

Hamden Police Department General Orders

Policy Number: 004-009

Effective Date: April 1 2012

Section: General Management

Rescinds: No Previous version

Title: Fitness Center

Approved By: Police Commission

Approval Date: November 14, 2012

Purpose: To provide all full-time employees of the Hamden Police Department with guidelines on the use of the Fitness Center and Physical Training Room.

Policy: A state-of-the-art Fitness Center has been provided to the full-time employees of the Hamden Police Department (Sworn and Non-Sworn) to promote good health and physical wellness. All employees will have use of the equipment. A Physical Training Room has also been provided for the use by Sworn Personnel. This is located in the Training Division of Police Headquarters and is marked as Training Room #3.

Procedures: The use of the Fitness Center shall be during OFF-DUTY hours only. Each employee will use the equipment at his or her own risk. Each employee will be required to sign a waiver prior to using the Fitness Center.

The Fitness Center will be available to personnel 24/7 unless otherwise stated by the Chief of Police.

It will be the responsibility of each employee to orientate themselves with the equipment prior to using it.

Under normal circumstances, personnel utilizing the Fitness Room and wearing sport/athletic attire shall be restricted to the lower level (Locker Room Floor) while in said attire.

The use of the Physical Training room while off duty requires authorization from the Chief's office. The employee will be required to sign a waiver prior to using the Physical Training room.