

## **GENERAL ORDER 13.3.6**

### **Use of Fitness Facilities**

**GENERAL ORDER CROSS-REFERENCE: None.**

#### **SUMMARY**

Establishes a procedure for use of the police department fitness room.

#### **DISCUSSION**

Physical fitness is recognized as an important factor in promoting a safe and efficient work environment. The primary goal and use of the police fitness room is to encourage physical fitness among all employees and Reserve Officers .

#### **POLICY**

##### **I**

Due to risk management and security concerns, except as specifically authorized by the Chief of Police, use of the fitness room is restricted to police officers, police department employees and Reserve Officers.

##### **II**

All users of the fitness room will comply with posted fitness room rules. Failure to comply may result in forfeiture of fitness room privileges. Refer to attachment B for fitness room rules.

##### **III**

Exercise is not without its risks and this or any other exercise program may result in injury. Any person who undertakes these exercises does so at their own risk. To reduce the risk of injury you should consult your doctor before beginning this or any other exercise program. As with any exercise program, if at any point during your workout you believe conditions to be unsafe or begin to feel faint or dizzy, have physical discomfort, or pain, you should stop immediately and consult a physician.

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Richard L. Lewis  
Chief of Police

Attachment B

SPRINGFIELD POLICE DEPARTMENT  
FITNESS ROOM RULES

I. USE OF THE EXERCISE ROOM

A. General Rules

The primary use of the fitness room is to encourage physical fitness among police employees.

If you are unsure whether to begin an exercise program, consult your physician before you start. Always use common sense in all fitness endeavors, particularly when beginning an exercise program.

Police employees have priority over other users in the event of overcrowding or conflict of room usage. If a police employee wants to use the room and the room is at maximum occupancy, other users must surrender his/her place to the police employee if requested to do so.

No horseplay, food, or children are allowed in the exercise room.

Shoes and shirt must be worn at all times to safeguard the health of all.

The Investigative Services Division Commander will administer the fitness room including overseeing maintenance, administering rules, records, and training uses. The on duty Watch Commander shall assume responsibility for administering fitness room rules beyond normal business hours (0800-1700, M-F).

The Springfield Police fitness room, unlike paid fitness facilities does not have someone to mop up sweat and wipe off the equipment. As a courtesy to other users and the longevity of the equipment, don't leave it to "someone else" to clean up after your workout.

II. USE OF THE EXERCISE EQUIPMENT

A. General Rules

Weights will not be slammed together. Weight stacks on the universal machine are not to be dropped out of control, as they may split.

Extra weight plates and other equipment shall be returned to their storage areas. Extra weights should not be left on the olympic bar as they can be bowed by heavy weights.

No personal or unauthorized exercise equipment will be allowed in the fitness room without approval of the fitness room administrator.

Report any malfunctions or equipment problems to the exercise room administrator. Do not attempt any repairs yourself. Place a "Do Not Touch" sign upon any equipment that requires repair and complete a repair request form describing the equipment problem.