




FIRE RESCUE

ALBEMARLE COUNTY

STANDARD OPERATING GUIDELINE

Subject:	Fitness/Exercise Facility & Equipment Use
Reference Number:	SAP-DEP-028 (DRAFT)
Effective Date:	1 September 2006
Last Revision Date:	N/A
Signature of Approval:	

J. Dan Eggleston, Chief

Purpose:

The purpose of this SAP is to provide a general policy for the use of individual station fitness/exercise facilities and equipment.

Background:

This policy was adopted at the 30 August 2006 meeting of the Albemarle County Fire Rescue Advisory Board.

Scope:

This policy applies to all department personnel.

Deviation:

Some station-specific deviation may be necessary in order to best determine and manage the use of individual fitness/exercise facilities. Allowable items which may require station-specific policies are denoted with an asterisk (*) in the policy. Any deviation from this policy will be clearly posted at the station's fitness/exercise area.

Policy:

Eligibility for Use

1. Volunteer or career fire, rescue, or EMS personnel may use the fitness/exercise facility and equipment.
2. Immediate family members of personnel may use the fitness/exercise facility and equipment.*
3. No one under the age of fourteen (14) may use the fitness/exercise facility or equipment.

Waiver and Release of Liability

1. A standard Fitness/Exercise Facility Waiver and Release Form must be completed by all non-department personnel who desire to use the facilities and/or equipment.
2. For non-emancipated minors under the age of eighteen (18), the waiver and release form must be signed by a legal/parent/guardian.

Use Guidelines

1. On-duty personnel have priority for the use of fitness equipment and facilities.*
2. Use of the fitness/exercise facilities and/or equipment is at the individual's sole risk.
3. All personnel using the facility and/or equipment, or engaged in any exercise program, are encouraged and advised to consult with his/her physician prior to beginning such.
4. A legal parent/guardian must be present when the facility is being used by a minor between the ages of fourteen (14) and sixteen (16).
5. Generally, the fitness/exercise facility and equipment are available for use during the posted hours at each facility.
6. Users will always follow the "Good Neighbor Policy."
7. During peak use or when others are waiting, users will limit his/her time on cardiovascular equipment to thirty (30) minutes.*
8. Users will wipe down equipment after use with approved disinfectant wipes or spray.
9. Users will re-rack weights and replace equipment after use.
10. Users will pick up his/her towels, water bottles, magazines, etc. when finished.
11. Except for water or sports drinks, food and drink are not permitted.

12. All users will be attired in appropriate athletic shoes and clothing.
13. Malfunctioning or broken equipment will be posted with an "Out-of-Order" sign. Staff will report broken or malfunctioning equipment to an officer, who will in-turn notify ACFR staff.
- 14.

Reference:

Fitness & Exercise Facility Use Waiver & Release Form