

Washington Township Fire Department Standard Operating Procedure

Division 300: Occupational Safety & Health
Section 309: Personal
Subject 309.03: On-Duty Workout Room Usage
Supersedes :



Approved By:

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PURPOSE:

To establish guidelines for individual responsibility and accountability for on-duty workout room usage

RESPONSIBILITY:

It is the responsibility of each member to be familiar with and adhere to the guidelines of this policy.

PROCEDURES:

The designated workout areas located in each station can be utilized by on duty crews at the following times.

Monday through Sunday from 0600 – 0800 or 1600-2200*

*2200 hours for those stations with the bunkrooms in use

Individuals must adhere to the following conditions:

- Apparatus must stay in service
- Exercise must take place in the designated rooms of each station
- All daily duties and assignments **MUST** be completed prior to beginning working out
- In the morning workout period, all members **MUST** be in uniform ready to respond no later than 0800. In the event of interruptions due to emergency responses, supervisors may grant workout time extensions
- Emergency responses should not be delayed
- When responding to alarms during workouts, members **MUST** wear the uniform described by the time of year and the uniform policy, general order 91-1
- Individuals using the workout room will sign in and out on the usage log sheet in each workout room
- Performance of assigned duties may limit or eliminate workout time
- At the conclusion of workouts all equipment should be cleaned and ready for subsequent use

Any violation of the above conditions can result in the loss of workout time and/or the issuance of the appropriate level of discipline.

Union employees will continue to workout as outlined in the collective bargaining agreement.