



U.S. Army Corps of Engineers
Engineering and Support
Center, Huntsville

Center of Standardization Physical Fitness Facility (PFF)

Category Code: 74028

Army Standard

**Prepared by
US Army Corps of Engineers, Huntsville Center**

April 2002

138-3084

REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
ASSISTANT CHIEF OF STAFF FOR INSTALLATION MANAGEMENT
600 ARMY PENTAGON
WASHINGTON DC 20310-0600



DAIM-ZA

APR 18 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: New Physical Fitness Facility Standard Design Criteria

1. In accordance with AR 415-15 and the recommendations of the Commander, U.S. Army Community and Family Support Center, proponent for Physical Fitness Facility (PFF), and the Subcommittee on PFF, the Department of the Army Facilities Standardization Committee approved the revised DA standard design criteria for PFF.
2. The standard criteria are mandatory for use in the planning, programming, design and construction of FY03 and beyond MILCON PFF projects. Major Army Commands (MACOM) must ensure that their installations are planning and programming PFF based on this standard. USACE personnel must ensure that the design and construction of PFF comply with the standard criteria. Any desired deviations from the standard criteria must first receive approval from MACOM and then be forwarded to HQ CFSC and ACSIM for concurrence.
3. The new PFF standard criteria are contained in Technical Instructions 800-01, Design Criteria, Appendix H. For questions or information on the PFF standard criteria contact the Center of Standardization, U.S. Army Engineering and Support Center, Huntsville, ATTN: CEHNC-ED-CS-A (Mr. Jay Clark / 256-895-1673), 4820 University Square, Huntsville, AL 35816-1822.

UR,

R.L. VAN ANTWERP

Major General, GS
Assistant Chief of Staff
for Installation Management

THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

Description:

Physical fitness is the cornerstone of readiness. It is an essential and critical element of Soldiering. The Army emphasizes the importance of a high level of physical capacity for the occupational tasks that Soldiers are required to perform. Staying fit is enhanced today with the growing popularity and use of cardiovascular and strength equipment among Soldiers. Physical Fitness Facilities are required by the Army to promote the strength and fitness of the soldiers. Physical fitness and sports support Army Core values. In addition, Physical Fitness Facilities provide one of the most popular sources of recreation for the soldiers and their families. Sample Surveys of Military Personnel (SSMP) consistently show fitness/sports facilities as first in use and importance to soldiers and family members.

Applicability:

- This Army Standard applies immediately to all new permanent Physical Fitness Facilities.
- The Army Standard applies to Army facilities worldwide.
- The Army Standards for Physical Fitness Facilities are derived from the American College of Sports Medicine (ACSM) (as directed by DoD Memorandum), Unified Facilities Criteria UFC 4-740-06, TI 800-01 - Appendix H, and the Technical Criteria for U.S. Army Physical Fitness Facilities dated October, 2003.
- All geographic districts shall incorporate the mandatory design criteria described herein in close coordination with the USACE designated Center of Standardization (COS) for Physical Fitness Facilities.

Waivers:

- Only the Assistant Chief of Staff for Installation Management has authority to approve exceptions to the Army Standards.
- Waivers from the Army Standard must be requested in accordance with AR 420-1 and the Army Facilities Standardization Program Charter, latest edition.
- All waiver requests to the Army Standards require COS conflict resolution prior to submission by the Garrison Commander.
- Garrison Army Standard waiver request submissions must be received in sufficient time to allow complete review by the Facility Design Team and development of recommendations or course of action for the AFSC to consider prior to implementation into project design.
- Late submissions and/or project delays are NOT sufficient stand-alone justification for accelerated review or other dispensation for not meeting the Army Standard contained herein.

