

Welcome To Naval Station Everett Seismos Gym

Facility Unmanned Hours:

Monday night to Friday morning 9:00pm – 5:00am
Friday evening to Sunday morning 9:00pm – 9:00am
Sunday evening 9:00pm – 5:00am

During unstaffed hours of operation the following areas are prohibited:

Locker Room Saunas
Pool Deck/Restrooms or Pool

Unmanned Facility Rules:

- Sharing of CAC or ID Card is prohibited.
- Piggybacking and holding or propping the door open is prohibited and will result in a loss of privileges.
- All safety and security procedures relating to ensuring that the door securely closes is required. All other facility doors will remain closed unless needed for an emergency.
- Upon entry you must check in using the facility iPad as required.
- Authorized MWR Fitness patrons ages 12-17 years of age are permitted access only under direct supervision of their parent/legal guardian and after completing the youth orientation conducted by the facility's MWR Fitness Specialists.
- Facility areas and equipment restricted or identified as off limits or out of order will not be used.
- The use of equipment safety devices (bar collars) should be used at all times. Appropriate athletic shoes must be on at all times (no crocs/sandals/slippers). No loose chalk is authorized. The use of a spotter is strongly recommended when using free weights or when appropriate.
- When using the facility, the buddy system is highly recommended and encouraged.
- All equipment must remain inside the unstaffed fitness facility and is not permitted to be taken outside. All equipment must remain in the original room equipment is stationed and is not permitted to be moved to other rooms in the gym.
- All equipment, machinery or devices will be used for their intended purpose. Dumbbells, barbells, or other weighted equipment (minus a weight vest) are not permitted to be used in conjunction with cardio machines.
- All equipment used will be cleaned up after use with the provided cleaning materials. All weights returned to their original placement.
- Horseplay or other conduct that may jeopardize safety is prohibited.
- Violations of Navy and installation policies will not be tolerated. During unstaffed facility and equipment use all additional posted facility rules, regulations and standard operating procedures will be adhered to.

The event of an emergency or loss of power to the facility, please call _____.

The AED and First Aid kit for this facility are located _____.

For any questions, comments, or concerns regarding the MWR Fitness program, please
contact _____.

