
	MESQUITE POLICE DEPARTMENT
	316.00 MESQUITE POLICE DEPARTMENT WORKOUT FACILITY
	Effective Date: August, 2011
	Approved: _____  Chief of Police

I. Philosophy

Use of the Mesquite Police Department Workout Facility is a privilege not a right. The workout facility is in place for voluntary use by employees of the department while off-duty or on-duty so they can maintain a healthy level of physical fitness.

II. Definitions

- A. Off-duty: The time when personnel are not being compensated by the department to include uncompensated lunch breaks.
- B. On-duty: Anytime when personnel are being compensated by the department to include compensated lunch or break times.

III. Guidelines

- A. Liability Waiver
 - 1. Before an employee uses the workout facility, they must sign a liability waiver.
 - 2. A liability waiver can be obtained from Staff Support and must be returned to Staff Support.
 - 3. The signed liability waiver will be placed in the employee's permanent personnel file and a copy maintained in Staff Support.
 - 4. Employees who have signed a waiver will be acknowledging they understand that when using the workout facility, while on-duty or off-duty, the City of Mesquite is not responsible for injuries that occur while working out.
 - 5. Employees who have signed a waiver will be acknowledging that they have received proper instruction on the use of the fitness equipment.
- B. Off-duty Personnel
 - 1. May use the workout facility anytime.
- C. On-duty Personnel
 - 1. Personnel who use the workout facility while on lunch or a break must remember that time is of the essence in both emergency or non-emergency calls. Therefore, all on-duty personnel using the department workout facility must adhere to the following:
 - a. Officers may only remove their duty belt, uniform shirt, and bulletproof vest to work out.
 - b. Officers must have their portable radio turned on while working out and the volume high enough to hear all radio communications.
 - c. Should an officer receive a call, while working out, to return back to duty the officer must be able to dress and respond immediately after receiving the call.
 - d. On-duty personnel will not utilize the shower room.

EFFECTIVE: August, 2004; REVISED: August, 2011

Release of Liability

I _____, for and in consideration of the use of the workout facilities and equipment (hereinafter referred to as the "facilities") provided by the City of Mesquite, hereby release and hold harmless the City of Mesquite, its employees and agents, from any and all liability for injury or any damages that may occur to me as a result of my voluntary use of these facilities. I recognize that these facilities are provided for my use on a voluntary basis only and I assume all risks inherent in such use. I understand and agree that use of the facilities will only be permitted in strict accordance with Department Policy and will not be considered to have occurred in the course and scope of my employment. ACCORDINGLY, I AGREE THAT ANY INJURIES SUFFERED AS A RESULT OF SUCH USE WILL NOT BE CLAIMED AS A WORKER'S COMPENSATION INJURY.

I understand that before using exercise equipment or engaging in any exercise program, I should consult with a physician. I also agree to become familiar with the equipment and its proper use. Instruction on the use of this facility and its equipment are available to me upon request from the Training Section.

All personnel using the workout facilities are reminded to follow all rules pertaining to the use of the equipment.

Signature

Date

Printed Name and ID# _____

Exhibit No. 300-6 Workout Facility Release of Liability