

**DEPARTMENT GENERAL ORDER 23-08**

OFFICE of the CHIEF OF POLICE  
REPLACES: General Order 14-05

DATE: October 1, 2023

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**PHYSICAL FITNESS – ON-DUTY WORKOUTS**

The Chief of Police and departmental command staff are aware of the benefits regular physical exercise affords employees, and how it may positively impact an officer's response to the demands of duty. To encourage department employees to exercise on a regular basis and maintain a healthy fitness regimen, the department has established an exercise room in the lower level of the headquarters building. This facility is open for all employees to use in accordance with the following guidelines:

Officers assigned to work twelve-hour shifts will be permitted to utilize the exercise room for one hour during their shift of duty. Sworn personnel working eight-hour shifts will be allowed to work out on duty for one hour during three shifts per work week. The on-duty workouts may occur at any time of day or night with three notable exceptions:

1. Officers may not schedule an exercise session to run consecutively with a meal period.
2. Officers may not schedule their exercise period during the last hour of their tour of duty.
3. Officers may not leave the police building during their exercise session.

Officers shall be required to obtain supervisory permission prior to engaging in an exercise period. Once permission has been granted, the officer shall notify communications and the dispatcher handling the call will record the officer's change of status via the CAD system.

Supervisors will schedule subordinate exercise periods at their own discretion and will consider available staffing, workload, and such other variables as may be necessary. The preceding restrictions also apply to their own use of the facility and equipment.

All Clayton PD employees may use the workout facility during their off time.

BY ORDER OF:



MARK J. SMITH  
Chief of Police