



POLICY AND PROCEDURE

NO.350

Gymnasium Policy

Date Issued January 1, 2017	Date Effective January 1, 2017	Revision No. 2	No. of pages 1
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1. Persons using the W.P.D. Gymnasium should be in good physical condition and have no known disability, impairment or ailment that would prevent such person from engaging in active or passive exercise that will be detrimental to one's health, safety, comfort, or physical condition if one so engages or participates. The Worcester Police Department Exercise facility, the City of Worcester nor the Worcester Police Department will be liable for the loss by theft, or damage to, any personal property while using the facility.
2. Members shall not remove any equipment from the Gymnasium. Any violation of this section will be followed by disciplinary action.
3. All persons using the Gymnasium will be subject to the Rules and Regulations set down for its use by the Chief of Police.
4. The exercise room will remain open during those hours which the Chief may determine, and may be used during a tour of duty for a maximum of 50 minutes inclusive of an officer's dinner break with approval from their commanding officer.
5. Persons using the Gymnasium must understand and agree that any and all injuries incurred as a result of use of the Gymnasium or any of the equipment therein will be reported forthwith in writing through channels, to the Chief of Police.
6. The Worcester Police Department Gymnasium may be used only by active employees of the Department, retired police officers, and members of police officers' immediate families, when accompanied by the Police Officer. Lifting of weights is to be limited to persons only over the age of 16, and only when accompanied by someone else present in the gymnasium. In no case shall a child under 14 be allowed near the fitness equipment, and may only use the basketball area when not used by police officers.
7. The purchase and upkeep of the gym equipment shall not be the responsibility of the Worcester Police Department.

Per:

Steven M. Sargent
Chief of Police

**Prohibition of use during one's tour of duty removed (#4)