**FIRE DISTRICT**

**STANDARD OPERATING POLICY**

I **DIVISION:**

I **SECTION: SUBJECT:**

**PERSONAL SAFETY**

**Fitness Room**

**EFFECTIVE DATE:**

**REVISED:**

# PURPOSE

The purpose of this standard operating procedure is to establish a safe, clean, and friendly environment in which to work out. Fire District employees have the full authority to maintain and enforce the policies. Disregard or abuse of these policies or procedures may result in loss of weight room privileges.

# G.8.1 SCOPE

The Standard Operating Procedure shall:

Conform to the requirements of such authority as applicable under OSHA. Be observed

and adhered to by all Fire District Personnel.

# G.8.*2* RESPONSIBILITY

* + - 1. **General - Fitness Room Usage**

Before beginning a weight-training program it is highly recommended that you visit with your physician. Weight room use is restricted to Fire District members only (this includes; paid staff, resident, volunteers, and explores). Members will notify on duty staff when weight room is being used. Nobody under the age of 16 will be allowed to use the weight room.

# Dress Code

Wear comfortable clothing while working out. No street cloths allowed (no cut-offs, snaps, zippers, buttons, or rivets) Athletic shoes must be worn at **ALL** times (no open toed shoes/sandals) T-Shirts must be worn at **ALL** times.

# Etiquette

* + - * + Re-rack plates and dumbbells in proper places
        + Do not lean plates/bars on wall or glass surfaces
        + All workouts will be done with a spotter
        + No chalk use allowed
        + BE **CLEAN!** Use disinfectant spray to wipe off your sweat from the upholstery.
        + Be courteous. Work with other and allow them to use weights between your sets.
        + DO NOT DROP WEIGHTS OR DUMBBELLS AT ANY TIME!!!

Fire Chief Date