



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

DAIM-ZA

NOV 7 2011

MEMORANDUM FOR

Commander, United States Army Corps of Engineers (CEMP), 441 G Street NW,  
Washington, DC 20314  
Commander, Installation Management Command, 2405 Gun Shed Road, Fort Sam  
Houston, TX 78234

SUBJECT: Revised Army Standard for Physical Fitness Facilities (PFF)

1. The enclosed revision to the Army Standard for PFF supersedes PFF standards signed on 16 Oct 09. Only the Assistant Chief of Staff for Installation Management has authority to approve exceptions to this standard. Waivers from the Army Standard must be approved in accordance with AR 420-1.
2. The Army Standard is mandatory for Military Construction, Army projects in the FY13 program and beyond. Designs based on the Army Standard and the Army Standard Design Criteria will be developed consistent with MILCON Business Process.
3. Installation Status Report-Infrastructure and Real Property Planning and Analysis System methodologies will be updated to reflect the revised standard in coordination with the POCs listed below.
4. The POCs for the Facilities Design Team are Mr. Jay Clark, USAESCH (james.t.clark@usace.army.mil, (256) 895-1673); Ms. Janet MacKinnon, DAIM-ISS (janet.mackinnon@us.army.mil, 571 256-8662); Ms. Linda Harwanko, DAIM-ISS (linda.harwanko@us.army.mil, 571 256-8670); and Mr. Scott Wick, HQ USACE (scott.c.wick@usace.army.mil, 202 761-7419).

RICK LYNCH  
Lieutenant General, GS  
Assistant Chief of Staff  
for Installation Management

Encl  
as

# 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 November, 2011.
- 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.

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

<b>Item</b>	<b>Mandatory Criteria</b>															
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 border="1" data-bbox="500 512 1230 695"> <thead> <tr> <th><u>Size</u></th> <th><u>Population</u></th> <th><u>Total Gross Square Feet</u></th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>251 – 1000</td> <td>24,340</td> </tr> <tr> <td>Small</td> <td>1001 – 3000</td> <td>40,460</td> </tr> <tr> <td>Medium</td> <td>3001 – 6000</td> <td>59,820</td> </tr> <tr> <td>Large</td> <td>6001 – 10,000</td> <td>82,350</td> </tr> </tbody> </table>	<u>Size</u>	<u>Population</u>	<u>Total Gross Square Feet</u>	X-small	251 – 1000	24,340	Small	1001 – 3000	40,460	Medium	3001 – 6000	59,820	Large	6001 – 10,000	82,350
<u>Size</u>	<u>Population</u>	<u>Total Gross Square Feet</u>														
X-small	251 – 1000	24,340														
Small	1001 – 3000	40,460														
Medium	3001 – 6000	59,820														
Large	6001 – 10,000	82,350														
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, while a portion must be separate from 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 Facilities.</p> <p>Size of this function shall be as follows:</p> <table border="1" data-bbox="500 1247 1101 1430"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <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> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	550	Small	1350	Medium	2550	Large	4000					
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>															
X-small	550															
Small	1350															
Medium	2550															
Large	4000															
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 border="1" data-bbox="500 1717 1101 1898"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <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> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	800	Small	1350	Medium	1650	Large	2300					
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>															
X-small	800															
Small	1350															
Medium	1650															
Large	2300															

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

<p>Fitness Module - Free Weight Area</p>	<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 and must extend from 18” above the floor to a height that provides full body visibility. For the safety of the users, all lighting fixtures in this area must be primarily indirect (&gt;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 border="0"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <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> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	975	Small	1885	Medium	3055	Large	5200
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>										
X-small	975										
Small	1885										
Medium	3055										
Large	5200										
<p>Fitness Module - Receiving/Equipment Repair/Storage</p>	<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 border="0"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <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> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	233	Small	459	Medium	726	Large	1150
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>										
X-small	233										
Small	459										
Medium	726										
Large	1150										
<p>Fitness Module - Fitness Assessment Area</p>	<p>The Stretching/Fitness Assessment Area must be located within the Fitness Module to provide space for stretching before working out, fitness testing and consultation. In addition, space within this area will be provided for storage cubbies (minimum 1 cu. ft. each) for user’s small items such as keys, wallets, street shoes, etc. If desired by the installation, these cubbies may be located in the locker rooms as described below.</p> <p>Size of this function shall be as follows:</p> <table border="0"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>225</td> </tr> <tr> <td>Small</td> <td>400</td> </tr> <tr> <td>Medium</td> <td>575</td> </tr> <tr> <td>Large</td> <td>750</td> </tr> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>	X-small	225	Small	400	Medium	575	Large	750
<u>Size</u>	<u>Net Area of Function (+/- 5%)</u>										
X-small	225										
Small	400										
Medium	575										
Large	750										
<p>Exercise Module</p>	<p>Shall be a minimum of 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</p>										

