

3.7.1 Physical Fitness

I. POLICY

It shall be the policy of the Johnstown Police Department that all personnel are apprised of the leading causes of death and disability including the prevalence of each contributing risk factor. Additionally, this general order outlines the importance of physical fitness and encourages the voluntary participation of fitness programs.

II. PURPOSE

The purpose of this general order is to provide personnel with guidelines on the department's position on physical and mental fitness. In the line of duty, police officers are required to use their minds and bodies in difficult and strenuous activity. The outcome can result in either the injury or death of the officer, the assailant, or the citizen in need. The department recognizes that the total wellness of its personnel is a benefit to the community, individual officer and police department.

III. PROCEDURE

A. Physical Fitness Program

1. The very nature of law enforcement requires that personnel should maintain a high level of physical fitness in order to meet the physical demands of their profession. The goal of a physical fitness program is to assist members in staying healthy or getting back onto the track of a healthy and prosperous life by providing incentives and guidance in the area of physical fitness.
2. Although the Johnstown Police Department does not have a mandatory physical fitness program, personnel are expected to maintain a level of fitness to effectively perform duties, as per their job description. Personnel are encouraged to maintain their physical fitness. To promote fitness, the police department does have a fitness center operated by the officer's for a minimal yearly fee. Offered are:
 - a. Nautilus Equipment
 - b. Free Weights
 - c. Treadmill's
 - d. Elliptical Glide
 - e. Stationary Bikes
3. It is strongly recommended that prior to participating in any fitness program, a comprehensive medical check up and clearance be obtained by the officer.
4. All properly administered physical fitness programs include the balance of:
 - a. Aerobic Conditioning for Cardiovascular Development

3.7.1 continued

- b. Anaerobic Conditioning for Muscle Tone and Development
- c. Flexibility
- d. Diet
- e. Hydration

Effective Date:

Date: March 16, 2007

By Order Of:

Craig Foust
Chief Of Police