

Chapter 8

**FITNESS PROGRAM**

Ref: (a) DoD Instruction 1015.10 of 6 July 2009  
(b) OPNAVINST 6100.2A  
(c) DoD Instruction 1330.4 of 31 August 2010  
(d) CNICINST 1710.1  
(e) BUPERSINST 1710.21  
(f) OPNAVINST 6110.1J  
(g) DoD Directive 1348.19 of 12 May 1989  
(h) SECNAVINST 3590.4A  
(i) OPNAVINST 5100.25B

801. Purpose. This chapter provides policy and standards for the operation and management of the Navy Fitness Program and to ensure quality fitness programs and facilities on Navy installations in accordance with references (a) through (c).

802. Policy and Scope. All Navy personnel will be provided access to fitness programs and facilities, which will effectively contribute to their quality of life and mission readiness. Providing fitness programs and facilities to military and civilian personnel reduces health costs and improves mission readiness of the entire workforce. Military and civilian personnel will have equal access and use of all fitness programs and facilities, including locker rooms. Fitness program will consist of voluntary fitness and sports activities conducted for the purpose of promoting physical and mental readiness; developing positive self-concepts; allowing for creative expression; emphasizing the value of cooperation; assisting in discovering positive use of leisure time; developing lifelong recreation skills; and encouraging self-reliance and independence.

803. Responsibilities of Persons in Key Positions in the Fitness Program

a. Fitness Director. Local director of the fitness programs is directly responsible for the following:

(1) Planning, organizing, administering, supervising, and evaluating the local fitness, sports, and aquatics programs for authorized patrons.

(2) Developing short and long-range goals for each of the programs.

(3) Assessing resources needed in connection with patrons' needs.

(4) Justifying and recommending the construction, modification, and renovation of facilities.

(5) Budgeting for fiscal resources as needed.

(6) Ensuring delivery of CNIC sponsored or endorsed programs and initiatives as directed.

b. Fitness Coordinator. Local fitness coordinator is directly responsible for the following:

(1) Management, supervision, design, administration, operation, and technical direction of fitness centers and fitness programs.

(2) Assisting with developing annual budget requirements for assigned areas.

(3) Creating and managing a variety of exercise and wellness programs to include safe and beneficial exercise prescriptions for cardiovascular fitness, weight loss, strength conditioning, and flexibility.

(4) Supervising and delivering a comprehensive exercise and wellness assessment program.

(5) Developing and presenting lectures and educational materials for the Navy Command Fitness Leaders (CFL) to include the delivery of the official Navy CFL Certification Course.

(6) Delivering CNIC sponsored or endorsed programs and initiatives as directed.

#### 804. Definitions

a. MWR Fitness Center. A MWR fitness center provides programs and services for all authorized personnel to meet the Navy and individual's health and fitness requirements. Fitness centers will be equipped with progressive resistance exercise machines, various free weight equipment items, ample cardiovascular workout machines, space for group exercise, and a warm-up/cool-down area. Fitness centers will be professionally managed by trained and certified fitness personnel available to

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assist, guide, or instruct patrons during all hours of operation convenient to the patron. All staff members must maintain current CPR and AED certification. Fitness centers shall at a minimum provide the following types of programs on a regularly scheduled basis: exercise orientation, group exercise opportunities, strength or circuit training instruction, family fitness opportunities, fitness awareness and education promotions, and incentive programs that reward users for participation in fitness activity programs. It is important that participants be at a level of fitness which enables them to participate safely. All costs associated with operating these fitness facilities may be covered with appropriated funds, except resale activities located within the fitness facility.

b. Unmanned Fitness Annex/Satellite Facilities. Ensure MWR facilities comply with standard operating procedure (SOP) in reference (d).

c. Recreational Sports. Sports activities implemented for recreation that comprise four separate divisions: informal sports, intramural sports, extramural sports, and club sports. Each division represents varying levels of ability and interest.

(1) Informal Sports/Activities. An informal sport is an individual approach to sports or fitness activities with no predetermined goals except that of participation for fun and fitness.