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

	<p>more than 1’ above the floor to a height that provides full body visibility. 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 G-9. 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, flow-through 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>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 border="1"> <thead> <tr> <th><u>Size</u></th> <th><u>Net Area of Function (+/-5%)</u></th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>1200</td> </tr> <tr> <td>Small</td> <td>1600</td> </tr> <tr> <td>Medium</td> <td>2600</td> </tr> <tr> <td>Large</td> <td>4200</td> </tr> </tbody> </table>	<u>Size</u>	<u>Net Area of Function (+/-5%)</u>	X-small	1200	Small	1600	Medium	2600	Large	4200
<u>Size</u>	<u>Net Area of Function (+/-5%)</u>										
X-small	1200										
Small	1600										
Medium	2600										
Large	4200										
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 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. Provide storage cubbies (minimum 1 cu. ft. each) for user’s small items such as keys, wallets, street shoes, etc. in an area out of the safety zone. If desired by the</p>										

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

	<p>installation, these cubbies may be located in the locker rooms as described below.</p> <p>Number of basketball courts is as follows:</p> <table border="1"> <thead> <tr> <th><u>Size</u></th> <th><u>Number of Courts:</u></th> <th><u>Total Net Area (+/- 5%):</u></th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>1</td> <td>9775</td> </tr> <tr> <td>Small</td> <td>2</td> <td>17,400</td> </tr> <tr> <td>Medium</td> <td>3</td> <td>25,200</td> </tr> <tr> <td>Large</td> <td>4</td> <td>33,000</td> </tr> </tbody> </table> <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 border="1"> <thead> <tr> <th><u>Size</u></th> <th><u>Minimum Net Area of Storage:</u></th> </tr> </thead> <tbody> <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> </tbody> </table>	<u>Size</u>	<u>Number of Courts:</u>	<u>Total Net Area (+/- 5%):</u>	X-small	1	9775	Small	2	17,400	Medium	3	25,200	Large	4	33,000	<u>Size</u>	<u>Minimum Net Area of Storage:</u>	X-small	700	Small	1050	Medium	1400	Large	1750
<u>Size</u>	<u>Number of Courts:</u>	<u>Total Net Area (+/- 5%):</u>																								
X-small	1	9775																								
Small	2	17,400																								
Medium	3	25,200																								
Large	4	33,000																								
<u>Size</u>	<u>Minimum Net Area of Storage:</u>																									
X-small	700																									
Small	1050																									
Medium	1400																									
Large	1750																									
Indoor Jogging Track	<p>An indoor jogging track is mandatory except for temperate climates where outdoor tracks could be used the majority of the year (more than 9 months), when requested by the installation. Only one indoor jogging track is required at an installation. If an indoor jogging track already exists at the installation, this function is not required. Indoor jogging tracks shall have 3 – 42” wide lanes, and shall be suspended around the gymnasium as shown in the Technical Criteria for U.S. Army Physical Fitness Facilities.</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>The indoor jogging track is programmed as a lump sum (1 each).</p>																									
Structured Activity Module	<p>Must be designed in accordance with the use that the user intends. Structured activities include Spinning Studio, Combatives Room, Climbing Wall, Functional Training, Racquetball, Small Group Fitness Room, Sauna/Steam Room, or additional Fitness Module. 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. Courts must be designed in accordance with the rules of the United States Racquetball Association.</p> <p>Size of this function shall be as follows:</p> <table border="1"> <thead> <tr> <th><u>Size</u></th> <th><u>Total Net Area of Function (+/- 5%)</u></th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>1800</td> </tr> <tr> <td>Small</td> <td>2600</td> </tr> <tr> <td>Medium</td> <td>3400</td> </tr> <tr> <td>Large</td> <td>4200</td> </tr> </tbody> </table>	<u>Size</u>	<u>Total Net Area of Function (+/- 5%)</u>	X-small	1800	Small	2600	Medium	3400	Large	4200															
<u>Size</u>	<u>Total Net Area of Function (+/- 5%)</u>																									
X-small	1800																									
Small	2600																									
Medium	3400																									
Large	4200																									

