



DEPARTMENT OF THE NAVY  
COMMANDER, NAVY INSTALLATIONS COMMAND  
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WASHINGTON NAVY YARD, DC 20374-5140

1710  
Ser N00/13U81111  
APR 24 2013

From: Commander, Navy Installations Command  
To: Chief of Staff, Marine Forces Reserve

Subj: WAIVER REQUEST FOR FITNESS EQUIPMENT RESTRICTIONS

Ref: (a) MARFORRES ltr 7043 MCCS of 4 Feb 13  
(b) CNICINST 1710.1  
(c) E-mail CNIC (N921) Ms. Sexauer/MARFORRES (CMC) CMDCM  
Cousin of 14 Feb 13.

1. In response to reference (a), and in accordance with reference (b), your request is approved.

2. In accordance with reference (b), and as outlined in reference (a), the following safety mitigations shall be observed:

a. A trained person will be present on duty in the fitness space whenever olympic bars are in use.

b. A training plan outlining proper use of fitness equipment will be fully executed prior to issuance of the gear in question.

c. All other requirements outlined in reference (b) will be followed.

3. As discussed in reference (c), your mitigation plan is accepted as feasible and reasonable with the following stipulations:

a. In accordance with reference (b), the NOSC Commanding Officer remains the site approving authority and will determine the feasibility and practicality of allotting fitness space to MARFORRES tenants.

b. All fitness equipment provided by the MARFORRES tenant must be maintained in good working order or it will be removed.

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c. In the absence of appropriately trained personnel, all restricted gear will be made inaccessible until a designee has received the necessary training.

d. All MARFORRES space outfitting plans will be vetted through CNIC N921, to eliminate potential duplication.

e. Fitness gear in question will be made available to all NOSC tenants and will not be considered restricted from any military member in a duty status, when appropriately trained personnel are present.

4. My point of contact for this matter is Ms. Lisa Sexauer. she can be reached at (202) 433-0152, DSN 288, or by e-mail [lisa.sexauer@navy.mil](mailto:lisa.sexauer@navy.mil).

  
W. D. FRENCH  


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COMNAVRESFORCOM (N4)  
MCCS