(2) Intramural Sports. Intramural sports are structured contests, tournaments, leagues, or other events conducted within individual commands or among those commands served by a common MWR fund. Intramural programs should be designed to encourage participation by both men and women and to accommodate all personnel to the maximum extent possible. The intramural program should include the following types of events:

(a) Individual Sports. Events that allow individuals to participate alone.

(b) Dual Sports. Events that require at least one opponent.

(c) Team Sports. Events that specify a number of players who play as a unit or organized team of either men, women, or coeducational divisions.

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(d) Meet Sports. Separate events usually completed within a specified period of time.

(e) Special Events. Non-traditional events usually not practiced by the participants.

(3) Extramural Sports. Extramural sports are structured sports participation conducted among commands, installations, or municipalities in the same general geographical area in which participants represent their local command, installation, or municipality.

(4) Club Sports. Club sports are any particular fitness/sport organized because of a common interest by a special interest group. For a program to be instituted there must be documented demand for the club sport to exist.

#### 805. Instructional Skill Development

a. The purpose of instructional skill development is to enhance readiness and foster learning, provide the opportunity for personal improvement, and help patrons develop positive attitudes about physical activity which will contribute to health and wellness throughout their lives.

b. Local fitness program should introduce, educate, and motivate participants in fitness activities through well-planned and well-presented instructional classes. Selection of fitness instructors is critical to the success of the program. Instructors must have a basis of sound fitness knowledge as well as an understanding of the learning process and teaching methods. All commands/activities utilizing instructors must ensure that they have current certification based on national governing body criteria such as the National Commission for Certifying Agencies. Annually, each installation should provide the following instructional fitness opportunities:

(1) Conduct instructional skill programs in at least five informal (self-directed) lifetime fitness activities.

(2) Conduct at least two special events or programs annually, such as health fairs or fitness clinics, in support of special wellness programs.

(3) Offer seasonally-oriented sports specific training and conditioning classes three times a year to prepare individuals/teams for sports competition.

(4) If a suitable swimming pool is available on the installation or in the local community, swimming instruction in various levels of proficiency and stroke technique should be made available.

c. Elements of the Instructional Skills Program may be held in coordination or in conjunction with the Fitness/Recreational Sports Program or based on seasonal interest.

#### 806. Fitness Program

a. The Navy Fitness Program addresses the growing concern and need for behavior changes to achieve a healthier lifestyle for all in the Navy community. Fitness programs require participants to establish and adhere to long-range commitments to optimum personal health.

b. Required Elements of a Fitness Program. All MWR fitness programs and operations shall be in compliance with the DoD Physical Fitness Program Standards under reference (a), as well as the Navy Fitness standards. These programs shall have:

(1) An appropriate emergency plan that can be executed by all fitness staff to respond in a timely manner to any reasonably foreseeable emergency event that threatens the health and safety of program users. There shall be a minimum of two staff on duty during all hours of operation for emergency response capabilities.

(2) Appropriately trained facility staff shall offer each authorized patron a pre-activity screening appropriate to the physical activities to be performed by the patron.

(3) Each person who has supervisory responsibilities for a physical activity program or area at a facility must have demonstrated professional competence in that physical activity program or area.

(4) Appropriate signage will be posted in facilities to alert users to the risks involved in their use of those areas of a facility that present potential increased risk(s).

(5) Youth fitness/sports programs and services with appropriate supervision. See reference (e).

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(6) Layout, design, and equipment of each fitness facility must conform to all relevant laws, regulations, and published program and industry standards.

(7) Certified Fitness staff members at a minimum must conduct the following on a regularly scheduled basis: orientation to fitness equipment and programs, group exercise opportunities, strength or circuit training instruction, fitness/health awareness and education programs, family fitness opportunities, as well as incentive programs that reward user for participation in fitness activities and fitness programs.

c. Fitness Administration

(1) Fitness center staff will maintain a resource file for health and fitness and a referral list for patrons with special interests.

(2) There must be a written and publicized annual schedule that describes the programs to be implemented and meets the program goals and objectives.

(3) There must be a procedure for evaluating the overall fitness program that is conducted annually and includes the following:

(a) Analyzes all areas of fitness program operation;  
and

(b) Involves patrons and staff, as appropriate.

