

Campbell County Fire Department Policy		
General/Administration	<i>Fitness Center – Fire Station 1</i>	<i>102.08</i>

I. PURPOSE:

The purpose of this policy is to define the appropriate and authorized use of the Fitness Center located at Fire Station #1.

II. SCOPE:

This policy applies to all members of the Campbell County Fire Department, career and volunteer.

III. POLICY:

1. DEFINITIONS:

1.1. Department Members are defined as career personnel, volunteer members, fire board members, cadets and active members of the auxiliary.

2. The Fitness Center located on the second floor of Fire Station #1 will be accessible 24 hours a day.

3. The Fitness Center is for use by department members only and the following rules apply:

3.1. On-duty (career & volunteer) personnel have priority use of fitness equipment

3.2. Cadets under 18 years of age are not allowed in the Fitness Center unless accompanied by two adults.

3.3. When using free weights, you must utilize a spotter at all times

3.4. After use ensure equipment is returned to appropriate locations for use by others and cleaned as necessary.

3.5. Except for water and sports drinks, food and drink are not permitted

Initial Approval: February 2008 Revision/Review:	Page 1 of 1	Sam Saunders, Chairman ORIGINAL SIGNED
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