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Item	Mandatory Criteria																		
Facility Size	<p>Facility sizes must be as follows based on the authorized population of the installation. The authorized population is figured as 100% active duty, 25% of family members, and 10% of DoD civilians where the civilian workforce is more than 60% of the total work force. In OCONUS locations, 100% of the DoD civilians are included:</p> <table><tr><td><u>Size</u></td><td><u>Population</u></td><td><u>Total Gross Square Feet</u></td></tr><tr><td>X-small</td><td>251 – 1000</td><td>27,771</td></tr><tr><td>Small</td><td>1001 – 3000</td><td>44,347</td></tr><tr><td>Medium</td><td>3001 – 6000</td><td>64,799</td></tr><tr><td>Large</td><td>6001 – 10,000</td><td>89,448</td></tr><tr><td>X-large</td><td>10,001 – 15,000</td><td>120,125</td></tr></table> <p>For every 5000 in population over 15,000, add increments of 30,677 square feet. These gross building areas are exact areas.</p>	<u>Size</u>	<u>Population</u>	<u>Total Gross Square Feet</u>	X-small	251 – 1000	27,771	Small	1001 – 3000	44,347	Medium	3001 – 6000	64,799	Large	6001 – 10,000	89,448	X-large	10,001 – 15,000	120,125
<u>Size</u>	<u>Population</u>	<u>Total Gross Square Feet</u>																	
X-small	251 – 1000	27,771																	
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Medium	3001 – 6000	64,799																	
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X-large	10,001 – 15,000	120,125																	
Control Desk	<p>Must be located so it is visible from the lobby/main entrance in order to control who enters the facility. Must be located adjacent to, and with direct, unobstructed, visual and physical access to, the free weight area for safety concerns. Must be able to monitor either visually, or with video-surveillance, the following areas:</p> <ul style="list-style-type: none">• Cardio and Circuit areas• Gymnasium• Group Exercise Rooms• Entrance to Locker Rooms• Entrance to Racquetball Courts <p>Counter heights shall be provided for standing height along with a lower area to meet ADA requirements. Lockable storage space must be provided for towels, balls, and other required equipment that will be issued from this desk. In smaller facilities, this may be accomplished through locking cabinets. In the medium and larger facilities, a separate storage room will be required.</p>																		
Fitness Module - Cardiovascular Area	<p>Floor mounted electrical outlets in a grid, with circuits sized for the load from fitness equipment is required to allow flexibility in equipment arrangement and to avoid cord hazards. A raised floor system that provides flexibility in outlet placement is an acceptable alternative. Cardiovascular area shall be designed to provide a minimum of 2 different “environments”. These environments include Cardio Theater, external views, internal views, large group interaction, and small intimate groupings. Some portion of the Cardiovascular area must be contiguous with the Circuit and Free Weight Areas. Ceiling heights and flooring material must be as specified in the Technical Criteria for U.S. Army Physical Fitness</p>																		