(4) There must be written procedures in practice regarding:

(a) Accident prevention and reporting;

(b) Emergency procedures;

(c) Facility opening and closing;

(d) Facility rules and regulations;

(e) Incidents involving bodily fluid (e.g., blood)

(f) Incidents involving methicillin-resistant staphylococcus aureus (MRSA).

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(5) Ninety hours of fitness center operation should be established aboard an installation to meet customer demand and to allow patrons who work irregular duty hours reasonable access to the facilities. On each installation, customers should have access to the fitness center before, during, and after shift work, during duty and non-duty times and on weekends and holidays. Generally, this access results in the fitness center being open 90 hours per week.

(6) No individual or group should be permitted unsupervised access to a facility.

(7) In-service staff training is required for all fitness staff personnel. This training program should be implemented in order for staff members to periodically review and have thorough understanding of operating policies and procedures and emergency procedures. Staff members should receive an orientation that includes:

- (a) Facility operating policies and procedures
- (b) Appropriate uniform/attire
- (c) Appropriate behavior/conduct
- (d) Program and activity policies and procedures
- (e) Health and sanitation rules and regulations
- (f) Safety rules and regulations
- (g) Emergency Procedures
- (h) Accident incident reporting procedures
- (i) Disciplinary procedures

(8) There shall be no fees or charges for access to appropriated fund fitness facilities for patron categories in reference (a) listed as Armed Forces and their family members, Other Uniform Services, and Armed Forces Retirees and their family members.

(9) Every fitness center shall have a staffed control desk during all hours of operation for patron control, usage level, and program information and services in addition to

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visual monitoring of the facility that is not in accordance with reference (d).

(10) The fitness center shall have a specific policy regarding the sale or promotion of vitamin and mineral supplements, "health" foods, "organic" foods, "natural" foods, herbs, related products, and dietary supplements to ensure that patrons are not wasting their money or jeopardizing their health.

(11) To assist Navy youth in attaining and maintaining healthy lifestyles, youth (ages 10 through 14) are authorized access to MWR fitness centers under the following guidelines:

(a) Youth in the approved age range must be accompanied at all times and in all areas of the fitness center by a parent or legal guardian; and

(b) The youth and parent must attend together a fitness program and facility orientation conducted by an MWR fitness professional staff member prior to beginning their initial workout.

(c) A designated fitness space may be established for patrons with young children in an area removed from or adjacent to the main fitness location. This designed space should be divided into two areas by a partition: (1) a small area for limited cardiovascular equipment and (2) a safe play area for the children while the parent/guardian is working out in that space. Parent and child must be in this location together at all times.

(12) Infants and toddlers in strollers, car seat carriers, or infant carriers of any sort are prohibited from any area of the fitness center. This action is taken to remove any potential for injury to the child as well as eliminate an unsafe distraction for other patrons.

(13) Every effort should be made to provide family locker room space.

d. Support of Navy Physical Readiness Program. MWR programs have the expertise to provide assistance to Command Fitness Leaders (CFL) in implementing the Navy's Physical Readiness Program. Per reference (f), the following support by the MWR program is required:



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(1) Ensure facilities and certified fitness staff members are available to assist with Physical Fitness Assessment (PFA) training and command organized programs.

(2) Provide assistance and support to local CFLs to the fullest extent possible, within existing and authorized resources.

(3) Ensure fitness staff support and endorse nutritional and exercise principles in accordance with Navy policy.

(4) Conduct assistance visits at units and tenant commands to provide recommendations for improvement of command physical readiness programs.

(5) Obtain and maintain fitness instructor certification from a national, accredited organization (National Organization for Competency Assurance (NOCA) or National Commission for Certifying Agency (NCCA)), e.g., American College of Sports Medicine, Cooper Institute for Aerobics Research, National Strength and Conditioning Association, as a condition of employment.

(6) Obtain community first aid, CPR, and AED certifications as required by DoD and Navy policies.

(7) Upon request, provide Fitness Enhancement Program (FEP) options for personnel who fail to attain satisfactory standards on PFA.

(8) Upon request, provide commanding officers guidance on developing a FEP for their members.

(9) Develop physical conditioning programs and counsel individuals who are medically waived from PFA, on restricted physical activity, or do not meet physical readiness standards.

