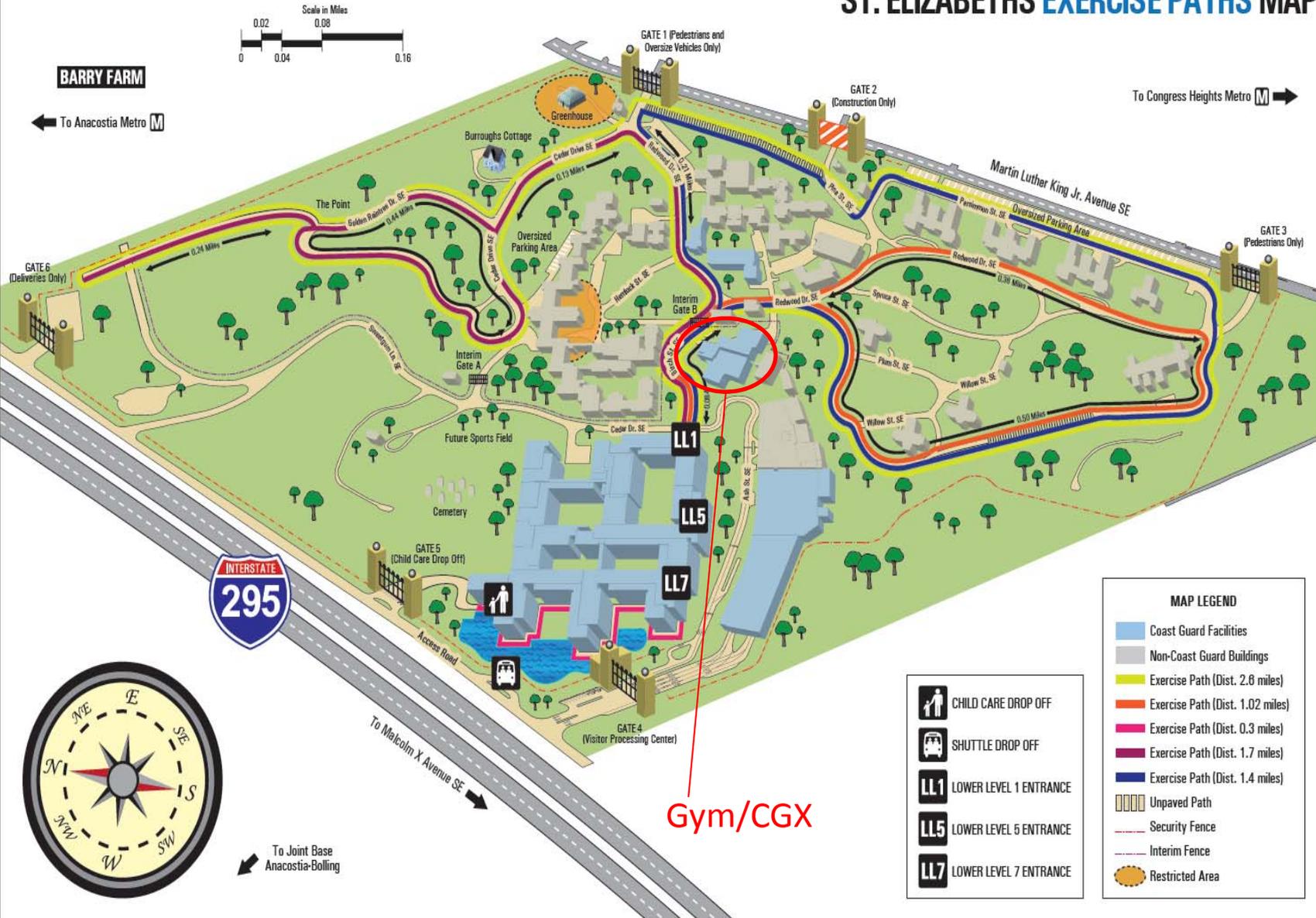




# Some (not all) things about St E.

A 102 Guide of things to do and  
some office procedures

# ST. ELIZABETHS EXERCISE PATHS MAP



# Gym Form Link

- Must be filled out and approved before Gym privileges are granted
  - Active and Reserve
  - Civilian
  - Contractors
  - Cadets
- <https://cgportal2.uscg.mil/units/dol/dol-3/BNCR/SitePages/home3.aspx>