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

Locker Rooms	<p>The following functions are mandatory in the general area referred to as “Locker Room” for both men and women.</p> <ul style="list-style-type: none"> <li>• Locker/Dressing Area</li> <li>• Grooming Area</li> <li>• Shower Area with private shower stalls and drying booths. Gang showers are NOT allowed.</li> <li>• Restroom facilities</li> </ul> <p>A separate men’s and women’s locker room shall be provided with all functions listed above provided. 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. Saunas and/or Steam Rooms may be provided if selected from the list of Structured Activities. If provided, shared saunas or steam rooms will not be provided, and access must be directly from the locker room area (not from a public corridor or other area). 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. The number of lockers shall be the calculated number of participants based on the area of the facility. In addition, lockable cubbies (minimum 1.5 cu. ft. each) will be provided in the locker room if cubbies are not provided in the functional areas as shown above.</p> <p>Size of this overall function shall be as follows:</p> <table border="1" data-bbox="500 1150 1239 1335"> <thead> <tr> <th>Size</th> <th>Total Net Area of Function (+/-5%)</th> </tr> </thead> <tbody> <tr> <td>X-small</td> <td>2300</td> </tr> <tr> <td>Small</td> <td>3100</td> </tr> <tr> <td>Medium</td> <td>4900</td> </tr> <tr> <td>Large</td> <td>7500</td> </tr> </tbody> </table>	Size	Total Net Area of Function (+/-5%)	X-small	2300	Small	3100	Medium	4900	Large	7500
Size	Total Net Area of Function (+/-5%)										
X-small	2300										
Small	3100										
Medium	4900										
Large	7500										
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"> <li>• Cardio and Circuit areas</li> <li>• Gymnasium</li> <li>• Group Exercise Rooms</li> <li>• Entrance to Locker Rooms</li> <li>• Entrance to Racquetball Courts (if provided)</li> </ul> <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>										

## THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES

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 style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th colspan="4" style="text-align: center;"><u>Minimum Net Areas:</u></th> </tr> <tr> <th></th> <th style="text-align: center;"><u>X-Small</u></th> <th style="text-align: center;"><u>Small</u></th> <th style="text-align: center;"><u>Medium</u></th> <th style="text-align: center;"><u>Large</u></th> </tr> </thead> <tbody> <tr> <td>Director's Office</td> <td style="text-align: center;">120</td> <td style="text-align: center;">120</td> <td style="text-align: center;">120</td> <td style="text-align: center;">120</td> </tr> <tr> <td>Program Managers' Offices</td> <td style="text-align: center;">0</td> <td style="text-align: center;">100</td> <td style="text-align: center;">100</td> <td style="text-align: center;">100</td> </tr> <tr> <td>Support Staff Workstations</td> <td style="text-align: center;">128</td> <td style="text-align: center;">128</td> <td style="text-align: center;">256</td> <td style="text-align: center;">320</td> </tr> <tr> <td style="padding-left: 20px;">(Quantity of Workstations)</td> <td style="text-align: center;">(2)</td> <td style="text-align: center;">(2)</td> <td style="text-align: center;">(4)</td> <td style="text-align: center;">(5)</td> </tr> <tr> <td>Copy/file/work/break Room</td> <td style="text-align: center;">160</td> <td style="text-align: center;">240</td> <td style="text-align: center;">160</td> <td style="text-align: center;">170</td> </tr> <tr> <td>Storage</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Classroom/Training Room</td> <td style="text-align: center;">0</td> <td style="text-align: center;">0</td> <td style="text-align: center;">420</td> <td style="text-align: center;">420</td> </tr> <tr> <td>Classroom/Training Storage</td> <td style="text-align: center;">0</td> <td style="text-align: center;">0</td> <td style="text-align: center;">60</td> <td style="text-align: center;">60</td> </tr> </tbody> </table>		<u>Minimum Net Areas:</u>					<u>X-Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>	Director's Office	120	120	120	120	Program Managers' Offices	0	100	100	100	Support Staff Workstations	128	128	256	320	(Quantity of Workstations)	(2)	(2)	(4)	(5)	Copy/file/work/break Room	160	240	160	170	Storage					Classroom/Training Room	0	0	420	420	Classroom/Training Storage	0	0	60	60
	<u>Minimum Net Areas:</u>																																																		
	<u>X-Small</u>	<u>Small</u>	<u>Medium</u>	<u>Large</u>																																															
Director's Office	120	120	120	120																																															
Program Managers' Offices	0	100	100	100																																															
Support Staff Workstations	128	128	256	320																																															
(Quantity of Workstations)	(2)	(2)	(4)	(5)																																															
Copy/file/work/break Room	160	240	160	170																																															
Storage																																																			
Classroom/Training Room	0	0	420	420																																															
Classroom/Training Storage	0	0	60	60																																															
Lobby	<p>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.</p>																																																		
Laundry	<p>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.</p>																																																		
Public Toilets	<p>Must be accessible from the lobby and gymnasium. Primary users of these restrooms will be spectators.</p>																																																		
Elevator	<p>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.</p>																																																		
HVAC	<p>Physical Fitness Facilities must be fully 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</p>																																																		
Drinking fountains	<p>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 and potential for damage or injury.</p>																																																		

## 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 November, 2011, 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.

