

EAST COUNTY FIRE & RESCUE
Policies, Procedures, and Guidelines

SUBJECT: Physical Fitness

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APPROVED BY: *Maechie Maechie*
Board Chair

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POLICY:

Physical Fitness.

The District shall provide time as practical during each standard work period for employees working a 24/48 hour shift to participate in an on-duty physical fitness program. The physical fitness program (inclusive of showering) shall be completed within 90 minutes (total time) with return to an acceptable duty uniform.

Employees working a forty (40) hour work week, or part-time schedule, will be granted time during their work week to engage in a physical fitness program. Times and occurrences will vary based on employees' work schedules.