(10) Ensure availability and appropriateness of fitness improvement programs/facilities and provide required education and training.

(11) Provide guidance for local policy for environmental acclimatization of individuals to participate in physical conditioning and activities.

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(12) Provide annual fitness status updates and educational presentations for installation senior leaders and command personnel regarding Fitness Program.

(13) Provide CFL training opportunities in accordance with and as directed by CNIC headquarters.

e. Fitness Personnel

(1) All fitness specialists (e.g. personal trainers and group exercise instructors), contract or otherwise, shall possess current certification from a NCCA accredited health and fitness organization and possess knowledge of health promotion concepts. Every fitness specialist must possess and demonstrate a basic knowledge of exercise physiology, individual and/or group exercise programming, health appraisal and evaluation techniques, exercise leadership, risk factor identification, anatomy, and kinesiology.

(2) All specialty areas (e.g., dietitians, massage therapists, martial arts instructors) should meet industry standards for required licenses, certifications, and educational background.

(3) All fitness/sports staff and contract employees (e.g., group exercise instructor, personal trainer) must possess current CPR, AED, and first aid certification.

(4) Each staff member must be able to properly use the fitness center equipment and instruct patrons in the safe use of each apparatus. Every staff member must be able to conduct a general orientation class that includes, as a minimum: facility rules and regulations; basic exercise guidelines; fitness safety policies and procedures; and equipment use.

(5) Every staff member should receive a minimum of 20 hours of professional training per year effectively relating to updating skills, improving job performance, and for the purpose of maintaining any required job related certifications.

f. Fitness Programming

(1) Each activity shall establish an appropriate patron-to-staff ratio based on safety, customer assistance needs and emergency response capability. A minimum of two personnel is required during all operational hours; however, peak usage hours

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may require more to achieve an acceptable level of customer service.

(2) The local fitness program should offer the primary components of the fitness program that include the following:

(a) Pre-activity screening to each patron.

(b) Fitness Program:

1. Instructional Skills Development

2. Informal Opportunities

3. Group Exercise

4. Fitness Assessments

5. Incentive Program

(c) Health Awareness and Education.

(3) A pre-activity screening, like the Physical Activity Risk Factor Questionnaire (PARFQ) form, must be prominently displayed for all physically active personnel to review daily.

(4) Each fitness staff member should encourage, assist, and instruct patrons in the accomplishment of his/her prescribed program within the facility equipment and personnel capabilities.

(5) Fitness assessments should be available either on site or at another location. The testing protocol should follow the American College of Sports Medicine (ACSM) guidelines and incorporate measurement of body composition, cardio-respiratory fitness, flexibility, and muscular fitness; however, when conducting a body composition analysis, only circumference measurements may be used for active duty and reserve Navy personnel following the official Navy protocol as directed by the Navy Physical Readiness Program.

(6) Each fitness center shall provide referral information on health promotions awareness programs for their patrons. These programs must contain at least the following: Smoking Prevention and Cessation; Physical Fitness; Back Injury Prevention; Nutrition Education; Alcohol and Drug Abuse Prevention; Hypertension Education; and Stress Management.

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(7) At the time of program registration, all information about the activity, service, or event should be available to the participant.

(8) The fitness program should emphasize maximum participation and have a recognition system developed for each program element.

(9) The fitness program should promote interaction with local civilian community organizations.

(10) Annually, conduct a group exercise skill class in at least five informal (self-directed) lifetime fitness activities.

(11) If suitable swimming pools are available on the installation or in local communities, daily scheduled opportunities should be offered for lap and instructional swimming.

(12) Conduct at least two special events or programs annually in support of special health/wellness programs, such as health fairs or fitness clinics.

(13) Three times a year, offer seasonally oriented trainings to prepare individuals/teams for sports competition.

(14) On at least a weekly basis and/or when requested, provide basic orientation on the fitness facilities and programs to include rules, safety guidelines, information on the proper use of equipment, and instructional fitness assessment opportunities.

(15) All areas of the fitness complex should be monitored routinely to ensure patron safety and assess compliance with policies, the condition and serviceability of facility and equipment, and to offer guidance and assistance to the patrons.