# CGPORTAL

the information YOU need

All Sites [dropdown] [search icon] [help icon]  
Advanced Personnel Search

I Like It [thumbs up icon]  
Tags & Notes [tags icon]

- Home
- Strategy
- Units
- Communities
- Training & Education
- References
- Applications
- Business Intelligence
- CG Portal Help

- Base National Capital Region
- Base NCR Services

CG Portal > DOL > DOL-3 Office of Base Operations > Base National Capital Region > home3

### DEPARTMENTS

- C4IT Department
- Command Master Chief
- Comptroller/Base Operations
- Facilities Engineering
- Health, Safety/WorkLife
- Personnel Support**
- Procurement/Contracting
- Security

### SERVICES

- Find a Carpool
- Get an ID Card
- Get Shuttle Schedule
- Make a Visitor/Parking Request
- Make Medical/Dental Appointment
- Request Building Maintenance
- Reserve a Space
- Reserve a Govt. Vehicle
- Submit an IT help ticket

### MORE SERVICES

### KEY REFERENCES

- NCR Consolidation Site
- Employee Emergency Response Guide (EERG)
- HQ Instructions
- Telephone Directory for HQs
- OPM Govt. Operating Status

All Site Content



## Base National Capital Region



### WELCOME TO BASE NATIONAL CAPITAL REGION

Base National Capital Region serves as the single DCMS touch point for the support of Coast Guard operations within the 5th Coast Guard District, standing shoulder-to-shoulder with our operational partners to ensure the delivery of professional, responsive and cost-effective services to the American public.

### Popular Services

Request Building Maintenance	Reserve a Space	View HQs Event Calendar	Reserve a Govt. Vehicle	Make a Visitor Request

### CGHQ News

- Enjoy a PEA - Performance Excellence Article - Pairwise Ranking - the forgotten tool
- Policy on Usage of Smoking Products in Coast Guard Facilities
- State of the Coast Guard Address
- Temporary - Limited Power Outage LL1
- Donations for Kramer Middle School
- Read to a loved one on video via United Through Reading
- Garage tollbooth construction

More News: Observances/Special Interests | Fun/Leisure/MWR | Classified Ads

### COMMANDING OFFICER

CDR Scott A. Keister  
BIOGRAPHY

### EXECUTIVE OFFICER

CDR Travis L. Carter  
BIOGRAPHY

### COMMAND MASTER CHIEF

MKCM Jason A Carlson  
BIOGRAPHY

OPERATING STATUS:  
OPEN [checkmark]

DOL SURVEY





**Personnel Support  
Department  
Base NCR**

- Services**
- Personnel Services
  - Child Development Center
  - Morale, Well-Being and Recreation (MWR)

**Security Levels**

MARSEC LEVEL 1 SIGNIFICANT RISK

NTAS NO ACTIVE ALERTS www.DHS.gov/alerts

- Related Links**
- Hqs Services Home
  - PSD Administration

[Contact Us](#)

### USCG HQ Semper Paratus Fitness Center

(202) 372-4087

**Mailing Address:**  
Commandant (BNCR MWR)  
Attn: Base NCR Morale, Well-Being, & Recreation  
U. S. Coast Guard  
Stop 7048  
2703 Martin Luther King Jr. Avenue SE  
Washington, DC 20593-7048

Building 48

[Fitness Classes Calendar](#) • [MWR Announcements](#)  
[MWR Events](#)

*Thank you all for your patience. We are in the process of approving applications and should have them completed by the end of next week. You should receive an e-mail with regard to this approval.*

*If you intend to use the facility and have not submitted your on-line form electronically (not a paper form), please do so at your earliest convenience to avoid delays in accessing the facility.*



[Air Quality Index](#)

#### Fitness Center Application **NEW!**

[Semper Paratus Fitness Center Base Instructions](#)  
BNCRINST 6100.1B (PDF)

- [Semper Paratus Fitness Center Application Instructions](#)  
(Please read first before accessing the application)
- [Semper Paratus Fitness Center New User Application](#)  
(ONLINE)

**If you receive an InfoPath error message**

#### Locker Applications **NEW!**

[Semper Paratus Fitness Center Overnight Locker Base Instructions](#)  
BNCRINST 6100.2 (PDF)

- [Semper Paratus Fitness Center Overnight Locker Note](#)  
BNCRNOTE 6100.2 (PDF)
- [Semper Paratus Fitness Center Overnight Locker Application](#)  
Page is now accessible  
(ONLINE)

#### [BMI For Adults Widget](#)

**Body Mass Index (BMI)  
Calculator for Adults**

Calculator [What Is BMI?](#)

**Calculate Your BMI**  
English | Metric

**Height:**  
0 feet 0 inch(es)

**Weight:**  
0 pounds  
(8 ounces = .5 pounds)

[Calculate](#)



MWR > Fitness Center Application >  
All Documents >  
To create, fill out and submit an application click the NEW link below.



