

EAST COUNTY FIRE & RESCUE
Policies, Procedures, and Guidelines

SUBJECT: Physical Fitness

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APPROVED BY: _____


Board Chair

REVIEWED: _____

BY: _____

POLICY: Benefits

Physical Fitness.

The District shall provide time—as practical—during each standard work period for Employees working a 24/48 hour shift to participate in an on-duty physical fitness program. PE clothing (T-shirt, shorts, sweatpants) shall be issued by the District. The PE program (inclusive of showering) shall be completed within 75 minutes (total time)—with return to an acceptable duty uniform.

Employees working a forty (40) hour work week, or part-time schedule, will be granted time during their work week to engage in a physical fitness program. Times and occurrences will vary based on employees work schedule.