(16) Fitness center program and staff will continually support the Navy Physical Readiness Program by assisting Commands or individuals with PRT preparation to include those assigned to the FEP program.

(17) Every effort shall be made to assist Commands through outreach activities including but not limited to group

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exercise and health promotion activities/events. This can be defined as any fitness related event, class or activity held outside the fitness centers to meet Command's needs as close to their work place as possible.

(18) A program policy regarding equipment usage and duration must be maintained that ensures patrons have reasonable access to all equipment.

g. Fitness Facility and Equipment

(1) All new Fitness Facilities must be built to the most current Unified Facilities Criteria. Waivers for adjustments of these criteria must be approved by the CNIC (N921) Program Manager.

(2) Free Weight Area. Although the number of items varies by installation size, the following shall be included: a complete set of dumbbells ranging from 2.3 to 54.4 kilograms (5 to 120 lbs) in 2.3 kilogram (5-lbs) increments; Olympic style power bars with safety collars and at least 725.7 to 816.5 kilograms (1600 to 1800 lbs in various increments) of free weight; and a variety of benches for dumbbell work and Olympic barbell work such as incline bench, decline bench, power squat rack, flat benches, preacher curl bench, weight racks, and dumbbell racks. Floor space must be structurally sound enough to bear the load of weight machines and equipment (minimum 45.36 kilograms per .1 square meter or 100 pounds per square foot). An average of 25-50 sq ft should be given for each piece of single station equipment. Furthermore, an allowance of 10-15 percent additional space should be allocated to allow for appropriate customer circulation.

(3) Strength training or circuit training machines (there should be at least one circuit training machine for each muscle group).

(4) All fitness centers shall arrange the strength training/circuit for resistance training in a fashion that will allow patrons/users to train/work the largest muscle groups first and then proceed to the smaller muscle groups.

(5) Cardiovascular Equipment. There shall be a sufficient blend of different pieces of the following equipment installed to meet the needs of patrons: stationary bikes; recumbent bikes; rowing machines; stair climbers; treadmills;

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Cross trainers; and other recognized aerobic equipment. Every effort should be made to provide PRT compliant equipment.

(6) Warm-Up/Cool-Down Area. There should be sufficient space dedicated for the purpose of stretching.

807. Recreational Sports Program. The primary purpose of the recreational sports program is to provide a diversity of activities through varying degrees and interest levels of competitive play in game format using all available facilities and resources in the most effective and efficient manner.

a. Informal Fitness/Sports. Use of installation sports facilities by eligible patrons in a self-directed way at their own convenience, pace, and level of enjoyment is the objective of this program area. The following standards should be attained by each installation:

(1) Maintenance of the necessary equipment, gear issue, and facilities.

(2) Provision for scheduled and/or individually requested basic orientation to fitness and recreational sports facilities and programs.

(3) Implementation of a patron award system as an incentive program to recognize achievement of Navy, local, and individual goals.

(4) Patron accessibility to facilities which are not being used for structured events or on-going programs.

(5) Provision for either an all-hands indoor or outdoor pool, or access to aquatic resources in the local community within a 15 minute commute to meet swimming needs.

b. Intramural Sports. Intramural sports are scheduled and controlled competitive play opportunities in game form through tournaments, contests, and leagues in a variety of individual, dual, team, meet, and special event sports. Opportunities should be provided for men, women, and mixed competition with a variety of rule modifications to meet the patrons' needs and interests. This program should be focused on all skill levels with everyone having an opportunity for personal and group satisfaction. An installation having an intramural sports program should provide the following program elements:

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(1) Offer individual/dual sports for men and women each year in accordance with the current Navy Fitness Standards. The tournaments should be structured by skill levels when participation warrants.

(2) Provide team sport opportunities each year for men and women in accordance with the current Navy Fitness Standards. The program should allow for "age 35 and over" league play in at least one major sport.

(3) Offer special sports events each year in accordance with the current Navy Fitness Standards.

(4) Conduct a "Captain's Cup" sports program to stimulate interest, participation, and competition within the installation as resources allow.