MWR Guardian CROSSFIT Commuter Cycling TRX Survival Training Search this site...

Lists	Type	Name	Application Date	Agency Office	Office Telephone Number	ApplicationApproved	Modified By
-------	------	------	------------------	---------------	-------------------------	---------------------	-------------

Responsibilities There are no items to show in this view of the "Fitness Center Application" document library. To add a new item, click "New" or "Upload".

**+ Add document**

- Fitness Center Application**
- Fitness Center Application Instructions
- Commuter Locker Application
- Commuter Locker Application Instructions
- Commuter Locker Application Note
- Documents**
- BNCR Fitness Center Instructions
- MWR Instruction Manual 1710.13C
- MWR Program Baseline Standards M1710.2
- Meeting Minutes
- CG Test Protocol
- CG Fitness Test Schedule
- MWR**
- Headquarters MWR Announcements
- MWR Fundrasing Calendar of Events
- Fitness Group Exercise Calendar
- MWR Links
- Pictures**
- Turkey Trot 2013

**CLICK HERE**

File Edit View Insert Format Tools Table Help

Times New Roman 14 B I U

Start Ink Entry



## Semper Paratus Fitness Center Access Form



I request to have access to the USCG Semper Paratus Fitness Center Facilities

Name: **Brian Thompson** Date: **2015-02-24**

Agency / Office: **PSC-BOPS**

Office Telephone Number: **703.872.6395**

Applicant's Patron Eligibility (please check one)

- Active duty and reserve members
- Civilian Coast Guard employees (including non-appropriated funds employees)
- Civilian Department of Homeland Security Employees
- Service Academy Cadets
- Other Civilians under contract by the Coast Guard of Department of Homeland Security assigned to the St. Elizabeths campus

I, **Brian Thompson** agree to reimburse, indemnify, and hold harmless the United States of America, the Department of Homeland Security, the United States Coast Guard, the Coast Guard MWR program, its agents and employees from any and all claims and causes of action that arise or may arise from my use of the Coast Guard MWR equipment or facilities."

[Click here to sign this section](#)

"I have read BASENCRINST 6100.1B, Semper Paratus Fitness Center Instruction, and I will comply with all rules and regulations."

[Click here to sign this section](#)

[Submit to MWR](#)

# Requesting a Conference Room

- <https://cgportal2.uscg.mil/units/dol/dol-3/BNCR/SitePages/home3.aspx>

# CGPORTAL

the information YOU need

All Sites [dropdown] [search icon] [help icon]  
Advanced Personnel Search

I Like It [thumbs up icon]  
Tags & Notes [tags icon]

- Home
- Strategy
- Units
- Communities
- Training & Education
- References
- Applications
- Business Intelligence
- CG Portal Help

- Base National Capital Region
- Base NCR Services

CG Portal > DOL > DOL-3 Office of Base Operations > Base National Capital Region > home3

### DEPARTMENTS

- C4IT Department
- Command Master Chief
- Comptroller/Base Operations
- Facilities Engineering
- Health, Safety/WorkLife
- Personnel Support
- Procurement/Contracting
- Security

### SERVICES

- Find a Carpool
- Get an ID Card
- Get Shuttle Schedule
- Make a Visitor/Parking Request
- Make Medical/Dental Appointment
- Request Building Maintenance
- Reserve a Space
- Reserve a Govt. Vehicle
- Submit an IT help ticket

### MORE SERVICES

### KEY REFERENCES

- NCR Consolidation Site
- Employee Emergency Response Guide (EERG)
- HQ Instructions
- Telephone Directory for HQs
- OPM Govt. Operating Status

All Site Content



## Base National Capital Region



### WELCOME TO BASE NATIONAL CAPITAL REGION

Base National Capital Region serves as the single DCMS touch point for the support of Coast Guard operations within the 5th Coast Guard District, standing shoulder-to-shoulder with our operational partners to ensure the delivery of professional, responsive and cost-effective services to the American public.

