

GENERAL ORDER 22.3.1

Physical Fitness

GENERAL ORDER CROSS-REFERENCE: 13.3.6

SUMMARY

Describes the Springfield Police Department's physical fitness program.

DISCUSSION

The functions of a law enforcement agency frequently require a level of fitness not demanded by many other occupations. Fitness is an important dimension to be considered in the well being and job performance of any individual, and particularly for those involved in law enforcement.

Physical fitness has a significant impact upon:

1. Physical Health
 - a. Reducing coronary risk
 - b. Weight reduction and control
 - c. Fatigue tolerance
 - d. Energy production
2. Emotional Health
 - a. Decreased anxiety and depression
 - b. Improved self-esteem
 - c. Ability to deal with stress
3. Job Performance
 - a. Increased alertness
 - b. Reduced absenteeism
 - c. Increased productivity
 - d. Reduced health care costs

Many associated health risks can be averted by engaging in an adequate physical fitness program.

POLICY

I

The Springfield Police Department encourages its employees to engage in a physical fitness program to enhance their level of fitness and well-being. The Springfield Police Department, in cooperation with the Springfield Police Association, has provided a fitness room for use by all police department employees. This room provides twenty-four hour access and can accommodate fitness levels from beginner to advanced. Refer G.O. 13.3.6 for additional information.

II

The Springfield Police Department requires that persons hired into entry level sworn, detention officer, and reserve police officer positions undergo, and pass, a physical examination, a psychological examination, a drug screen, and pass a physical fitness test prior to their appointment.

III

If, during the course of employment, an employee's physical fitness for duty is questioned, a physical exam may be required by the City of Springfield. These examinations are at no cost to the applicant or employee. Routine physical examinations, after employment, are not provided by the City of Springfield.

IV

Persons hired for other positions within the Springfield Police Department, shall undergo psychological and medical examinations. These exams are at no cost to the applicant or employee.

V

The Springfield Police Department requires a mandatory physical fitness test for all entry level sworn, detention officers and reserve police officer positions. The Springfield Police Department uses the Oregon Physical Abilities Test (ORPAT) for.

Refer to the training office for a description of the ORPAT courses.

Richard L. Lewis
Chief of Police