



# *Winters Police Department*

*John P. Miller, Chief of Police*

*702 Main Street, Winters, CA. 95694*

## **GENERAL ORDER #17-05**

### **USE OF PUBLIC SAFETY FACILITY EXERCISE ROOM**

**Date: May 3, 2017**

#### **I. PURPOSE AND SCOPE**

Recognizing the importance of physical fitness to all members of the Winters Police Department, and in order to promote and encourage the benefits of exercise which include reducing the risk of injury and illness, the Winters Public Safety Facility (PSF) maintains an exercise facility accessible to all members of the Winters Police Department that may be used while on or off-duty.

#### **II. POLICY**

Use of the exercise facility is a privilege and is voluntary. All members are expected to comply with the procedures set forth in this General Order or risk having their privileges to use the fitness center suspended or revoked.

Prior to using the facility, members shall review and sign the City of Winters Public Safety Facility Exercise Room Release and Waiver. To ensure that all members maintain the benefit of workers compensation coverage, members shall use the equipment in a responsible manner and only for its intended purpose.

While it is not mandated that members have a physical examination prior to using the exercise facility, it is strongly encouraged to do so prior to beginning an exercise program. This is recommended in order to assess the members overall wellness and to determine if their physician recommends any restrictions to an exercise program. Members should review their individual health plans to determine what physical examinations are covered.

In the event a member becomes injured during the use of the exercise facility emergency medical personnel shall be immediately contacted, if necessary. Any injuries sustained by a member shall be reported to their immediate supervisor who shall be responsible for completing the initial workers compensation documentation.

#### **III. PROCEDURE**

Members using the exercise facility while on-duty must:

1. Seek prior approval from their supervisor, if applicable.
2. Advise Yolo Emergency Communications Agency (YECA) and fellow members of their activity and location.



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3. Keep their portable radio with them, powered on, set to the appropriate channel, and remain available to respond to emergencies and calls for service.

All individuals who use the facility are expected to comply with the rules and guidelines of this policy and the items listed below:

1. Guests are not permitted to use any equipment.
2. No food or beverages (including sports drinks) are allowed in the exercise facility at any time. The only permitted beverage is water.
3. Shirts and closed-toed shoes are required at all times while in the exercise facility.
4. No personal property of any kind shall be left in the exercise facility.
5. Excessive noise is not permissible.
6. Prior to using any equipment the member shall inspect it for damage or excessive wear. Any damage or excessive wear should be reported to the Chief of Police via e-mail.
7. Due caution should be used to insure all body parts are kept away from moving parts.
8. Abuse of exercise equipment is prohibited. This includes but is not limited to slamming or dropping weights and using weight equipment for other than its intended purpose.
9. Collars shall be used on all free weights at all times.
10. It is recommended that a weight belt be used to reduce back injuries.
11. It is recommended that a spotter be present when using free weights.
12. The exercise facility will be maintained and kept clean and orderly by those who utilize it.
  - a. All exercise equipment will be returned to its proper location after use.
  - b. Each member must have a cotton towel in their possession in the exercise facility and will wipe down the equipment immediately after using it.
  - c. Members shall use the antiseptic spray and paper towels to wipe down any equipment that has been exposed to perspiration or other bodily fluids.
13. The last member using the weight room will turn off all lights, fans, televisions and radios.

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