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	<p>Facilities.</p> <p>Size of this function shall be as follows:</p> <table> <tr> <th><u>Size</u></th><th><u>Net Area of Function (+/- 5%)</u></th></tr> <tr> <td>X-small</td><td>550</td></tr> <tr> <td>Small</td><td>1350</td></tr> <tr> <td>Medium</td><td>2550</td></tr> <tr> <td>Large</td><td>4000</td></tr> <tr> <td>X-large</td><td>6000</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 2000 net square feet.</p>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	550	Small	1350	Medium	2550	Large	4000	X-large	6000
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>												
X-small	550												
Small	1350												
Medium	2550												
Large	4000												
X-large	6000												
Fitness Module - Circuit Area	<p>Must be designed so that the entire circuit area is contiguous and that circuit equipment space is not dispersed into the Cardiovascular and/or Free Weight areas. The Circuit Area must be contiguous with the Free Weight Area and a portion of the Cardiovascular Area. Ceiling heights and flooring material must be as specified in the Technical Criteria for U.S. Army Physical Fitness Facilities.</p> <p>Size of this function shall be as follows:</p> <table> <tr> <th><u>Size</u></th><th><u>Net Area of Function (+/- 5%)</u></th></tr> <tr> <td>X-small</td><td>800</td></tr> <tr> <td>Small</td><td>1350</td></tr> <tr> <td>Medium</td><td>1650</td></tr> <tr> <td>Large</td><td>2300</td></tr> <tr> <td>X-large</td><td>3300</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 1000 net square feet.</p>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	800	Small	1350	Medium	1650	Large	2300	X-large	3300
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>												
X-small	800												
Small	1350												
Medium	1650												
Large	2300												
X-large	3300												
Fitness Module - Free Weight Area	<p>Must be directly accessible, visually and physically, to the Control Desk so that staff may see and respond to any emergency immediately. Mirrors must be provided on at least half of 2 perpendicular walls. Mirrors must extend from 18" above the floor to a height that provides full body visibility. For safety reasons for the weight lifters, all lighting fixtures in this area must be primarily indirect (>75% up-lighting). The Free Weight Area must be contiguous with the Circuit Area and a portion of the Cardiovascular Area. Ceiling heights and flooring material must be as specified in the Technical Criteria for U.S. Army Physical Fitness Facilities.</p> <p>Size of this function shall be as follows:</p> <table> <tr> <th><u>Size</u></th><th><u>Net Area of Function (+/- 5%)</u></th></tr> <tr> <td>X-small</td><td>975</td></tr> <tr> <td>Small</td><td>1885</td></tr> <tr> <td>Medium</td><td>3055</td></tr> <tr> <td>Large</td><td>5200</td></tr> <tr> <td>X-large</td><td>7995</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 2795</p>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	975	Small	1885	Medium	3055	Large	5200	X-large	7995
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>												
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	net square feet.												
Fitness Module - Receiving/Equipment Repair/Storage	<p>This room must be located on an exterior wall with vehicular access and oversized double doors (8'-0" wide minimum) or roll-up doors for delivery of fitness equipment. Doors into the fitness module must also be able to accommodate movement of equipment.</p> <p>Size of this function shall be as follows:</p> <table> <tr> <th><u>Size</u></th><th><u>Minimum Net Area of Function (+/- 5%)</u></th></tr> <tr> <td>X-small</td><td>233</td></tr> <tr> <td>Small</td><td>459</td></tr> <tr> <td>Medium</td><td>726</td></tr> <tr> <td>Large</td><td>1150</td></tr> <tr> <td>X-large</td><td>1730</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 580 net square feet.</p>	<u>Size</u>	<u>Minimum Net Area of Function (+/- 5%)</u>	X-small	233	Small	459	Medium	726	Large	1150	X-large	1730
<u>Size</u>	<u>Minimum Net Area of Function (+/- 5%)</u>												
X-small	233												
Small	459												
Medium	726												
Large	1150												
X-large	1730												
Fitness Module - Fitness Assessment Area	The Fitness Assessment Area must be located within the Fitness Module to provide space for fitness testing and consultation.												
Exercise Module	<p>Shall be a minimum of 2 separate rooms, or 1 large room that is divisible into smaller rooms by use of movable walls. All sections of the room must be accessible from the main circulation path. Mirrors must be provided on at least half of 2 perpendicular walls and must extend from no more than 1' above the floor to a height that provides full body visibility. Open storage cubbies (minimum 1 cu. ft. each) must be provided directly inside the entrance to this module for user's small items such as keys, wallets, street shoes, etc. Flooring must be solid maple strip flooring that meets or exceeds the Maple Flooring Manufacturers Association (MFMA) specifications for a "second or better" grade, with an appropriate substrate that eliminates dead spots and provides for adequate impact absorption. Synthetic flooring, designated for aerobic classes, may be provided only if the general population served by this facility is primarily active-duty military, and these areas will not be used primarily for standard aerobic classes, and must be approved by FMWRC. A waiver will be required for any other type of flooring proposed. Ceiling heights must be as specified in the Technical Criteria for U.S. Army Physical Fitness Facilities. Enclosed, lockable storage rooms must be provided for each room, or section of a room, to provide space for storage of items such as mats, fit balls, medicine balls, bands, steps, dumb bells, etc.</p> <p>Where more than 1 individual room is provided, one of the rooms may be outfitted as a Combatives Room. There is no requirement for mirrors and wood flooring in a Combatives Room. Dimensions of a Combatives Room must be minimum of 36' x 36'. Walls and Floors</p>												