### Popular Services

- Request Building Maintenance
- Reserve a Space
- View HQs Event Calendar
- Reserve a Govt. Vehicle
- Make a Visitor Request

### CGHQ News

- Enjoy a PEA - Performance Excellence Article - Pairwise Ranking - the forgotten tool
- Policy on Usage of Smoking Products in Coast Guard Facilities
- State of the Coast Guard Address
- Temporary - Limited Power Outage LL1
- Donations for Kramer Middle School
- Read to a loved one on video via United Through Reading
- Garage tollbooth construction

More News: Observances/Special Interests | Fun/Leisure/MWR | Classified Ads

### COMMANDING OFFICER

CDR Scott A. Keister  
BIOGRAPHY

### EXECUTIVE OFFICER

CDR Travis L. Carter  
BIOGRAPHY

### COMMAND MASTER CHIEF

MKCM Jason A Carlson  
BIOGRAPHY

OPERATING STATUS:  
OPEN [checkmark]

DOL SURVEY



### Hqs Conference Room Schedule



**You are now viewing: CGHQ Space 7K15-01 for 2/24/2015**

**Facilities Approval Required**

Click on an OPEN link to submit a new reservation request for approval for this room. For changes to existing reservations, click the reservation number and submit a change request.

[How to Use the Scheduler](#) Room Location Map

View: Day | **Week**

Room: 7K15-01 (24)

- Capacity: 24
- Conf. Phone:
- Audio Visual (AV):
- PC:
- [Video Conferencing System \(VTC\):](#)
- Podium:

**February 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

February 24 2015

- Search for:
- [My Reservations](#)
  - [Room by Date](#)
  - [Reservation by Number](#)

[Web Site Technical Contact](#)

[Administrators](#)

0700	<a href="#">OPEN</a>
0730	<a href="#">OPEN</a>
0800	<a href="#">OPEN</a>
0830	<a href="#">OPEN</a>
0900	Setup Time - Furniture/AV Support Use
0930	{ 0930-1100 } <a href="#">7K15-01-864</a> - Robin Vines-Randle (2-3421) FY15 MAP UPDATES MEETING
1000	
1030	
1100	Setup Time - Furniture/AV Support Use
1130	{ 1130-1330 } <a href="#">7K15-01-1006</a> - Camilla Bosanquet (202-372-2014) Western Hemisphere Implementation Workgroup Meeting
1200	
1230	
1300	
1330	Setup Time - Furniture/AV Support Use
1400	{ 1400-1500 } <a href="#">7K15-01-971</a> - Kristin Clark (12024753871) NSC Meeting
1430	
1500	<a href="#">OPEN</a>
1530	<a href="#">OPEN</a>
1600	<a href="#">OPEN</a>
1630	<a href="#">OPEN</a>
1700	<a href="#">OPEN</a>

### Hqs Conference Room Schedule



**Facilities Approval Required**

**You are now viewing: CGHQ Space 7K15-01 for 2/24/2015**

Click on an OPEN link to submit a new reservation request for approval for this room. For changes to existing reservations, click the reservation number and submit a change request.

[How to Use the Scheduler](#)

Room Location Map



View: Day | [Week](#)

Room: 7K15-01 (24)

- Capacity: 24
- Conf. Phone:
- Audio Visual (AV):
- PC:
- [Video Conferencing System \(VTC\):](#)
- Podium:

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

February 24 2015

- Search for:
- [My Reservations](#)
  - [Room by Date](#)
  - [Reservation by Number](#)

[Web Site Technical Contact](#)

[Administrators](#)

0700	<a href="#">OPEN</a>
0730	<a href="#">OPEN</a>
0800	<a href="#">OPEN</a>
0830	<a href="#">OPEN</a>
0900	Setup Time - Furniture/AV Support Use
0930	{ 0930-1100 } <a href="#">7K15-01-864</a> - Robin Vines-Randle (2-3421) FY15 MAP UPDATES MEETING
1000	
1030	
1100	Setup Time - Furniture/AV Support Use
1130	{ 1130-1330 } <a href="#">7K15-01-1006</a> - Camilla Bosanquet (202-372-2014) Western Hemisphere Implementation Workgroup Meeting
1200	
1230	
1300	
1330	Setup Time - Furniture/AV Support Use
1400	{ 1400-1500 } <a href="#">7K15-01-971</a> - Kristin Clark (12024753871) NSC Meeting
1430	
1500	<a href="#">OPEN</a>
1530	<a href="#">OPEN</a>
1600	<a href="#">OPEN</a>
1630	<a href="#">OPEN</a>
1700	<a href="#">OPEN</a>

