rated door with self closer. |
| D5020 | Lighting |  |  | Provide 50 ft. candles (500 Lux) general ambient lighting. |
| D503003 | Intercommunications system |  |  | Provide one speaker. |
| E10 | Equipment |  |  | Large, high capacity industrial extractors and dryers—provide a minimum of two dryers per extractors. Extractors must be mounted on vibration-isolated concrete foundations.  Ice machine. |
| E20 | Furnishings |  |  | Provide storage shelves for laundry supplies.  Laundry carts.  [Provide wall-mounted hanging racks.] |

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| **RECEIVING AND EQUIPMENT REPAIR/ STORAGE** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** Provides an area to hold, assemble, and repair fitness equipment. It will also be used to store overflow from the control counter/equipment issue storage, such as large or seasonal items. This area is adjacent to the fitness areas. There is an option for additional programmatic storage for optional programmatic items (such as a boxing ring). If required, this space will usually be part of/adjacent to the receiving and equipment repair area.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m)  **Acoustics:**  **Access:** Staff  **Number of Occupants:**  **Other/special requirements:** Do not combine this space with mechanical or electrical rooms. [[Provide an exterior transition ramp] [Provide a loading dock] and associated roadway.] Provide a pair of a locking exterior double doors, 4’-0” (1.2 m) wide by 8’-0” (2.4 m) tall each, with flush sills, a minimum 68-in. (1730 mm) clear open width and sufficient height to facilitate movement of equipment. Consider an electric roll-up door with an exterior transition ramp or a loading dock and associated roadway.  Provide an interior pair of locking double doors, 4’-0” (1.2 m) wide by 8’-0” (2.4 m) tall each, double door with a minimum 68-in. (1730 mm) clear open width to facilitate movement of equipment. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2030 | Exterior doors |  |  | Provide a locking exterior double door with flush sills and sufficient height to facilitate movement of equipment. [Provide an electric roll-up exterior door.] |
| C10 | Interior construction |  |  | Provide a secure storage area for equipment, tools, supplies, and resale items. It must include adequate shelving, bins, and open end cubicles.  Provide an interior double door. |
| C3010 | Walls |  |  | CMU with heavy-duty epoxy paint |
| C3020 | Floor |  |  | Sealed concrete. |
| C3030 | Ceiling |  |  | Exposed, painted structure |
| D201004 | Sink |  |  | Provide a service sink. |
| D20 | Other plumbing |  |  | Provide a floor drain. |
| D5020 | Lighting |  |  | Provide 30 ft. candles (300 Lux) general ambient lighting. Provide 50 ft. candles (500 Lux) task lighting at the work bench. |
| D503001 | Phone |  |  | Provide one line with internal two-way communication. |
| D503001 | Data |  |  | Provide one outlet. |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| D503005 | Security system |  |  | Provide one CCTV outlet.  Provide a door alarm and exterior door bell. |
| E20 | Furnishings |  |  | 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. |

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| **[INDOOR TRACK]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:**  The indoor track provides space for running, jogging, and walking. It is usually co-located with the gymnasium (see Table 4-9) either surrounding the court safety zone or suspended above the gym area or other high-bay space.  Indoor track requirements:  Navy. The indoor track is an option depending upon local climate and facility size. When provided, Navy indoor tracks must be suspended tracks.  Marine Corps. The indoor track is an option.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft. (3.05 m). If suspended in a high-bay area, the underside of the track structure should be 14 ft. (4.27 m) minimum above the finished floor.  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/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 42 in. (1067 mm) wide with an acceptable range from 39” (1.07 m) to 42” (1.14 m). The turns must have a minimum inside radius of 20 ft. (6.100 mm). Consider using banked curves. The height of banked curves on an indoor track should be 1 in. per 1 ft. (25 mm per 305 mm) of track width. 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 square feet (0.46 square meters) each. Ideally, the entry lobbies are to be located near the center of a straight-a-way.  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. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide signage to indicate running directions (directions alternate day-to-day).  Provide personal effects storage, such as cubbies.  Provide a “lobby” area at the entrance to the track with space for stretching and warm-up and a bulletin board.  Provide vision panels in the doors. |
| C3010 | Walls |  |  | CMU with semi-gloss enamel paint. |
| C3020 | Floor |  |  | Resilient, cushioned running surface |
| C3030 | Ceiling |  |  | Exposed, painted structure. |
| D201006 | Plumbing |  |  | Electric water cooler |
| D30 | HVAC |  |  | Match the criteria for the space in which the track is located |
| D5020 | Lighting |  |  | Match the criteria for the space in which the track is located. See FC 4-740-02N, Chapter 4 Table for Indoor Track for more specifics. |
| D503001 | Phone |  |  | Provide a telephone line or other emergency call system within or adjacent to the running track area. |
| D503003 | Intercommunications system |  |  | Provide a speaker. |
| D503005 | Security |  |  | Provide CCTV outlets for adequate coverage. |
| E10 | Equipment |  |  | Provide an exercise mat in the track lobby and a digital clock viewable from the track. |
| E20 | Furnishings |  |  | Provide storage for towels and personal items.  [Provide cardio fitness equipment, such as treadmills or stair climbers, in unused corners. If provided, coordinate power and data requirements.] |

