



DEPARTMENTAL REGULATIONS
CONCORD POLICE DEPARTMENT

GENERAL ORDER 31
EFFECTIVE DATE:
3/1997
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I.D. NUMBER: 417

Chief of Police

FITNESS ROOM

A. POLICY STATEMENT

Contemporary medical wisdom has shown that physical conditioning and staying physically active enhances our quality of life, self-esteem, and life expectancy, and reduces the probability of future injury. In furtherance of these attributes, a Fitness Room has been designed that encourages employees to maintain a level of fitness. The Fitness Room is designed to provide a facility that enables an individual to improve his/her physical conditioning, specifically geared to cardiovascular conditioning and muscle toning. It is not intended to be a "weight room" designed for heavy weight workouts. In addition to the altruistic attributes, the Fitness Room will help our employees meet the physical demands of the job and the expectations of the community. The purpose of this policy is to establish a set of rules and regulations regarding the use and maintenance of the Fitness Room.

B. GENERAL

The following procedures apply to the use of the Concord Police Department Fitness Room:

1. The Fitness Room is available for use by all Concord Police Department employees and volunteers, as well as other City of Concord employees.
 - .1 City of Concord employees who choose to use the Fitness Room are required to check in at the Community Services Desk in the main lobby. They will be directed to the appropriate locker room and issued a day-locker. When leaving the facility, the employee shall check out at the Community Services Desk. The Fitness Room is available to City of Concord employees from 0700 hours through 2200 hours.
2. Because of safety concerns and the desire for an atmosphere of serenity, family members of CPD employees must be 12 years of age or older to use the Fitness Room, and they must be accompanied and supervised by the employee. The Fitness Room should not be a social gathering point. It should be as free of distractions as possible.
3. The Fitness Room is not to be used as a passageway.
4. The Fire Exit door is not to be used, except in the case of an emergency.
5. All personnel who use the Fitness Room are expected to exercise good housekeeping practices. After finishing with a piece of equipment, an effort should be made to clean the equipment. (e.g., wipe the sweat from the equipment.)
6. Any problems with the equipment, or the Fitness Room in general, should be promptly reported to an on duty patrol supervisor.

7. No additional equipment of any kind shall be brought into the Fitness Room without the express consent of the Chief of Police.
8. Dress Code: All personnel using the Fitness Room shall wear appropriate attire. Said attire shall include athletic type shoes, shorts/pants and a shirt or tank top.
9. Decorations: Nothing shall be posted or mounted on the Fitness Room walls without the express consent of the Chief of Police.
10. Television & Stereo: Courtesy and fairness should be your guide when utilizing the television or stereo as an exercise distraction. The Fitness Room should not be a gathering place to watch television.
11. It is suggested that all those who utilize the Fitness Room become familiar with the operation of the exercise equipment before using it. For instructions and/or assistance, contact a member of the Fitness Committee.