

**EAST COUNTY FIRE & RESCUE**  
**Policies, Procedures, and Guidelines**

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**SUBJECT: Fitness Equipment**

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**APPROVED BY:** \_\_\_\_\_

*Ray D. Larson*  
Board Chair

**REVIEWED:** \_\_\_\_\_

**BY:** \_\_\_\_\_

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**Fitness Equipment Policy**

**1. POLICY:**

East County Fire & Rescue provides fitness equipment for use by all regular full and part-time employees/volunteers who complete a medical/drug assessment. The Fitness Equipment was purchased through a Federal Assistance to Firefighters Grant. The grant funds were expended solely for the purpose of purchasing fitness equipment and health assessments for East County Fire & Rescue personnel.

On occasion, and by administrative authorization, family members may be allowed to use the fitness equipment. If so authorized, a waiver of liability must be signed by the family member and supervisor.

**2. PROVISIONS:**

- a. All employees/volunteers are required to complete a medical assessment prior to using the fitness equipment.
- b. Only employees/volunteers—in good standing—of East County Fire & Rescue are eligible to use the fitness equipment.
- c. The fitness equipment is available for use seven days a week, including holidays, from 7:00 a.m. to 9:00 p.m.
- d. SAFETY FIRST! Start out slowly and increase workout time and intensity gradually. Make sure to include a proper warm-up and cool-down in your workout routine.
- e. Proper workout attire must be worn. Employees/volunteers must wear appropriate clothing and should not use the facility while in regular work attire, unless given permission to do so. Examples of proper attire include gym shorts, tee shirts and any conventional exercise attire such as warm up suits. Fitness equipment should be cleaned immediately after use of that equipment.
- f. Food and beverages, with the exception of water, are not allowed in the fitness area.

g. Report all damaged or faulty equipment immediately to your supervisor or manager. Immediately post as "Out-of Service".

### **3. RETIREE AND COMMISSIONER USE**

East County Fire & Rescue members who retired in good standing are eligible to use the Fitness Equipment. A Liability Waiver must be signed by the retiree on an annual basis.

Commissioners are eligible to use the Fitness Equipment once an annual Liability Waiver has been signed.