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| **[MASSAGE ROOM]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** The optional massage room provides a private space for massage service. It should be adjacent to the locker/shower facilities.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:** 45 STC  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide clothes hooks. |
| C3010 | Walls |  |  | Painted gypsum wall board, scrubbable eggshell or satin finish. |
| C3020 | Floor |  |  | [Non-slip porcelain tile with dark-colored epoxy grout] [resilient flooring with resilient base] [porcelain tile]. |
| C3030 | Ceiling |  |  | ACT |
| D201004 | Sink |  |  | Provide a hand-wash sink. |
| D30 | HVAC |  |  | Provide room thermostats that can be adjustable by occupants within the range of 72 F (22 C) to 78 F (26 C). |
| D5020 | Lighting |  |  | Provide 50 ft. candles (500 Lux) with indirect light fixtures and provide continuous dimming capability. |
| D503001 | Phone |  |  | Provide one line. |
| D503003 | Intercommunications system |  |  | Provide a speaker.  [Provide an emergency call/alarm that sounds at the control counter until reset by the respondent.] |
| E20 | Furnishings |  |  | Provide a securable storage cabinet for supplies such as sheets, towels, and massage oil; consider providing as built-in equipment.  Provide a small table for making and verifying appointments.  [Provide height-adjustable massage table with adjustable head rest and chairs. Provide an adjustable-height wheeled stool for the therapist. [Provide a massage chair.] Provide optional items if the service is not contracted, in which case the contractor would provide his/her own massage furnishings.] |

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| **[FAMILY CHANGING ROOM/FAMILY LOCKER ROOM]** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:**  This optional space provides separate, individual rooms equipped with changing area, shower, toilet, sink, diaper changing table, and lockers intended to accommodate adults with small children. Locate lockers outside of the changing area(s). Locate near the pool (if provided) or near the parent/child and/or parent/youth areas. Navy only provides this option when the facility includes a pool.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Do not allow direct views into these rooms. Coordinate selections here with the selections made for the Lockers, Toilet, and Showers Room Requirements sheets. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| [B20 | Exterior enclosure |  |  | Provide natural light via [translucent wall building materials. Coordinate with option for skylights.] |
| [B30 | Roofing |  |  | Provide natural light via frosted skylights. Coordinate with option for translucent wall materials.] |
| C10 | Interior construction |  |  | Solid-surface countertop supported at both ends and with the front edge supported by galvanized angle reinforcing.  [Phenolic] [solid composite] water closet partitions secured at floor and ceiling.  Provide wall-mounted shelves and full-width mirror at the lavatories.  Provide a full-length mirror. |
| C10 | Interior construction |  |  | Provide [[phenolic] [solid composite] shower partitions secured at floor and ceiling.] [Permanent walls between showers.] |
| C10 | Interior construction |  |  | Provide solid composite plastic lockers a minimum of 24 in. (610 mm) deep with integral benches at least 16 in. (406 mm) wide.  Typically provide a mix of full- and half-sized Z-shaped lockers. However, consider the location’s climate when determining the ratio of half- to full-sized lockers: Colder climates will require a higher percentage (or 100%) of full-sized lockers to accommodate bulkier cold weather gear.  Mount lockers at a level above the floor which provides reachable operating hardware. |
| C10 | Interior construction |  |  | Toilet accessories: toilet paper dispensers, paper towel dispenser with integrated trash receptacle, robe and towel hooks, grab bars, feminine hygiene receptacles in women’s water closets, seat cover dispensers, and soap dispensers at lavatories. |
| C3010 | 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] [semi-gloss or better enamel] painted, mold-resistant gypsum wallboard elsewhere. |
| C3020 | Floor |  |  | Mud set, non-slip porcelain tile with dark-colored epoxy grout. |
| C3030 | Ceiling |  |  | Mold-resistant gypsum wallboard with a veneer plaster (level 5) finish and epoxy paint. |
| D201001 | Water closets |  |  | Provide wall mounted [flush valve] [dual function flush valve] water closets [with electronic flush control] |
| D201003 | Lavatories |  |  | Provide countertop lavatories with [underhung] [integral] sink [with metering faucet] [with electronic control] [Provide pop-up drain.] |
| D201005 | Showers |  |  | Provide shower heads and controls based on 42-in. spacing. |
| D20 | Other Plumbing |  |  | Provide [floor drains] [and] [or] [perimeter trench drains] |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Family Changing Room/Family Locker Room. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Family Changing Room/Family Locker Room. |
| D50303 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm. |
| E10 | Equipment |  |  | Provide wall-mounted hair dryers adjacent to counter. Provide one hair dryer for every three shower heads for men and one hair dryer for every two shower heads for women.  [Provide ceiling fans.] |
| E20 | Furnishings |  |  | Provide a scale and a wall clock.  [Provide a blood pressure monitor.] |

