



Sheridan Police Department
Policies and Procedures
7.7
Chapter 7 – Employee Welfare
Section 7 – On Shift Physical Conditioning

Date: 02/24/2022

Signature:

A handwritten signature in blue ink, appearing to be "T. K. M.", is written over a light blue horizontal line.

The Sheridan Police Department recognizes that an officer's physical health contributes to their safety, job performance, mental health, and career longevity. A physically fit officer presents a professional image of the department to the public. In an effort to support officers being physically fit, the agency provides opportunities to exercise as part of an officer's shift. All officers are required to be free from any physical, emotional, or mental condition which might adversely affect the exercise of peace officer powers. The purpose of this policy is to ensure that all officers of this department remain fit for duty and able to perform their job functions.

7.7.1 Permitted Activities

- A. While on duty, officers may only exercise on the premises of the police department, either in the training room or in the gym area. They are not allowed to exercise while on duty at any other location.
- B. Officers must update the radio log to reflect their Status "BUSY", and Description "PT."
- C. Officers shall be mindful that they are still on-duty and may be called on to perform police functions at any time. As such, they must keep a police radio on, and near them, so they can be contacted if needed. Further, officers will not listen to music or distractions playing through any device that would prohibit them from hearing police radio communications.
- D. Officers may engage in exercise activities that will not result in them being exhausted to the point they cannot perform their duties.
- E. Officers may only engage in exercises that do not require a spotter when they are in the gym alone.

7.7.2 Permitted Times

- A. Officers assigned to a night shift (1800 - 0600) may only exercise on shift from 0500 - 0600.
- B. Officers assigned to day shift (0600 - 1800) may only exercise on shift from 0600 - 0700.
- C. Officers assigned to the patrol operations bureau are permitted to exercise on shift no more than 2 times in a work week. A work week is either three consecutive shifts, or two consecutive shifts as designated on the department's patrol schedule.
- D. The hour designated for exercise while on shift also includes changing and hygiene.
- E. Officers on night shift are not permitted to do any pre-workout preparations prior to 0500. Officers on day shift will have their exercise completed, be in uniform, and ready for service no later than 0701.

- F. Officers using less time than the designated hour will not bank remaining time to be used later.

7.7.3 Limitations

- A. No officer will be permitted to exercise on shift without supervisor knowledge and approval. The officer must notify their supervisor each time they wish to exercise on duty.
- B. Each shift's patrol sergeant is responsible for maintaining scheduling of their subordinates exercise times and should make every effort to dispense times evenly.
- C. Shift supervisors have full discretion to alter or suspend exercise times based on the needs of the shift.
- D. No officers will be permitted to exercise on shift if it would result in less than three officers on duty.
- E. No officer will be permitted to exercise on shift if their supervisor feels they are not performing at an acceptable level in any area.
- F. No officers will be permitted to exercise on shift if they have any incomplete reports involving an arrest, a Title 25 hold, traffic accident, incomplete involvements, and incomplete synopsis, files not turned in for scanning or child protection cases.

7.7.4 Abuses

- A. Exercising while on duty is not a right held by officers.
- B. Officers shall devote the majority of their one hour of exercise engaged in exercise.
- C. Loafing, sleeping, loitering, social media activity, or any other activity not related to exercise shall not be tolerated during designated exercise times.
- D. Officers abusing this policy shall, at a minimum, be suspended from using exercise time on shift for a period determined by their supervisor. Repeated offenses or abuse will result in progressive discipline.