

BATON ROUGE POLICE DEPARTMENT

General Order
No.296

Effective Date
11-01-1995

Revised Date
09-01-2016

Subject: Physical Wellness

Reviewed 9/1/16

Historically, the police service has been held to a higher degree of physical fitness and stamina than other professions. The police officer has always been expected to be able to climb, run, jump and apprehend a fleeing criminal at a moment's notice. Although modern technology has enabled police officers to summon help to a situation, there will still be times when the officer will have to struggle to maintain the upper hand. These situations require the officer to possess a certain degree of stamina and physical fitness to have a successful outcome.

POLICY

The department recognizes the need for the physical wellness of its members and the need for officers to maintain a degree of physical fitness consistent with the requirements of the role of a police officer for the City of Baton Rouge. The personal benefits to the officer for maintaining his/her physical wellness far outweigh any other considerations. While some aspects of the police service are routinely more sedentary than others, the basic physical requirements for the police officer in keeping with his/her oath of office remain the same and may be required of any sworn officer of the department at any time. Therefore, the department expects its sworn members who have completed basic and field training to continue to preserve their physical conditioning and well being throughout their career in the police service of the City of Baton Rouge.

PROCEDURE

In 1994, the department engaged the services of Standard & Associates to establish a physical ability test consistent with the job requirements of an entry-level police officer. This test was developed through survey & study procedures and the results published in 1994. The physical assessment developed is comprised of events related directly to the work of police officers in the City of Baton Rouge. This test is now given to all entry level police officers for the City of Baton Rouge.

Phase 2 of the test consists of the ability to receive information (a description) about a "suspect", perform a foot chase through a simulated Baton Rouge neighborhood including climbing over a wooden fence, crawling under a house (actually a wood frame), climbing over a chain link fence, climbing through a window, and then running to the end of the course where the officer "identifies" the "suspect". The test then concludes with the candidate moving a 150 lb. mannequin across a given distance simulating moving an injured person or struggling with a suspect. The cutoff time for completing the course was set at 73 seconds. This test should, at a minimum, be the goal for physical fitness for sworn members of the department.

I. Physical Examinations

- A. Physical examinations, provided by the department, are conducted of all newly appointed members of the department after they are hired.

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- B. Confirmed members of the department may be required to participate in a physical wellness program. Part of the physical wellness program may include periodic physical examinations.
 - 1. The physical examination will consist of various testing depending upon the members' sex, age, and results of tests.
 - 2. Any physical examination required in connection with a departmental physical wellness program will be provided at no cost to the member.

II. Physical Training

- A. To help members of the department preserve the standard of physical fitness, the department has two certified physical fitness specialists on staff assigned to Training Services.
 - 1. A personally designed physical wellness of the department through Training Services.
 - 2. Physical wellness is a lifelong goal and it is incumbent on members to initiate contact with the department's physical fitness specialists to arrange an assessment and plan.
- B. The department maintains an indoor physical training area for members to use in their physical conditioning program that includes the following equipment:
 - 1. Free weights and assorted dumbbells of varying sizes for strength training.
 - 2. Multi-Station Universal workout machine(s) for strength training.
 - 3. Individual strength training machine(s).
 - 4. Aerobic Workout Equipment:
 - a. Combi-cycles.
 - b. Airdyne (stationary bicycle).
 - d. Treadmill(s).
 - 5. "Red man" suits for defensive tactics training.
 - 6. First aid kit and certified first aid responders on staff.
- C. Officers will be permitted during their shift, to perform physical conditioning in accordance with Departmental recommendations for physical fitness when manpower allows. This will be at the discretion of the officer's immediate supervisor.

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II. Other Services

- A. Emotional Well-Being - the department recognizes that the stresses of police work can take its toll on its members. Recognizing this, the department has contracted the services of professional mental health care specialists for its members.
 - 1. If a member wishes to make use of these services, the member should contact the Health & Safety Section of the department or contact a member of the "PEERS" group (Training Services can provide information on members of this group.)
 - 2. In addition to the above services, the department also maintains a critical incident debriefing group for officers involved in critical incidents per General Order #295.

- B. Diet - besides training in physical conditioning, the physical specialists can provide diet information that will be helpful to the member desiring to maintain physical wellness through nutrition.