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| **PARENT/CHILD AREA** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:**  For Marine Corps provide a short-term, self-service care room in which parents may watch their children separate from the rest of the facility. There is no fitness component in this room.  For Navy provide parents/guardians a venue in which to exercise while maintaining direct visual control over their child. Part of the room has fitness equipment for the parent to use while the other part is designated for the children. The two areas are divided by a half-height Plexiglas partition.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 9 ft. (2.74 m)  **Acoustics:**  **Access:** Staff, patrons, and children  **Number of Occupants:**  **Other/special requirements:** | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C10 | Interior construction |  |  | Provide a half-height Plexiglas partition that is shatterproof, 30-in.- (760-mm-) high, .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. |
| C10 | Interior construction - Child area |  |  | Storage cabinet for children’s games and toys. |
| C3010 | Walls |  |  | Semi-gloss painted gypsum wall board [with wall coverings] |
| C3020 | Floor – Child area |  |  | Homogeneous resilient sheet flooring with scuff-resistant properties and resilient base. |
| C3020 | Floor - Exercise area |  |  | Permanently adhered resilient athletic flooring consisting of dual duometer 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” (9-10 mm). Athletic flooring system cannot be accommodated by interlocking flooring tiles or movable furnishings such as mats. |
| C3030 | Ceiling |  |  | ACT |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Parent/Child Area. |
| D503001 | Phone |  |  | Provide an outlet. |
| D503001 | Data |  |  | Provide an outlet. |
| D503003 | Intercommunications system |  |  | Provide a speaker. Provide an emergency call/alarm that sounds at the control counter. |
| D503004 | Television system |  |  | Provide an outlet in the fitness area.  [Provide an outlet in the child area.] |
| D503005 | Security system |  |  | Provide CCTV outlets to ensure adequate coverage. |
| E10 | Equipment |  |  | Exercise mat.  Provide multi-speed ceiling fans. |
| E20 | Furnishings - Child area |  |  | Provide child-sized tables, chairs, and games.  [Provide TV, VCR/DVD, and exercise mat. Note, if a TV is included in the child area, provide a protective shield to minimize damage to the TV from children and thrown objects.] |
| E20 | Furnishings - Fitness area |  |  | Provide fitness equipment and a TV. Coordinate power and data requirements with fitness equipment. |

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NOTE: If the optional multipurpose field is included, develop room requirements sheets for the associated support building using UFC 4-740-02, Chapter 5, and with input from the Activity.

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| **FUNCTIONAL FITNESS** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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 (similar to TRX Suspension Trainer), individual weight stations, and various kettle balls and other equipment.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 14 ft. (4.27 m)  **Acoustics:**  **Access:** Staff, patrons, and children  **Number of Occupants:**  **Other/special requirements:** A storage room must be provided. Must be on first floor of facility due to dropping weights, etc.  Provide vision panels in the doors, minimum 5 square feet (0.46 square meters), and consider side lites. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C3010 | Walls |  |  | [CMU with heavy-duty epoxy] [painted, dual layer gypsum board (impact side)], and provision of high-impact wall guards up to 18 in. (450 mm) above finished floor where weights are used. |
| C3020 | Floor |  |  | Permanently adhered resilient athletic flooring consisting of dual duometer 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” (9-10 mm). |
| C3030 | Ceiling |  |  | Painted, exposed structure with adequate acoustical treatment. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Functional Fitness. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Functional Fitness. |
| D503001 | Phone |  |  | Provide an outlet. |
| D503001 | Data |  |  | Provide an outlet. |
| D503003 | Intercommunications system |  |  | Sound system: Flush recessed speakers, 25 watt minimum output rating, capable of reproducing the entire audible range for human speech. Link speakers to paging system. |