(5) Use certified officials in all intramural and extramural competition. Use of untrained or volunteer officials is not authorized and is detrimental to the recreational sports program. In team sports competition, the appropriate number of officials per sports contest will be based on the national sports governing body standards. Sponsoring clinics for the purpose of qualifying and certifying officials is encouraged.

(6) Use the official rules set forth by the organization as specified by the governing amateur competition in each sport.

(7) Charge no fees for active duty members to participate in Category A sports programs. Golf and bowling are not Category A activities and are exempt from the above requirement. Entry fees are only permitted for special invitational tournaments outside of the published intramural sports calendar.

(8) MWR hosted or sponsored Boxing, Mixed Martial Arts, and full contact football competitions for patrons are not authorized. Non-contact training is permitted.

#### c. Extramural Sports

(1) Varsity Sports Program. Development of varsity sports programs is encouraged unless it is at the expense of another sports program element.

(2) Club Sports. Individuals who organize because of a common interest in a sport are the core of the club sports

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program. The recreational sports staff can assist in the organization of a sports club. However, the requester must have a documented demand for the club sport before MWR can render assistance. Additionally, once established, the club should function as a private organization.

808. Awards. Following guidelines pertain to awards used in the Navy Fitness Program:

a. Cash Awards. Officially-sponsored athletic competitors, in other than military-sponsored competition, must return any cash or certificates redeemable in cash accepted as an award for participation in competition to the cognizant MWR fund of his or her parent command or the command represented or furnishing support. This does not apply to a competitor who competes while off duty or on leave.

b. Use of APF for Purchase of MWR Sports/Fitness Trophies and Awards

(1) Reference (g) authorizes Navy to use APF to purchase and award military members and units of the naval service with trophies and similar devices for excellence in accomplishments or competitions, including intramural sports and fitness competitions.

(2) By reference (h), Navy delegated this authority to the senior service commanders. Accordingly, Navy REGCOMs are authorized to approve the purchase of trophies and awards for officially established and announced intramural sport competitions of a continuing nature; however, the use of cash or cash equivalents to award military personnel for athletic competitions is prohibited. APF may be used to purchase trophies and awards for these competitions if all of the following conditions apply:

(a) The competitions are officially established, announced, and continuing in nature.

(b) The trophies or awards are not cash.

(c) The trophies or awards are not items of a personal nature or that have independent intrinsic value to the recipients.

809. Safety Program



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a. Purpose. The primary purpose of a sports safety program is to control and regulate the activities in effort to mitigate injuries.

b. Safety Procedures. Each MWR Activity must have written safety measures to reduce the possibility of injury to participants and spectators per reference (i). Safety policy must include the following:

(1) AEDs are required in all facilities.

(2) All playing areas are free from obstructions on their surfaces, around the edges, and overhead.

(3) Walls are padded where necessary, especially near basketball goals.

(4) Courts, fields, and other structures in and around a sport play area are inspected at least monthly and immediately prior to the start of scheduled play to ensure they are in good repair, free of debris, and marked appropriately.

(5) Bleachers are inspected at least monthly, constructed and maintained according to standards, and placed well back or away from playing boundaries.

(6) Non-slip floor treatment is used in wet areas such as showers and locker rooms.

(7) An alarm system is installed in sauna and steam rooms to alert personnel of emergencies.

(8) Temperature of saunas, steam rooms, and hot baths is closely monitored (i.e., several times each day), maintained within recommended ranges, and recorded.

(9) Approved safety equipment required by the national governing body of that particular sport is worn by all competitors during practice and competition.

(10) Mandatory safety signage is posted and highly visible.

c. Medical Examination and Clearances. Medical examinations are encouraged for all personnel prior to participation in physically demanding sports or activities.

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d. Protective Equipment. Fitness/recreational sports activity manager will take necessary precautions to ensure that all personnel participating in the sports program are properly outfitted with protective gear and that all facilities have the proper safety equipment to minimize injuries.

e. Racquetball/Squash/Handball. Personnel participating in racquetball, squash, and handball competition are required to wear approved eye protection. Impact-resistant eyewear should be either molded polycarbonate wraparound protectors or lenses mounted in sturdy frames. This requirement applies to all participants at all times. Navy facilities should have sufficient quantities of such eyewear available for loan at no charge to the participants.

f. Softball/Baseball. Safety or breakaway bases are required on all softball and baseball fields (both adult and youth). The base will be designed to release from its mooring with little impact force, or absorb impact and thereby dissipate impact load and resulting trauma to player.

g. Soccer. To eliminate the risk of injury from portable soccer goals, the following safety measures must be instituted:

(1) Instruct participants and spectators never to climb on the net or goal framework for any reason.