Click the Compass to get a Floor map of your conference room

**Hqs Conference Room Schedule**



[How to Use the Scheduler](#)

Room Location Map 

View: [Day](#) | [Week](#)

Room: 8Z13-01 (12)

Capacity: 12

Conf. Phone:

Audio Visual (AV):

PC:

[Video Conferencing System \(VTC\):](#)

Podium:

**February 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

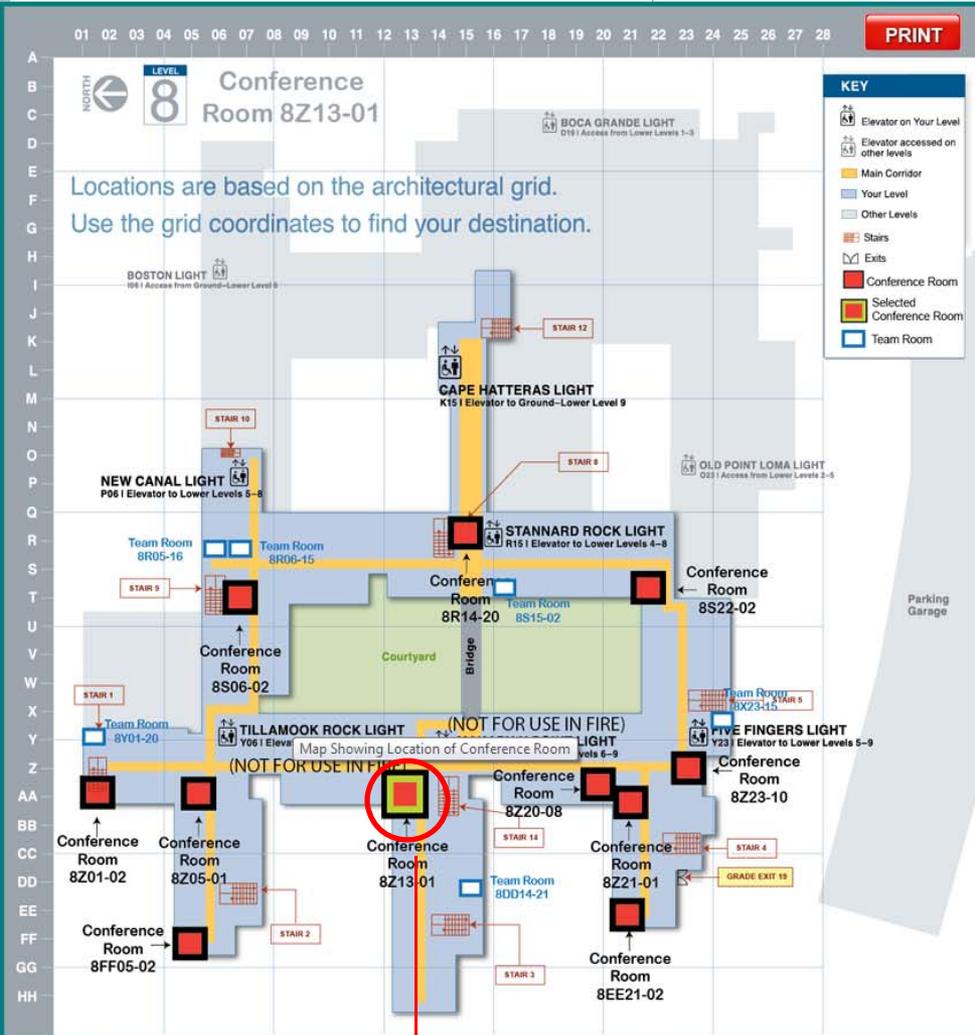
February 24 2015

Search for:

- [My Reservations](#)
- [Room by Date](#)
- [Reservation by Number](#)

[Web Site Technical Contact](#)

[Administrators](#)



1730	OPEN
1800	

Your conference room!!