

EXERCISE EQUIPMENT USE

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Page 1 of 1

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Purpose: *The Okolona Fire Department maintains exercise equipment that is intended to assist persons in achieving a level of physical fitness. This policy addresses use of this equipment by members of the fire department, and other emergency response personnel.*

Procedure:

1. No one shall use the exercise equipment if his or her physical condition precludes safe use of this equipment. When in doubt, the prospective user should consult his or her personal physician prior to use.
2. Persons wishing to use the exercise equipment shall receive proper training in its use before using the equipment.
3. Persons who are members of the firefighter's immediate family may use exercise equipment if the person lives in the firefighter's household, and is over the age of 16.
4. Persons who are employed by an emergency response agency (police, fire or EMS) may use the exercise equipment provided they either live or are assigned to the Okolona Fire District, subject to the following conditions.
 - A. They have a statement from their personal physician approving participation in an exercise program.
 - B. Have made written application to the fire chief to use the equipment, and has been approved.
 - C. Have received proper training on the use of the equipment.
 - D. Sign an approved, notarized form releasing the fire department from liability.
5. A member of the fire department may allow one (1) guest to use the exercise equipment, subject to the above conditions.
6. Retired members of the fire department are authorized to use the exercise equipment subject to the above conditions.

Standard Operating Procedures are meant only to be guidelines. Actual conditions may warrant alternative actions.