



DEPARTMENTAL
GENERAL
ORDER

Rev.
11 Jan 00

B-11

Index as:

Ref: CALEA
Standard 33.2.2

Gymnasium, Use of
Rules, Gymnasium

USE OF GYMNASIUM

The purpose of this order is to set forth rules governing the use of the gymnasium and its equipment.

I. USE OF GYMNASIUM FACILITY

- A. Members and employees shall use the gymnasium facility and any equipment located therein at their own risk and with due consideration for their present physical condition and any injuries they may have suffered in the past. In the case of prior injuries which might be aggravated by physical exercise, the advice of a physician should be sought prior to using the gymnasium or any of its equipment.
- B. Use of the gymnasium and its equipment is restricted to members and employees. All other persons interested in using the facility shall be directed to the Training Section, where written permission may be obtained from the Training Section Commander.
- C. The Training Section Commander may designate specific dates/times for the exclusive use of the gymnasium by recruit school and/or in-service training classes.

II. GYMNASIUM EQUIPMENT

- A. Gymnasium equipment shall be used with due consideration for safety at all times. Equipment shall not be used in any manner other than that for which it was intended.
- B. Members and employees who discover equipment that may be in need of repair shall notify the Training Section Commander.

- C. No personal gymnasium equipment is allowed inside the gymnasium without the permission of the Training Section Commander.
- D. Weights are not to be placed on benches, the mat or on the retaining wall surrounding the mat area. All weights shall be returned to their proper racks after use.

III. RULES OF THE GYMNASIUM

- A. Food and beverages are not permitted inside the gymnasium.
- B. Only stockinged feet and other footwear approved by the Training Section Commander are allowed while using the mat.
- C. Training bags are to be struck with the hands or feet only.
- D. The use of chalk is not allowed in the weight area.

By order of

Richard L. Word
Chief of Police

GO50/B-11