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| **AUXILIARY GYMNASIUM** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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 near.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 25 ft. (7.62 m) clear height to lowest overhead element.  **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.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** 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. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| B2030 | Exterior Doors |  |  | Provide exterior double doors with removable latch post for equipment access. |
| B2030 | Exterior Windows |  |  | Do not locate windows 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. |
| C10 | Interior Construction – Interior doors |  |  | Interior entrance doors into the auxiliary gymnasium must have vision panels, minimum 5 square feet (0.46 square meters) each. |
| C3010 | Walls |  |  | Provide durable wall system up to 12’ (3.66 m) height, such as concrete masonry units (CMU) with heavy-duty epoxy. Above 12 ft. (3.66 m), use semi-gloss enamel and consider acoustic panels. |
| C3020 | Floor |  |  | [Maple athletic flooring, 25/32” (19.8 mm) thick] [Synthetic multipurpose, resilient, athletic flooring]. Flooring must meet “DIN” standards for the specified function per ACSM. |
| C3030 | Ceiling |  |  | Exposed, painted structure. Provide acoustical banners. |
| D20 | Plumbing |  |  | No plumbing fixtures in the gymnasium. Ensure access to nearby electric water coolers. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Auxiliary Gymnasium. |
| D40 | Fire Protection |  |  | Provide protection for sprinkler heads, exit signs, manual pull stations, and other exposed components.  Minimize equipment that protrudes into activity space or raise it above 6 ft. (1.83 m) for safety considerations. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Auxiliary Gymnasium. |
| E10 | 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.  Consider providing an AED. |
| E20 | Furnishings |  |  | Volleyball stanchions, net, standard protective pads, net antenna, wrestling mat, exercise mat, protective floor coverings. |
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| **HIGH INTENSITY TACTICAL TRAINING (HITT) CENTER** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** 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 should not be used in this space.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 20 ft (6.09 m).  **Acoustics:** 50 STC. 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.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/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 some visual connection to the rest of the facility—consider providing interior windows to other exercise modules/circulation areas. 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 square feet each, and consider side lites. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C3010 | Walls |  |  | [CMU with heavy-duty epoxy] [painted, double-layer (impact side) gypsum board]. |
| C3020 | Floor |  |  | [Use 3/8” (9-10 mm) thick permanently adhered resilient athletic flooring consisting of dual duometer 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 sq.ft (185.8 sq. m.) 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. above finished floor. Impact and athletic flooring system cannot be accommodated by interlocking flooring tiles or movable furnishings such as mats. |
| C3030 | Ceiling |  |  | [Exposed structure with acoustical spray paint] [ACT]. |
| D20 | Plumbing |  |  | One electric water cooler. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for High Intensity Tactical Training (HITT) Center. |
| D40 | Fire Protection |  |  | Provide system per FC 4-740-02N Chapter 3, Fire Protection and Life Safety. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for High Intensity Tactical Training (HITT) Center. |
| E10 | Equipment |  |  | Provide pull-up bars on at least one wall. Number of bars is determined by center size. Diagrams included in Appendix C.  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 TV bracket in each divided space.  Provide personal effects storage, such as cubbies, for customers in the room.  Consider providing an AED.  Provide attached wall padding for both ends of rubberized track surface |
| E20 | Furnishings |  |  | One dedicated TV for Video Analysis usage. TV must have VGA port to connect to moveable hardware platform.  Provide other combat fitness equipment as needed: power racks, plyometric equipment, speed and agility equipment, functional training equipment, kettle bells, medicine balls, etc.  Office equipment: desk and chair |

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| **INDOOR CYCLING** | | | | |
| Space Characteristics | | | | |
| **Function/adjacencies:** Classroom to accommodate indoor cycling classes, which includes an instructor on a bike and participants on bikes as well. These bikes are different from the stationary bikes utilized in the cardio area.  **Special Dimensions:**  Ideal Plan Dimensions:  Minimum Ceiling Height: 10 ft (3.05 m).  **Acoustics:** 53 STC. The indoor cycling classroom must be designed to acoustically separate this space from other spaces.  **Access:** Staff and patrons  **Number of Occupants:**  **Other/special requirements:** Design the rooms to allow for flexibility in use. Provide secure storage room with a direct adjacency to store fitness equipment. Provide vision panels in the doors, minimum 5 square feet each, and consider side lites. Provide a means to darken the vision panels. | | | | |
| Uniformat System | **Description** | **Qty** | **Size** | **Specific Requirements** |
| C3010 | Walls |  |  | Painted finish. |
| C3020 | Floor |  |  | [Flooring same as for cardiovascular equipment areas of “Fitness Area”] [Maple flooring same as ‘Gymnasium”]. |
| C3030 | Ceiling |  |  | [Exposed painted structure with acoustical treatment] [ACT]. |
| D20 | Plumbing |  |  | One electric water cooler. |
| D30 | HVAC |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Indoor Cycling. |
| D40 | Fire Protection |  |  | Provide system per FC 4-740-02N Chapter 3, Fire Protection and Life Safety. |
| D5020 | Lighting |  |  | Provide system in accordance with FC 4-740-02N, Chapter 4 Table for Indoor Cycling. |
| D503001 | Data |  |  | Provide projectors with screens on the front wall, or plan for up to 3 large screen TV monitors on the front wall. |
| D503003 | Intercommunications system |  |  | PA/Audio.  Provide speakers for main PA system, so that 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 that will be 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. |
| E10 | Equipment |  |  | Storage cubicles (cubbies). |