

# POLICE OFFICER GYM USE POLICY

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## **Policy:**

Please be advised that the fire station gym is being offered as a courtesy to you. This gym has no on-site supervision. As a result, if you choose to utilize this facility, you do so at your own risk. Yaphank Fire District notifies you that we will not be held responsible in the event of an injury or illness arising from your workout since no on-site supervision is being provided.

With your signature on this waiver, you agree to waive any claims or rights to sue the Fire District in relation to your use of the gym. You assume responsibility for any risk and/or injury that may result in the use of the gym. You will conduct yourself in a responsible manner and treat the facility in an appropriate manner.

You will secure your service weapon, gun belt and personal property in the lockers provided at the firehouse. You are to utilize your own lock on the locker and remove it when you finish your workout and retrieve your property. Any locks left on the lockers in the firehouse are subject to being removed.

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 6<sup>th</sup> day of June 2024 by the Board of Fire Commissioners.

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

Attest by:

Paulamarie Rosso-Thompson  
District Secretary