(2) Securely anchor the portable goals at all times, even when they are moved to the sidelines.

(3) Remove nets when the goals are not in use.

(4) Goals not in use should be tipped onto their opening, or the framework rested on nearby fence posts, dugouts, or some other structure to reduce the possibility of injury.

810. Sports Governing Bodies/Sports Organizations

<b>Sports Governing Bodies/Sports Organizations</b>	
National Federation of State High School Associations PO Box 690 Indianapolis, IN 46206 317-972-6900 <a href="http://www.nfhs.org">www.nfhs.org</a>	National Collegiate Athletic Association 700 W. Washington Street PO Box 6222 Indianapolis, IN 46206-6222 317-917-6222 <a href="http://www.ncaa.org">www.ncaa.org</a>

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<b>Sports Governing Bodies/Sports Organizations (con't)</b>	
USA Archery 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usaarchery.org">www.usaarchery.org</a>	USA Badminton 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usabadminton.org">www.usabadminton.org</a>
USA Baseball 403 Blackwell St. Durham, NC 27701 919-474-8721 <a href="http://web.usabaseball.com">web.usabaseball.com</a>	USA Basketball 5465 Mark Dabling Blvd Colorado Springs, CO 80918-3842 719-590-4800 <a href="http://www.usabasketball.com">www.usabasketball.com</a>
US Biathlon 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usbiathlon.org">www.usbiathlon.org</a>	USA Bobsled and Skeleton Federation 1631 Mesa Avenue Copper Building, Suite A Colorado Springs, CO 80906 719-520-3212 <a href="http://www.usbsf.org">www.usbsf.org</a>
US Bowling Congress 621 Six Flag Drive Arlington, TX 76011 800-514-2695 <a href="http://www.bowl.com">www.bowl.com</a>	USA Boxing 1 Olympic Plaza Colorado Springs, CO 80909 719-866-2300 <a href="http://www.usaboxing.org">www.usaboxing.org</a>
USA Canoe/Kayak 725 South Lincoln Blvd Oklahoma City, OK 73129 405-552-4040 (ex. 4504) <a href="http://www.usack.org">www.usack.org</a>	US Chess Federation PO Box 3967 Crossville, TN 38557 <a href="http://www.uschess.org">www.uschess.org</a>
USA Cycling 210 USA Cycling Point Suite 100 Colorado Springs, CO 80919-2215 719-434-4200 <a href="http://www.usacycling.org">www.usacycling.org</a>	USA Diving 132 E. Washington St. Suite 850 Indianapolis, IN 46204 317-237-5252 <a href="http://www.usadiving.org">www.usadiving.org</a>
USA Fencing 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usfencing.org">www.usfencing.org</a>	USA Field Hockey 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usafieldhockey.org">www.usafieldhockey.org</a>
U.S. Figure Skating 20 First Street Colorado Springs, CO 80906 719-635-5200	United States Flag & Touch Football League 7709 Ohio Street Mentor, OH 44060