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	<p>shall be padded. Doors shall not open directly into the padded area. Size of this function shall be as follows (does not include storage). Storage shall be an additional 10% of the area shown below:</p> <table><tr><th><u>Size</u></th><th><u>Total Net Area of Function (+/-5%)</u></th><th><u>Net Area of each room if 2 separate rooms provided</u></th></tr><tr><td>X-small</td><td>2200</td><td>1200, 1000</td></tr><tr><td>Small</td><td>2900</td><td>1650, 1250</td></tr><tr><td>Medium</td><td>4550</td><td>2800, 1750</td></tr><tr><td>Large</td><td>7000</td><td>4500, 2500 * In the large size, the 4500 square foot room could be subdivided with a movable wall.</td></tr><tr><td>X-large</td><td>10,500</td><td>6750, 3750 * In the X-Large size, the 6750 square foot room could be subdivided with a movable wall.</td></tr></table> <p>For every 5000 in population over 15,000, add increments of 3500 total net square feet, either to the 2 rooms provided, or as an additional room(s).</p>			<u>Size</u>	<u>Total Net Area of Function (+/-5%)</u>	<u>Net Area of each room if 2 separate rooms provided</u>	X-small	2200	1200, 1000	Small	2900	1650, 1250	Medium	4550	2800, 1750	Large	7000	4500, 2500 * In the large size, the 4500 square foot room could be subdivided with a movable wall.	X-large	10,500	6750, 3750 * In the X-Large size, the 6750 square foot room could be subdivided with a movable wall.
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Gymnasium	<p>In facilities with more than 2 basketball courts authorized, courts may be provided in 1 large gymnasium or in a primary and secondary gymnasium. Minimum of 10' safety zone required between courts and walls. Flooring in the primary gymnasium must be maple strip flooring (or equal) or synthetic flooring (when approved by the installation and COS) that complies to the appropriate Deutsches Institut für Normung (DIN) standards for gymnasium flooring. Court markings and function fixtures (such as backboards) must comply with the requirements of the Governing body of the sport (such as National Collegiate Athletic Association (NCAA)). The secondary gymnasium will be designed to meet the programming requirements of the installation and shall consider more non-traditional sports such as indoor soccer, in-line hockey, etc. Clear heights must be as specified in the Technical Criteria for U.S. Army Physical Fitness Facilities to accommodate both Basketball and Volleyball. An enclosed, lockable storage room must be provided for each gymnasium for equipment. Doors must be sized to allow for movement of large items such as rolls of floor mats, volleyball standards, portable basketball goals, etc.</p> <p>Number of basketball courts is as follows:</p> <table><tr><th><u>Size</u></th><th><u>Number of Courts:</u></th><th><u>Total Net Area Range:</u></th></tr><tr><td>X-small</td><td>1</td><td>9804 – 10,200</td></tr><tr><td>Small</td><td>2</td><td>17,400 – 18,392</td></tr><tr><td>Medium</td><td>3</td><td>24,600 – 27,284</td></tr><tr><td>Large</td><td>4</td><td>31,800 – 35,948</td></tr><tr><td>X-large</td><td>5</td><td>40,200 – 44,840</td></tr></table> <p>For every 5000 over 15,000, add 1 additional court with a Net Area</p>			<u>Size</u>	<u>Number of Courts:</u>	<u>Total Net Area Range:</u>	X-small	1	9804 – 10,200	Small	2	17,400 – 18,392	Medium	3	24,600 – 27,284	Large	4	31,800 – 35,948	X-large	5	40,200 – 44,840
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X-large	5	40,200 – 44,840																			

