

DEPARTMENT MEMBER GYM USE POLICY

Policy:

Under the Volunteer Firefighters' Benefits Law, benefits are provided to volunteer firefighters injured or rendered ill when engaged in "supervised" physical fitness activities undertaken as part of the physical fitness program of a volunteer fire department. However, on at least one occasion the Workers' Compensation Board has taken the position that a volunteer firefighter injured at a fire station gym without site supervision was not engaged in a covered activity, and thus, no benefits were available under the Volunteer Firefighters' Benefits Law.

Based upon that ruling, we believe it is important for you to understand that the Fire District is providing this gym facility for your use to assist you in maintaining the level of physical fitness necessary to meet the requirements to fulfill the duties of a volunteer firefighter, but no on-site supervision is being provided. Thus, we cannot make the representation that the Workers' Compensation Board will deem your workout to be a covered activity for which benefits will be available in the event of an injury or illness arising from your workout since no on-site supervision is being provided.

Please exercise carefully and follow the directions of your personal physician and the directions for the proper use of the exercise equipment provided by the manufacturer.

No physical exercise or use of gym equipment should be undertaken until you have consulted with your physician and thoroughly reviewed the operational instructions for the equipment.

Exercise programs should always be part of a gradual process where a person gradually improves his or her physical condition. Please consult with an experienced physical fitness trainer and your physician to develop an exercise program that considers your current physical condition and objectives.

Exercise programs and the use of exercise equipment can be hazardous to your health if not undertaken with proper planning.

Board of Fire Commissioners
Yaphank Fire District

Adopted this 6th day of June 2024 by the Board of Fire Commissioners.

Re-adopted this 7th day of January 2025 by the Board of Fire Commissioners.

Attest by:

Paulamarie Rosso-Thompson
District Secretary