Statement of Work (SOW)
Gym Memberships for MSU Houma

A. GENERAL INFORMATION

1.0 Background and Scope
The U.S. Coast Guard (USCG) requires all members to engage in a minimum of three hours of physical fitness per week during the workday to maintain health and weight standards. Currently, there is no government-owned fitness facility available for personnel at Marine Safety Unit (MSU) Houma. The nearest military gym is located at NAS JRB in Belle Chasse, approximately 62 miles away, which is not a feasible option due to the excessive travel time (over 174 minutes round trip). Therefore, this SOW is to procure memberships at a local commercial fitness facility for all MSU Houma personnel to ensure compliance with the Commandant's Mandatory Workout Policy.

2.0 Period of Performance
The period of performance for this contract will be a one-year base period with four (4) one-year option periods.
Base Year: Sep 1, 2026 – Aug 31, 2027
Option Year 1: Sep 1, 2027 – Aug 31, 2028
Option Year 2: Sep 1, 2028 – Aug 31, 2029
Option Year 3: Sep 1, 2029 – Aug 31, 2030
Option Year 4: Sep 1, 2030 – Aug 31, 2031

3.0 Technical Requirements
The selected fitness facility must meet the following criteria:

Requirement	Description
Membership and Access	Provide 60 memberships for all active-duty and civilian personnel at MSU Houma.
Geographical Location	The facility must be located within Houma, LA, to minimize travel time from the unit.
Cardio Equipment	An extensive selection of both high and low-impact cardio machines is required, including but not limited to, treadmills, elliptical machines, stationary bikes, and rowing machines.
Weightlifting Equipment	A comprehensive complement of both free weights (barbells, dumbbells, etc.) and weightlifting machines must be available.

Functional Fitness Space	A dedicated space or "Athletic Room" must be available for High-Intensity Interval Training (HIIT) and CrossFit-style workouts.
Group Fitness Classes	Instructor-led group fitness classes (e.g., aerobics, Zumba, kickboxing) should be available at no additional charge.
Additional Amenities	The following amenities are **Mandatory**- Operational Swimming Pool on-site, Large room to accommodate 60 Members at one time for unit work outs. The following amenities are **Optional** - Sauna, Jacuzzi, tennis court, athletic fields.

4.0 Contract Type

The government contemplates a Firm-Fixed-Price service agreement.

5.0 Contractor Responsibilities

The contractor shall be responsible for the following:

- Safety and Maintenance: Ensure that all steps, sidewalks, and parking lots are clear of debris, ice, snow, and any other potential hazards.
- Facility Upkeep: Maintain a clean, safe, and fully operational fitness facility for all members.

6.0 Administration and Logistics

Item	Description
Membership Management	The USCG will assign a membership manager to issue passes and maintain a log to ensure only authorized MSU Houma personnel are using the memberships.
Cancellation Policy	The Government will provide the contractor with a 60-day cancellation notice prior to the start of any renewal agreement.

7.0 Miscellaneous

The U.S. Coast Guard will not be liable for any miscellaneous charges or damages incurred by individuals. The Government is only responsible for the services outlined in this Statement of Work and the corresponding Schedule of Service/Supplies.