

ENDWELL FIRE DISTRICT

PHYSICAL FITNESS ROOM POLICY

Number: 2023 - 30

Adopted: March 22, 2023

I. SCOPE:

It is recognized that firefighters must maintain their physical condition to safely and effectively perform the tasks associated with emergency services. The Endwell Fire District 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 the 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 O.L. Davis Fire Co. after completing all new member drills.
2. Life Members and Auxiliary Members of O.L. Davis Fire Co.
 - a. Must annually provide an Authorization form signed by a Primary Care Physician (see attachment #2 to this Policy) to be eligible to use the fitness room.
 - b. Life Members and Auxiliary 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. 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 the Fire Company Workout Committee Member via email and copy the Endwell Fire District Secretary.

E. Users shall utilize sound judgment and safe practices while exercising. Whenever possible, it is recommended that users train with a partner who is a member of the organization. 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 males and females will be working out together at times. Therefore, proper and appropriate "gym attire" is required, which includes sweatshirts, sweatpants, shorts, t-shirts, and 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.

ENDWELL FIRE DISTRICT

PHYSICAL FITNESS ROOM POLICY	
Number: 2023 - 30	Adopted: March 22, 2023

- 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. Radio 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 the use of the equipment and the room. Disinfectant wipes provided shall be used to wipe down a piece of equipment after its 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 machines, treadmills, recumbent bikes, elliptical machines, rowing machines, 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 on March 22, 2023, and supersedes the previous version of this policy.

By order of the Board of Fire Commissioners, Endwell Fire District

By signing below, I acknowledge that 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: _____

ENDWELL FIRE DISTRICT

PHYSICAL FITNESS ROOM POLICY	
Number: 2023 - 30	Adopted: March 22, 2023

Attachment #2

Endwell Fire District

Life Member and Auxiliary Member Fitness Center Use Policy and Authorization

This Policy is to permit the use by Life Members and Auxiliary Members of the O.L. Davis Fire Company, Inc. of the Endwell Fire District ("Fire District") Fitness Center, subject to this Policy.

1. All Life and Auxiliary Members of the O.L. Davis Fire Company, Inc. may use the Fire District Fitness Center upon the submission of this document signed by the Life and Auxiliary Member and upon medical clearance by the Life and Auxiliary Member's primary care provider as required herein.
2. A current version of this document shall be submitted at least annually, signed by both the Life and Auxiliary Member and their primary medical provider.
3. All expenses of any medical examination shall be the sole responsibility of the Life and Auxiliary Member.
4. The use of the Fitness Center by a Life and Auxiliary Member is a privilege extended to Life and Auxiliary Members, which may be rescinded for violation of this Policy or other Fire District policies applying to the Fitness Center or use of the Fire District fire station facilities or as the Board of Fire Commissioners determines.

This Policy may be amended, from time to time, at the discretion of the Board of Fire Commissioners.

Life/Auxiliary Member Name: _____

Life/Auxiliary Member Address: _____

As the Life and Auxiliary Member stated above, I agree to obey all rules, regulations, policies, and procedures for the use of the Fire District Fitness Center, including providing a current medical clearance by my primary medical provider on at least an annual basis.

I, and my successors and heirs, also agree to defend, indemnify and hold harmless the Endwell Fire District for any injuries, claims, damages, or otherwise arising out of my use of the Fire District Fitness Center, regardless of whether such injuries, claims, damages or otherwise are caused in part by the negligence of the Fire District and/or any of its agents, officers, employees or members.

_____ Date _____

Signature of Life/Auxiliary Member

Medical Authorization and Clearance

The undersigned hereby certify that I am the primary medical provider to the above-named Life / Auxiliary Member, who is hereby medically cleared to use the Fire District Fitness Center.

Name of Primary Medical Provider

_____ Date: _____

Signature of Primary Medical Provider