

STANISLAUS CONSOLIDATED FIRE PROTECTION DISTRICT  
POLICIES & PROCEDURES

ARTICLE: C-36  
SECTION: Operations Division  
DATE: 1/2/01  
SUPERSEDES:  
TITLE: **PHYSICAL TRAINING PERIODS**

Physical training periods will be allowed from 0730 to 0900 or in the afternoon beginning at 1530. If morning workout is chosen prior to commencement of physical training, verification of the response readiness of emergency equipment must be completed. The personnel must be in the proper uniform and ready to begin the days work schedule by 0930. It will be the captain's discretion as to which period is utilized. Due to the variety and sometimes-unpredictable nature of the job, these periods cannot be guaranteed each and every day. The captain shall consider the workload for the day before determining which time period to exercise. The authorized apparel for workouts is an unaltered District tee shirt and sweatpants or shorts. Apparel shall be kept clean as to reflect a positive image in the event a member of the public should enter the station. The workout apparel shall not be worn when responding to call; turnout clothing shall be worn if time does not allow changing back in the proper uniform.

END

Written By: Dan Reeves

Date: January 2, 2001