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.

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".

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:

## **THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

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 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.

**THE ARMY STANDARD FOR PHYSICAL FITNESS FACILITIES**

<b>PHYSICAL FITNESS FACILITY (PFF) SPACE ALLOWANCE</b>											
<b>CRITICAL FUNCTIONAL AREAS &amp; TOTAL PFF BUILDING AREA</b> (Areas in square feet)					<b>X-SMALL</b>	<b>SMALL</b>	<b>MEDIUM</b>	<b>LARGE</b>			
Minimum Population:					251	1001	3001	6001			
Maximum Population:					1000	3000	6000	10,000			
<b>1. Fitness Module</b>	Cardiovascular Area				550	1,350	2,550	4,000			
	Circuit Area				800	1,350	1,650	2,300			
	Free Weight Area				975	1,885	3,055	5,200			
	subtotal				2,325	4,585	7,255	11,500			
	Storage - 10% of Cardio/Circuit/Free				233	459	726	1,150			
	Stretching/Fitness Assessment				225	400	575	750			
<b>2. Gym Module</b>	Basketball Courts (Gymnasium)				9,775	17,400	25,200	33,000			
	Storage				700	1,050	1,400	1,750			
	subtotal				10,475	18,450	26,600	34,750			
<b>3. Exercise Module</b>	Large Group Exercise				1,200	1,600	2,600	4,200			
	Large Group Exercise Storage - 10%				120	160	260	420			
	subtotal				1,320	1,760	2,860	4,620			
<b>4. Structured Activities</b>	OPTIONAL SIZES (SF):				"A"	"B"	"C"	"D"			
	Racquetball Courts				800	1600	2400	3200			
	Combatives				1600	3200	NA	NA			
	Climbing Wall				600	1000	1400	1800			
	Spinning Classroom				600	900	1200	1500			
	Functional Training				1000	1500	2000	2500			
	Small Group Fitness				800	1200	1600	2000			
	Sauna/Steam Room				150	200	250	NA			
	Additional Fitness Module				50 SF increments up to allowed						
subtotal				1,800	2,600	3,400	4,200				
<b>TOTAL NET AREA OF FUNCTIONAL MODULES (1. - 4. above)</b>					<b>16,378</b>	<b>28,254</b>	<b>41,416</b>	<b>56,970</b>			
<b>SUPPORT AREA ALLOWANCES:</b>											
<b>5. Lockers, Showers, Toilets</b>					<b>2,300</b>	<b>3,100</b>	<b>4,900</b>	<b>7,500</b>			
<b>6. Support</b>	<b>ADMIN</b>										
	Director's Office				120	120	120	120			
	Program Mgr's Office				0	100	100	100			
	Support Staff Workstations				128	128	256	320			
	Copy/file/work/break Room				160	240	160	170			
	Storage				20	29	32	36			
	Classroom/Training Room				0	0	420	420			
	Classroom/Training Storage				0	0	60	60			
	Internal Circulation, (20%)				86	123	230	245			
	<b>PUBLIC AREA</b>										
	Lobby (Approx.)				250	450	650	850			
	Control Counter/Storage (Approx.)				300	400	500	600			
	Public Toilets (Approx.)				300	450	600	750			
	<b>HOUSEKEEPING</b>										
	Laundry				180	240	300	360			
	Janitor Closets				60	80	100	120			
subtotal				1,604	2,361	3,527	4,151				
<b>7. Misc. @ 20% (MEC, Circ., Struct.)</b>					<b>4,058</b>	<b>6,745</b>	<b>9,977</b>	<b>13,729</b>			
<b>TOTAL NET AREA OF SUPPORT FUNCTIONS (5. - 7. above)</b>					<b>7,962</b>	<b>12,206</b>	<b>18,404</b>	<b>25,380</b>			
<b>TOTAL GROSS BUILDING AREAS:</b>					<b>24,340</b>	<b>40,460</b>	<b>59,820</b>	<b>82,350</b>			