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	<p>Range of 8400 – 8892 square feet.</p> <p>Total storage area for the gymnasiums is as follows. When more than 1 gymnasium is provided in a facility, this space must be subdivided so that each gymnasium is provided with a storage room.</p> <table> <tr> <th><u>Size</u></th><th><u>Minimum Net Area of Storage:</u></th></tr> <tr> <td>X-small</td><td>700</td></tr> <tr> <td>Small</td><td>1050</td></tr> <tr> <td>Medium</td><td>1400</td></tr> <tr> <td>Large</td><td>1750</td></tr> <tr> <td>X-large</td><td>2100</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 350 net square feet.</p>	<u>Size</u>	<u>Minimum Net Area of Storage:</u>	X-small	700	Small	1050	Medium	1400	Large	1750	X-large	2100
<u>Size</u>	<u>Minimum Net Area of Storage:</u>												
X-small	700												
Small	1050												
Medium	1400												
Large	1750												
X-large	2100												
Indoor Jogging Track	<p>An elevated indoor jogging track is included with the gymnasium. All Army installations must be provided with at least 1 indoor jogging track.</p> <p>When a PFF is provided with 2 gymnasiums, the jogging track must be provided in the gymnasium with at least 2 basketball courts.</p> <p>In accordance with the International Building Code, the area of the indoor jogging track is not included in the overall building area of the Physical Fitness Facility, as it qualifies as a mezzanine.</p> <p>An indoor jogging track may be deleted from a project if the installation already has an indoor jogging track. If deleted, there will be no increases to other space.</p>												
Racquetball Courts	<p>Courts must be designed in accordance with the rules of the United States Racquetball Association. A spectator seating area shall be provided when more than 1 court is provided</p> <p>Number of racquetball courts shall be as follows:</p> <table> <tr> <th><u>Size</u></th><th><u>Minimum Number of Courts:</u></th></tr> <tr> <td>X-small</td><td>1</td></tr> <tr> <td>Small</td><td>1</td></tr> <tr> <td>Medium</td><td>2</td></tr> <tr> <td>Large</td><td>2</td></tr> <tr> <td>X-large</td><td>3</td></tr> </table> <p>For every 5000 in population over 15,000, add 1 additional court.</p>	<u>Size</u>	<u>Minimum Number of Courts:</u>	X-small	1	Small	1	Medium	2	Large	2	X-large	3
<u>Size</u>	<u>Minimum Number of Courts:</u>												
X-small	1												
Small	1												
Medium	2												
Large	2												
X-large	3												
Structured Activity Module	<p>Must be designed in accordance with the use that the user intends. Structured activities include Spinning classes, combatives, climbing wall, Health and Wellness offices, concessions area (such as a “smoothie bar”), and Child Care. Or, the space for Structured Activity may be used as additional space for one of the other functional modules, to include additional racquetball courts, spectator space for racquetball courts, or to provide both saunas and steam</p>												

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	<p>rooms. If the user has selected a Climbing wall for their facility, it must be located so as to be under constant staff supervision, or must be located in a separate lockable room. Enclosed, lockable storage is required for each structured activity.</p> <p>Size of this function shall be as follows (does not include storage). Storage shall be an additional 10% of the area shown below:</p> <table> <tr> <th>Size</th><th>Total Net Area of Function (+/- 5%)</th></tr> <tr> <td>X-small</td><td>2550</td></tr> <tr> <td>Small</td><td>3175</td></tr> <tr> <td>Medium</td><td>3950</td></tr> <tr> <td>Large</td><td>5300</td></tr> <tr> <td>X-large</td><td>6460</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 1160 square feet.</p>	Size	Total Net Area of Function (+/- 5%)	X-small	2550	Small	3175	Medium	3950	Large	5300	X-large	6460
Size	Total Net Area of Function (+/- 5%)												
X-small	2550												
Small	3175												
Medium	3950												
Large	5300												
X-large	6460												
Locker Rooms	<p>The following functions are mandatory in the general area referred to as "Locker Room".</p> <ul style="list-style-type: none"> • Locker/Dressing Area • Grooming Area • Shower Area with private shower stalls and drying booths. Gang showers are NOT allowed. • Restroom facilities • Sauna or Steam Room <p>A separate men's and women's locker room shall be provided. All locker room functions, listed above, must be provided for each gender. Locker Rooms must be arranged so that the restroom functions are close to the entrance of the locker room, and do not require that people needing to use the restroom must pass through the locker and/or shower area. Shared saunas, steam rooms, etc. will not be provided. Lockers must be a minimum of 15" wide and 18" deep. Minimum height is 30" per half locker. Use of "Z" lockers to provide additional height is allowable. There will be a combination of full-height and half-height lockers, the ratio of which is determined by the installation based on climatic concerns.</p> <p>Size of this overall function shall be as follows:</p> <table> <tr> <th>Size</th><th>Combined Net Area Range of Function</th></tr> <tr> <td>X-small</td><td>2116 - 2400</td></tr> <tr> <td>Small</td><td>3312 - 3800</td></tr> <tr> <td>Medium</td><td>4910 - 5850</td></tr> <tr> <td>Large</td><td>6788 - 8800</td></tr> <tr> <td>X-large</td><td>9438 - 11,800</td></tr> </table> <p>For every 5000 in population over 15,000, add increments of 2650 - 3000 square feet.</p>	Size	Combined Net Area Range of Function	X-small	2116 - 2400	Small	3312 - 3800	Medium	4910 - 5850	Large	6788 - 8800	X-large	9438 - 11,800
Size	Combined Net Area Range of Function												
X-small	2116 - 2400												
Small	3312 - 3800												
Medium	4910 - 5850												
Large	6788 - 8800												
X-large	9438 - 11,800												
Sauna/Steam Room	A sauna or a steam room must be provided in the Physical Fitness												

