

## CLARENCE FIRE DISTRICT No.1

### **PHYSICAL FITNESS ROOM POLICY**

#### **I. SCOPE:**

It is recognized that in order to safely and effectively perform the tasks associated with the emergency services, firefighters must maintain their physical condition. The Clarence Fire District No.1 acknowledges the physical demands placed on our first responders and encourages all firefighters to utilize the facilities available to ensure they are prepared to meet the physical challenges of all emergencies.

#### **II. OBJECTIVE:**

The objective of this policy is to establish expectations and procedures for use of the physical fitness room to provide a clean, orderly environment for all users of the room.

#### **III. GUIDELINES:**

##### A. Authorized users of the Physical Fitness Room:

1. Active members of Clarence Fire Co.
2. Active members of the Explorer Post
  - a) Must provide a parental consent form (see attachment #2 to this Policy) prior to initial use of the room.
  - b) Must, at all times, be accompanied by a Post Advisor or a family member who is an active member of Clarence Fire Co.
3. Life Member of Clarence Fire Co.
  - a) Must annually provide an Authorization form signed by a Primary Care Physician (see attachment #3 to this Policy) to be eligible to use the fitness room.
  - b) Life Members are responsible for any and all medical bills, travel expenses, or costs that arise from having their authorization form completed.

B. As with all physical fitness programs, all users should consult with their personal physician before starting a program. Active members and Explorers must have completed their annual physical in accordance with Art. III of the District Rules & Regulations. Any active member who has not completed his/her annual District requirements shall not use the fitness room until their deficient requirements have been completed.

C. Users must complete an initial orientation of the equipment prior to use. All equipment shall be utilized in accordance with manufacturers guidelines.

D. In the event that workout equipment is damaged or broken, the user shall notify the Commissioner who is responsible for the building as well as completing an "Equipment Log" sheet that is posted in the room.

E. Users shall utilize sound judgment and safe practices while exercising. Whenever possible, it is recommended that users train with a partner. To be covered by insurance, all users must individually use their fob to access the room and must sign the "sign-in" sheet provided.

- F. Users must recognize that both males and females will be working out together at times. Proper and appropriate “gym attire” is required, which includes sweatshirts, sweatpants, shorts, t-shirts, sneakers. No bare feet or sandals are permitted. No clothing with studs, rivets or exposed zippers (such as jeans) are permitted as this may damage certain equipment.
- G. Personal hygiene products and towels are not to be left in the fitness room or bathroom.
- H. Other than water bottles, no food or beverages will be brought into the fitness room.
- I. Users will be courteous to other users. Radios and TV volume levels will be kept to reasonable/normal levels. There will be no horseplay or foul language.
- J. Any injuries must be reported immediately to the Board of Fire Commissioners.
- K. Users shall be responsible for maintaining cleanliness after use of the equipment and the room. Disinfectant wipes provided shall be used to wipe down a piece of equipment after it’s use. All equipment will be returned to its normal state/location after use (i.e. free weights returned to racks).
- L. Active members who are utilizing the room at the time of an emergency alarm must respond to the call. An Explorer is required to leave the room when the Advisor/family member responds to the call.
- M. At no point should fitness center equipment; including but not limited to kettle balls, slam balls, dumbbells, curl bars, free weights, jump blacks, bars, stationary bikes, stair machine, treadmill, recumbent bike, elliptical machine, rowing machine, etc be removed from Fire District Property.
- N. The use of the physical fitness room is considered a privilege and may be revoked at any time by the Board of Fire Commissioners for violation of any portion of this policy.

This policy is adopted April 9, 2018 and supersedes the previous version of this policy adopted on March 12, 2018. Revised on 5/13/19

By order of the Board of Fire Commissioners, Clarence Fire District No. 1

***By signing below, I acknowledge that I have completed the orientation by the Clarence Fire District as mentioned in (c) above. I have read and understand the policy as written and agree to abide by these rules in using the facilities and its equipment. A signed copy of this will be kept in my District Personnel file.***

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**CLARENCE FIRE DISTRICT No.1**

**PHYSICAL FITNESS ROOM SIGN-IN SHEET**

NOTE: All users are required to access this room individually with their fob and to sign this form. Failure to adhere to this could result in room privileges being suspended.

DATE                  FIREFIGHTER #                  SIGNATURE                  TIME IN    TIME OUT

**CLARENCE FIRE DISTRICT No.1**

**PHYSICAL FITNESS ROOM PARENTAL CONSENT FORM**

EXPLORER NAME: \_\_\_\_\_  
(print)

I, \_\_\_\_\_, grant permission for my son/daughter to use the  
(parent name-print)  
Clarence Fire District No.1 Physical Fitness Room.

Signature of Parent: \_\_\_\_\_

Date: \_\_\_\_\_