

CHAPTER 89.00

PHYSICAL TRAINING ROOM

Sections:

89.01	Purpose
89.02	Policy
89.03	General Guidelines
89.04	Restrictions
89.05	Equipment
89.06	Food and Drinks
89.07	Procedures

89.01 PURPOSE

- a. To establish guidelines for the use of the physical training room and equipment located on the second floor of the Police Department.
- b. All employees of the King City Police Department are encouraged to actively participate in a personal wellness plan, which includes a program of regular physical fitness.
- c. Personnel who have not exercised for a long period of time or are starting a new exercise program should consult a physician prior to doing so.

89.02 POLICY

The physical training room, gym and weight equipment located upstairs at the Police Department is available for use by all King City employees, their immediate family members who are over 16 years of age, volunteers, and Interns. Any others who wish to use this facility shall do so only with the express consent of the Chief of Police.

89.03 GENERAL GUIDELINES

- a. Police personnel may use this equipment while on-duty and during their lunch time as long as two other officers are on duty and available for calls for service, and they obtain permission from the supervisor.
- b. Support personnel may use the equipment during their lunch time with approval from their supervisor.
- c. On-duty personnel will closely monitor a police radio while exercising in the event an emergency arises and be available to respond in a short amount of time. On-duty personnel will notify dispatch at the beginning of their code 7 and at the end. Notification will include providing dispatch of your location.
- d. On-duty personnel may only remove their uniform shirt, duty belt, and protective vest while exercising and maintain uniform trousers and uniform foot gear.
- e. The on-duty Supervisor has the right to deny the use of the weight room during an employee's lunch hour if the supervisor determines it is not practical or in the best interest of public safety.

89.04 RESTRICTIONS

- a. Any city employee, volunteer, intern, or family member who is not employed by the Police Department shall at all times be accompanied by a police department employee while working out.

- b. All users of the physical training room and equipment shall be over 16 years old.
- c. Any person who is not an employee of the City shall sign a waiver of liability.

89.05 EQUIPMENT

- a. Safety First: When training alone do not attempt to lift any weight that you are not sure of or cannot do so safely. Always try and have a partner to work with or someone to spot for you.
- b. Nothing shall be posted or mounted on the fitness room walls without the express consent of the Chief of Police.
- c. There shall be no unauthorized personal equipment brought into this room without the authorization of the Chief of Police or his designee. The only exceptions to this rule are:
 - 1. Weight belts for waist (encouraged)
 - 2. Gloves
 - 3. Arm blasters
 - 4. Knee wraps
 - 5. Wrist straps
 - 6. Ankle and wrist weights
- d. Treat the equipment as if it were your own! All weights must be returned to racks after use. Do not drop weights on the floor, unless necessary.
- e. Courtesy and fairness should be the guide when using the television or stereo.
- f. The fitness room door shall be closed when the room is in use.
- g. Maintenance of and repairs to the equipment is the sole responsibility of the King City POA's.

89.06 FOOD AND DRINKS

- a. As per General Order 35.00 B-5 (Use of Tobacco Products) the use of tobacco products shall not be indulged in by any personnel using the weight room.
- b. No food is allowed around the equipment. Drinks must be in plastic or can type containers. Pick-up your trash after you are done.
- c. There is absolutely no alcohol allowed.

89.07 PROCEDURES

- a. On and off-duty personnel using the weight room will sign in on the sign-in board located on the east wall as you enter the weight room. This will include your full name, the date of use, the time you started and the time you ended your workout.
- b. Any problems with the equipment or facility should be promptly reported to the on-duty supervisor.
- c. Remember, this is our room and our equipment. The only way it will be kept clean and functional is if we do it together. Pick-up after yourself and keep it clean for the next person.

Revised 3/17/2003

Jim Copsy, Chief of Police