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<a href="http://www.usfsa.org">www.usfsa.org</a>	440-974-8735 <a href="http://www.usftl.com">www.usftl.com</a>
<b>Sports Governing Bodies/Sports Organizations (con't)</b>	
U.S. Golf Association P.O. Box 708 Far Hills, NJ 07931-0708 908-234-2300 <a href="http://www.usga.org">www.usga.org</a>	USA Team Handball 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.usateamhandball.org">www.usateamhandball.org</a>
USA Karate 1631 Mesa Ave Suite A-1 Colorado Springs, CO 80906 719-477-6925 <a href="http://www.usankf.org">www.usankf.org</a>	Orienteering USA PO Box 505 Riderwood, MD 21139 410-802-1125 <a href="http://www.us.orienteeing.org">www.us.orienteeing.org</a>
USA Racquetball 1685 West Uintah St. Suite 103 Colorado Springs, CO 80904-2906 719-635-5396 <a href="http://www.usra.org">www.usra.org</a>	USA Roller Sports 4730 South Street Lincoln, NE 65806 402.483.7551 <a href="http://www.usarollersports.org">www.usarollersports.org</a>
US Rowing 2 Wall Street Princeton, NJ 08540 800-314-4769 <a href="http://www.usrowing.org">www.usrowing.org</a>	USA Rugby 2500 Arapahoe Avenue Suite 200 Boulder, CO 80302 303-539-0300 <a href="http://www.usarugby.org">www.usarugby.org</a>
US Sailing PO Box 1260 15 Maritime Drive Portsmouth, RI 02871-0907 <a href="http://www.ussailing.org">www.ussailing.org</a>	USA Shooting 1 Olympic Plaza Colorado Springs, CO 80909 719-866-4670 <a href="http://www.usashooting.org">www.usashooting.org</a>
U.S. Ski and Snowboard Association 1 Victory Lane Box 100 Park City, UT 84060 435-649-9090 <a href="http://www.ussa.org">www.ussa.org</a>	U.S. Soccer 1801 S. Prairie Avenue Chicago, IL 60616 312-808-1300 <a href="http://www.ussoccer.com">www.ussoccer.com</a>
USA Softball 2801 N.E. 50 <sup>th</sup> Street Oklahoma City, OK 73111-7203 405-424-5266 <a href="http://www.usasoftball.com">www.usasoftball.com</a>	US Speed Skating 1 Olympic Plaza Colorado Springs, CO 80909 719-632-5551 <a href="http://www.teamusa.org/US-Speedskating.aspx">www.teamusa.org/US-Speedskating.aspx</a>

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<b>Sports Governing Bodies/Sports Organizations (con't)</b>	
U.S. Squash 555 Eighth Avenue Suite 1102 New York, NY 10018-4311 212-268-4090 <a href="http://www.ussquash.com">www.ussquash.com</a>	USA Swimming 1 Olympic Plaza Colorado Springs, CO 80909 719-866-4578 <a href="http://www.usaswimming.org">www.usaswimming.org</a>
USA Synchro 132 E. Washington Street Suite 820 Indianapolis, IN 46204 317-237-5700 <a href="http://www.usasynchro.org">www.usasynchro.org</a>	USA Table Tennis 1 Olympic Plaza Colorado Springs, CO 80909 719-866-4583 <a href="http://www.usatt.org">www.usatt.org</a>
USA Taekwondo 1 Olympic Plaza Colorado Springs, CO 80909 719-866-4632 <a href="http://usa-taekwondo.us">usa-taekwondo.us</a>	United States Tennis Association 70 West Red Oak Lane White Plains, NY 10604 914-696-7000 <a href="http://www.usta.com">www.usta.com</a>
USA Track and Field 132 E. Washington St Suite 800 Indianapolis, IN 46204 317-261-0500 <a href="http://www.usatf.org">www.usatf.org</a>	USA Triathlon 5825 Delmonico Drive Colorado Springs, CO 80919 719-597-9090 <a href="http://www.usatriathlon.org">www.usatriathlon.org</a>
USA Volleyball 4065 Sinton Road Suite 200 Colorado Springs, CO 80907 719-228-6800 <a href="http://www.usavolleyball.org">www.usavolleyball.org</a>	USA Water Ski 1251 Holy Cow Road Polk City, FL 33868 863-324-4341 <a href="http://www.usawaterski.org">www.usawaterski.org</a>
USA Water Polo 2124 Main Street Suite 240 Huntington Beach, CA 92648 714-500-5445 <a href="http://www.usawaterpolo.org">www.usawaterpolo.org</a>	USA Weightlifting 1 Olympic Plaza Colorado Springs, CO 80909 719-866-4508 <a href="http://www.usaweightlifting.org">www.usaweightlifting.org</a>
USA Wrestling 6155 Lehman Drive Colorado Springs, CO 80918 719-598-8181 <a href="http://www.themat.com">www.themat.com</a>	