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	Facility. The installation may determine which is their preference. Separate saunas/steam rooms must be provided for each gender. Shared saunas or steam rooms are NOT allowed. Controls shall be accessible to staff only. Access to the saunas/steam rooms shall be through the locker rooms only.																																																						
Laundry	Must provide adequate area and mechanical/electrical support for industrial style washers (extractors) and dryers (tumblers) with additional space for utility sink, folding table, and storage for laundry carts. It is preferable that the laundry be adjacent to the control desk. However, if the laundry is located elsewhere in the facility, space must be provided in the laundry room for storage for a minimum of 2 laundry carts.																																																						
Administration	<p>An administration area must be provided that includes office space for the facility manager along with other program staff in accordance with the table below. It is not required that the administration area be adjacent to the control desk.</p> <table><tr><td></td><td colspan="5"><u>Minimum Net Areas:</u></td></tr><tr><td></td><td><u>X-Small</u></td><td><u>Small</u></td><td><u>Medium</u></td><td><u>Large</u></td><td><u>X-large</u></td></tr><tr><td>Director's Office</td><td>120</td><td>120</td><td>120</td><td>120</td><td>120</td></tr><tr><td>Program Managers' Offices</td><td>0</td><td>100</td><td>100</td><td>100</td><td>200</td></tr><tr><td>Support Staff Workstations</td><td>128</td><td>128</td><td>256</td><td>384</td><td>384</td></tr><tr><td>(Quantity of Workstations)</td><td>(2)</td><td>(2)</td><td>(4)</td><td>(6)</td><td>(6)</td></tr><tr><td>Copy/file/work/break Room</td><td>160</td><td>240</td><td>160</td><td>160</td><td>160</td></tr><tr><td>Classroom/Training Room</td><td>0</td><td>0</td><td>420</td><td>420</td><td>420</td></tr><tr><td>Classroom/Training Storage</td><td>0</td><td>0</td><td>60</td><td>60</td><td>60</td></tr></table> <p>For every 5000 over 15,000, add increments of 64 square feet for an additional support staff workstation.</p>		<u>Minimum Net Areas:</u>						<u>X-Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>X-large</u>	Director's Office	120	120	120	120	120	Program Managers' Offices	0	100	100	100	200	Support Staff Workstations	128	128	256	384	384	(Quantity of Workstations)	(2)	(2)	(4)	(6)	(6)	Copy/file/work/break Room	160	240	160	160	160	Classroom/Training Room	0	0	420	420	420	Classroom/Training Storage	0	0	60	60	60
	<u>Minimum Net Areas:</u>																																																						
	<u>X-Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	<u>X-large</u>																																																		
Director's Office	120	120	120	120	120																																																		
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(Quantity of Workstations)	(2)	(2)	(4)	(6)	(6)																																																		
Copy/file/work/break Room	160	240	160	160	160																																																		
Classroom/Training Room	0	0	420	420	420																																																		
Classroom/Training Storage	0	0	60	60	60																																																		
Lobby	Must be in the proximity of the main entrance and control desk. Must be visible from the control desk so staff can monitor the area. Must provide area for seating for approximately 5% of the total number of participants. Must also provide direct access to public toilets.																																																						
Public Toilets	Must be accessible from the lobby and gymnasium. Primary users of these restrooms will be spectators.																																																						
Elevator	In multi-story applications, an elevator to comply with ADA and to provide a means to move fitness equipment to the upper level(s) is required.																																																						
HVAC	Physical Fitness Facilities must be conditioned per the Technical Criteria Document for Army Physical Fitness Facilities, which is based on the American College of Sports Medicine (ACSM). A waiver is required to deviate from the requirements specified in the Technical Criteria document																																																						
Drinking fountains	Drinking fountains shall be directly adjacent to, or within, each functional module. Determination of whether the drinking fountain is placed within the module is dependent upon the flooring material																																																						

THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

	and potential for damage or injury.
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THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

GENERAL DESIGN PHILOSOPHY:

The Army currently has 244 facilities at 110 installations world-wide. The majority of these facilities are in adequate condition, but almost all installations currently have a deficit in the amount of PFF space based on their population. The new standard reflects a modular approach which takes into account the current trends in training, fitness, and recreation, and uses the current PFF inventory at the installation to maximize efficiencies and to provide uniform opportunities across the Army.

