

Stillwater Fire District
Stillwater, NY 12170

Policy Name: Exercise Equipment Use **Policy Number** 1 of 2017

Date Issued: 2/13/17

Effective: 2/13/17

Revised: _____

Review Date: January 2020

I. PURPOSE

The Stillwater Fire District recognizes that in order to safely and effectively perform the tasks associated with emergency service response it's advantageous that members maintain their physical condition. The District also acknowledges that members in better physical condition are less prone to injuries. The District owns and maintains physical conditioning equipment located at Station 1 and encourages all members to safely use the equipment to maintain a level of fitness.

II. POLICY

- A. As with all physical fitness programs and equipment you should consult your personal physician before you begin an exercise regimen.
- B. All members are encouraged to use the cardio equipment at least once a week.
- C. All equipment shall be utilized at all times per the manufacturer's guidelines which shall be reviewed prior to use.
- D. Inactive, suspended or injured members shall not use the equipment. Injured members shall obtain a physicians clearance before resuming use of the equipment.
- E. This policy shall apply to members of the Arvin Hart Fire Company and their family members over the age of 18. Family members are considered the spouse or member's children over the age of 18.
- F. It is absolutely imperative for insurance purposes that each member or family member using the equipment sign the designated log book with the following information, Date, Name, time start, time end. The log book shall be located in the day room at station 1.
- G. Family members are authorized to use the exercise room or rest room facilities and shall not be in any other part of the fire station unless accompanied by a member.
- H. It shall be the responsibility of all personnel authorized to use the exercise equipment to maintain a level of fitness shall utilize sound judgment and safe practices while exercising. Whenever possible, personnel shall train with partners for spotting or for just having an additional person in attendance in case of an emergency.
- I. All personnel authorized to use the exercise equipment shall be held accountable for maintaining the proper care and restoration of the equipment being used. Proper clean up of equipment must be implemented after the use of equipment.

- J. All equipment shall be utilized at all times per the manufacturer's guidelines which shall be reviewed prior to use.
- K. In the event that workout equipment is damaged or broken, report the information to the Fire District Secretary or to one of the Commissioners or Chief Officers. Please try to be specific as to the problem.
- L. Participants using the equipment must recognize that both males and females may be using the equipment and proper attire is required as is proper foot ware to be worn at all times.
- M. Personal hygiene products and towels shall not be left in the exercise area and shall be taken home daily.
- N. It is the duty and responsibility of all authorized personnel to report any suspected injury to an officer or commissioner within 24 hours of occurrence. Policies already in place to report injuries while performing covered tasks shall be followed.
 - 1) Participants using the gym will be cognizant of other functions occurring within the facility and please maintain proper radio and TV volumes accordingly.
- O. Horseplay of any kind will not be tolerated.
- P. In order to assure the safety of your children under 18, they are not permitted in the exercise room nor can they remain in any area of the fire station unsupervised while you are using the facilities.
- Q. The use of the exercise equipment is considered a privilege and may be revoked at any time for violation of any procedures noted in this policy.
- R. Members utilizing the equipment who are present at the time of an emergency call are expected to respond to the call.

Board of Fire Commissioners