

EAST COUNTY FIRE & RESCUE
Policies, Procedures, and Guidelines

SUBJECT: Fitness Equipment

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Page 1 of 1

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APPROVED BY:

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Board Chair

POLICY:

East County Fire & Rescue provides fitness equipment for use by all District members. Family members may be allowed to use the fitness equipment. A waiver of liability must be signed by the family member and the Fire Chief prior to the family member's use of District fitness equipment.

PROVISIONS:

- a. East County Fire & Rescue members in good standing are eligible to use the fitness equipment.
- b. The fitness equipment is available for use seven days a week, including holidays, from 7:00 a.m. to 9:00 p.m.
- c. Proper workout attire must be worn. Members must wear appropriate clothing while using ECFR fitness equipment. 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.
- d. Food and beverages, with the exception of water, are not allowed in the fitness area.
- e. Damaged or faulty equipment shall be reported to the Exercise Equipment Program Manager and immediately posted as "Out of Service".

RETIREE USE:

East County Fire & Rescue retirees may be authorized to use the fitness equipment. Their use must be compliant with this policy, and they must sign a waiver of liability prior to use.