

Yamhill Fire Protection District

District Policies, Procedures, & SOG's

MISSION

*Yamhill Fire Protection District is dedicated to
serve and protect our community*

District Policies

PERSONNEL

PER – 795

Fitness Room

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Issued: December 14, 2020

PURPOSE

The purpose of this standard operating procedure is to establish a safe, clean, and friendly environment in which to work out. Fire District employees have the full authority to maintain and enforce the policies. Disregard or abuse of these policies or procedures may result in loss of fitness room privileges.

SCOPE

The Standard Operating Procedure shall:

Conform to the requirements of such authority as applicable under OSHA. Be observed and adhered to by all Fire District personnel.

RESPONSIBILITY

General-Fitness Room Usage

Before beginning a weight-training program it is highly recommended that you visit your physician. Fitness room use is restricted to Fire District members only (this includes paid staff, resident, volunteers, and cadets). Members will notify on duty staff when fitness room is being used. Nobody under the age of 16 will be allowed to use the fitness room.

Dress Code

Wear comfortable clothing while working out. No street cloths allowed (no cut-offs, snaps, zippers, buttons, or rivets) Athletic shoes must **ALWAYS** be worn (no open toed shoes/sandals) T-shirts must **ALWAYS** be worn.

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Etiquette

- Re-rack plates and dumbbells in proper places
- Do not lean plates/bars on wall
- All workouts will be done with a spotter
- No chalk use allowed
- **BE CLEAN!** Use disinfectant spray to wipe off your sweat from the upholstery
- Be courteous. Work with others and allow them to use the fitness room
- **DO NOT DROP WEIGHTS OR DUMBBELLS AT ANY TIME!!!**
- **DO NOT ABUSE THE FITNESS EQUIPMENT!**