
Physical Fitness

1033.1 POLICY

Agency Content

The purpose of this policy is to define the physical fitness policy of the Syracuse Police Department.

The function of a law enforcement officer frequently requires a level of fitness not demanded by many other occupations. Good physical fitness and general health practices can improve the overall health and physical condition of department members. This could increase performance efficiency, reduce shortages caused by excessive sick leave, and add to the member's quality of life.

It is the policy of the Syracuse Police Department to encourage its members to maintain the same satisfactory level of general health and physical fitness for their age.

1033.2 PHYSICAL EXAMINATIONS

Agency Content

Prior to appointment to the department and after the individual has met all other job pre-requisites, all candidates for police officer positions must submit to a physical examination to determine if the candidate can perform the job effectively and safely. A licensed physician will uniformly administer medical examinations.

Candidates will be individually assessed based upon prescribed general physical conditions as stated by Title 9 part 6000 in the Municipal Police Training Council standards, based upon a job task analysis and validation studies.

Members should consult their medical benefits information, as periodic medical examinations may also be offered through the City of Syracuse sponsored medical plans, subject to collective bargaining agreements.

Office of Professional Standards investigations may require a member to submit to certain specific medical examinations. Refer to the department's policy governing "Office of Professional Standards" for additional information.

Members selected for specialized assignment may be required to submit to medical examinations prior to assignment to determine if the member can perform the required job functions effectively and safely.

A post-employment medical "fitness-for-duty" examination of an incumbent member may be ordered by the Chief of Police to determine if the member can perform the essential functions of the job. Fitness-for-duty examinations are to be administered in accordance with applicable civil service regulations. See Fitness for Duty policy.

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1033.3 GENERAL HEALTH AND PHYSICAL FITNESS CRITERIA

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The function of a police officer requires a level of physical fitness not demanded by many other occupations. Members of the department should maintain a satisfactory level of general health and physical fitness, so they can handle the strenuous physical contacts often required of them.

In an attempt to maintain good general health and physical fitness, members may wish to follow these suggested guidelines:

- (a) Refrain from using tobacco products.
- (b) Abstain from or consume alcoholic beverages in moderation.
- (c) Maintain a well-balanced diet, low in fats and cholesterol.
- (d) Take part in a regular exercise program, including a 20 to 30-minute aerobic workout, at least three (3) times a week.
- (e) Allow for a sufficient period of daily sleep.
- (f) Have an annual physical.

1033.4 HEALTH AND FITNESS ASSESSMENT PROGRAM

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The Syracuse Police Department will provide a health and fitness assessment program for the benefit of both the members and the department with the purpose of improving the physical condition of members. The objectives of the program are to:

- (a) Increase flexibility.
- (b) Increase dynamic strength.
- (c) Increase ability to sleep and relax.
- (d) Decrease body fat composition.
- (e) Decrease tension and stress.
- (f) Decrease coronary risk factors.
- (g) Decrease sick time.
- (h) Decrease on-the-job related injuries.
- (i) Improve cardio-respiratory endurance.
- (j) Improve self-esteem and confidence.
- (k) Improve job performance.

The department will conduct an annual assessment of physical fitness for members using the Cooper Standard.

Participation in the health and physical fitness program is voluntary for officers hired prior to 1991, and mandatory for officers hired thereafter.

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Prior to participating in the program, members should consult their physician. Members with existing medical conditions will not be allowed to participate without a medical release from their physician.

The Training Division commander shall be responsible for maintaining and administering the health and fitness program.