

DOUGLAS COUNTY SHERIFF'S OFFICE		Policy and Procedure
General Administration		P&P-A-114
Fitness Program		
Effective Date: 02-21-12 Supercedes: 05-05-11	Approval: Sheriff	Number of Pages: 2
References:	Reevaluation Date: Annually or as needed	Standards: CALEA 22.3.2, 22.3.3

I. PURPOSE

The following LawFit® program is intended to provide members with information, guidance and assessment in order to recognize the value of physical fitness to themselves, their families, their fellow officers and the general public. The Douglas County Sheriff's Office encourages members in increasing their level of physical fitness by providing this program.

II. POLICY

Participation in LawFit® testing is mandatory for all sworn office members. Sworn office members hired after January 1st, 2012, are required to maintain a passing time of 96 seconds or under for completion of the obstacle course. Please refer to PSD-C-904, *Attendance/Participation at Agency Training Programs*, for information on failing to meet this requirement. Non-sworn personnel are not required to test, but are encouraged to take the examination voluntarily. <22.3.3 a>

The LawFit® tester(s) and program coordinator will be trained by a recognized authority with the health and fitness field. <22.3.3 b>

All members participating in the program will receive individual health screening and fitness assessments. <22.3.3c> Those who wish to further their education and/or set personal goals will be provided with resources to achieve this from the program coordinator. <22.3.3 d>

Members participating in the LawFit® program will continue their development through periodic retesting to evaluate their fitness progress throughout the year. <22.3.3 e>

III. TESTING

LawFit® testing and retesting will consist of the following challenges:

- Bench Press
- Sit-Ups
- Sit & Reach
- Pull-Ups
- Push Ups
- Run
- Work Performance Test

In addition to the challenges above, tester(s) will also note the participants' body fat estimations, resting heart rates and blood pressure readings.

By Order of the Sheriff