



GYM TRAINER POLICY

ATTENTION FITNESS CENTER USERS

In accordance with CNICINST 1710.3,
please note the following:

SECTION 804 A Fitness centers will be professionally managed by trained and certified fitness personnel available to assist, guide or instruct patrons on safe exercise execution during all hours of operation.

SECTION 805 B All command/activities utilizing instructors or trainers must ensure that they have current certification based on national governing body criteria such as NCCA.

SECTION 806 B All MWR fitness programs and operations shall be in compliance with DoD Physical Fitness Program Standards under reference A as well as Navy Fitness Standards.

If you are instructing or training customers or personnel in your command in the MWR gym, you must show proof of the certifications to MWR fitness personnel.

MWR will require copies for auditing purposes. If you are a CFL, you must provide or show proof of the CFL course completion.

To become a contracted MWR Personal Trainer there are several steps and documents that must be completed:

Submit: Professional Resume, Personal Trainer Certification (from accredited organization), CPR/1st Aid Certification, and coaching or other training certification

- Proof of Liability Insurance
- Demo completed with MWR staff
- ID cards and bank information
- Contract must be signed prior to starting services.

Please note: Members are not authorized to take payments for services at the gym unless contracted with MWR.

If you have any questions, please see our Fitness Center staff. Thank you.