GUIDANCE:

U.S. Army Physical Fitness Facilities must comply with the Technical Criteria for U.S. Army Physical Fitness Facilities dated October, 2003, except as modified by the Army Standard above.

The building fire protection system shall be designed in accordance with the applicable standards and codes. The PFF shall be protected throughout by an approved automatic wet pipe sprinkler system.

The entire facility must be handicap accessible.

Physical Fitness Facilities must be designed to allow natural day lighting while controlling glare and heat gain. Spaces should be provided with large windows, translucent panels, clerestory windows and other techniques to maximize daylighting and improve the quality of life in these facilities.

Army PFF in the past have been a series of dark concrete block rooms with different functions placed inside. The intent of the new standard is to provide open areas appropriately designed for their function. Concepts such as exposed structure in lieu of acoustical tile ceilings may be utilized in many different areas. Also, spaces shall be as open as possible to provide flexibility to accommodate shifts in trends in fitness and recreation.

Extremely large installations will consider providing mega facilities (larger than the “large” size indicated in the charts above), sized by using the increments as shown above, to minimize the total number of facilities on the installation to maximize staffing and other efficiencies.

Traffic patterns must be considered when laying out the lobby and control desk to minimize potential conflicts with cross traffic for people signing in. It is preferable that the control desk be located on the right side when you enter the facility.

Laundry room should be located in close proximity of the control desk. Often, the staff running the desk will also be taking care of the laundry.

Unless otherwise noted, all net areas provided in the mandatory requirements above are the ideal area based on equipment sizes and other functions. Actual areas may vary +/- 5% from what is shown.

THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

DIN standards referenced above in the Gymnasium may be found in the American College of Sports Medicine (ACSM) book, "Health/Fitness Facility Standards and Guidelines".

The chart on the following page lists the total area for each functional area that should be provided for an entire installation based on their authorized population. The PFF buildings are allocated on the basis of authorized population (AP) which includes 100% of active duty military and 25% of their dependents. Retirees are not counted in the AP at this time. DoD civilians are included at 10% only if they exceed 60% of the total workforce for CONUS installations. OCONUS installations are authorized at 100% of the civilian population in their AP.

It is difficult to determine the number of parking spaces required for a PFF. Based on the American College of Sports Medicine's "Health/Fitness Facility Standards and Guidelines", for initial parking calculations, assume 1 parking space for every 300 gross square feet of facility. This will provide adequate parking for all staff and approximately 60% of the maximum facility participants. However, many factors may result in the adjustment of this number of parking spaces, either up or down. A parking needs survey needs to be conducted to determine a more accurate need for parking, and the number of parking spaces provided adjusted accordingly. This survey needs to consider the following aspects at a minimum:

1. Current parking available in close proximity to the PFF.
2. The number of spectators that can be accommodated in the gymnasium.
3. Proximity of the PFF to troop housing.
4. Availability and use of public transportation.
5. The type of unit (administrative vs. training, etc.)
6. The amount of shift work.

THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

AUTHORIZED PFF SPACE ALLOWANCE																	
CRITICAL FUNCTIONAL AREAS & TOTAL PFC BUILDING AREA (Areas in square feet) 11/09/07		X-SMALL POST	SMALL POST	MEDIUM POST	LARGE POST	X-LARGE 1 POST	X-LARGE 2 POST	X-LARGE 3 POST	X-LARGE 4 POST	X-LARGE 5 POST	X-LARGE 6 POST	X-LARGE 7 POST	X-LARGE 8 POST	X-LARGE 9 POST	X-LARGE 10 POST	X-LARGE 11 POST	INCREMENT (each 5000 over 10,000)
Minimum Population:		251	1001	3001	6001	10,001	15,001	20,001	25,001	30,001	35,001	40,001	45,001	50,001	55,001	60,001	
Maximum Popultion:		1000	3000	6000	10,000	15,000	20,000	25,000	30,000	35,000	40,000	45,000	50,000	55,000	60,000	65,000	5000
Fitness Module	Cardiovascular Area	550	1,350	2,550	4,000	6,000	8,000	10,000	12,000	14,000	16,000	18,000	20,000	22,000	24,000	26,000	2,000
	Circuit Area	800	1,350	1,650	2,300	3,300	4,300	5,300	6,300	7,300	8,300	9,300	10,300	11,300	12,300	13,300	1,000
	Free Weight Area	975	1,885	3,055	5,200	7,995	10,790	13,585	16,380	19,175	21,970	24,765	27,560	30,355	33,150	35,945	2,795
	subtotal	2,325	4,585	7,255	11,500	17,295	23,090	28,885	34,680	40,475	46,270	52,065	57,860	63,655	69,450	75,245	5,795
	Storage - 10%	233	459	726	1,150	1,730	2,309	2,889	3,468	4,048	4,627	5,207	5,786	6,366	6,945	7,525	580
Exercise Module	Large Group Exercise	1,200	1,650	2,800	4,500	6,750	9,000	11,250	13,500	15,750	18,000	20,250	22,500	24,750	27,000	29,250	2,250
	Small Group Exercise	1,000	1,250	1,750	2,500	3,750	5,000	6,250	7,500	8,750	10,000	11,250	12,500	13,750	15,000	16,250	1,250
	subtotal	2,200	2,900	4,550	7,000	10,500	14,000	17,500	21,000	24,500	28,000	31,500	35,000	38,500	42,000	45,500	3,500
	Storage - 10%	220	290	455	700	1,050	1,400	1,750	2,100	2,450	2,800	3,150	3,500	3,850	4,200	4,550	350
Structured Activity Module	Racquetball Courts (Minimum)	800	800	1,600	1,600	2,400	3,200	4,000	4,800	5,600	6,400	7,200	8,000	8,800	9,600	10,400	800
	Other Structured Activities	2,550	3,175	3,950	5,300	6,460	7,620	8,780	9,940	11,100	12,260	13,420	14,580	15,740	16,900	18,060	1,160
	subtotal	3,350	3,975	5,550	6,900	8,860	10,820	12,780	14,740	16,700	18,660	20,620	22,580	24,540	26,500	28,460	1,960
	Storage - 10% of Struc. Act.	255	318	395	530	646	762	878	994	1,110	1,226	1,342	1,458	1,574	1,690	1,806	116
Gym Module	Basketball Courts (Gymnasium) Includes elevated jogging track (no scope)	10,200	17,400	24,600	31,800	40,200	48,600	57,000	65,400	73,800	82,200	90,600	99,000	107,400	115,800	124,200	8,400
	Storage	700	1,050	1,400	1,750	2,100	2,450	2,800	3,150	3,500	3,850	4,200	4,550	4,900	5,250	5,600	350
	subtotal	10,900	18,450	26,000	33,550	42,300	51,050	59,800	68,550	77,300	86,050	94,800	103,550	112,300	121,050	129,800	8,750
TOTAL NET OF MODULES		19,483	30,976	44,931	61,330	82,381	103,431	124,482	145,532	166,583	187,633	208,684	229,734	250,785	271,835	292,886	21,051
SUPPORT AREA ALLOWANCES:																	
Sauna, Lockers, Showers, Toilets		2,400	3,800	5,850	8,800	11,800	14,800	17,800	20,800	23,800	26,800	29,800	32,800	35,800	38,800	41,800	3,000
PUBLIC RESTROOMS		320	690	1,060	1,430	1,920	2,410	2,900	3,390	3,880	4,370	4,860	5,350	5,840	6,330	6,820	490
4.17% ADMIN/LOBBY		925	1,480	2,160	2,980	4,004	5,028	6,052	7,076	8,100	9,124	10,148	11,172	12,196	13,220	14,244	1,024
20% MISC. (M/E, Circ., Struct., etc.)		4,626	7,389	10,800	14,908	20,021	25,134	30,247	35,360	40,473	45,585	50,698	55,811	60,924	66,037	71,150	5,113
TOTAL GROSS AREAS (Calculated):		27,753	44,335	64,801	89,448	120,125	150,803	181,480	212,158	242,835	273,512	304,190	334,867	365,545	396,222	426,899	30,677
ACTUAL STANDARD SQ. FT.:		27,771	44,347	64,799	89,448	120,125	150,802	181,480	212,157	242,834	273,511	304,188	334,865	365,542	396,220	426,897	30,677