


HAVERFORD TOWNSHIP POLICE DEPARTMENT OPERATIONS MANUAL		
Issue Date February 2021	Review Date February 2022	Directive Number 3.7.1
Accreditation Index: 3.7.1		Rescinds: Directive 3.7.0 of November 2019
Chapter: Three – Staff Support Responsibilities		Section: Seven – Fitness and Wellness Program
Chief of Police: <i>John F. Viola</i>		

SUBJECT: PHYSICAL FITNESS & WELLNESS PROGRAM

I. PURPOSE

The purpose of this directive is to outline the importance of physical fitness and wellness for members of the Haverford Township Police Department.

II. POLICY

A physical fitness program, coupled with a properly implemented wellness program can increase the overall health of a member, as well as increase resistance to disease and illness. Staying physically fit will assist in shorter recovery times from injuries, increase the mental well being of an individual, increase longevity and significantly improve their overall quality of life. An individual who is physically fit and follows a wellness program enjoys the increased capacity for total success. To assist officers in attaining or retaining their physical fitness, the Department maintains a physical fitness room (gym) in the building that is available for voluntary use. The department also has a wellness coordinator available for questions.
(PLEAC 3.7.1)

III. PROCEDURES

A. General Health and Fitness.

1. The very nature of law enforcement requires that members maintain a high level of physical fitness in order to meet the physical demands of their profession. The goal of a physical fitness program is to assist members in maintaining a healthy and

prosperous life by providing incentives and guidance in the area of physical fitness.

2. Although the Police Department does not have a mandatory physical fitness program, employees are required to maintain their general health and fitness to a level which will allow them to perform their job responsibilities in accordance with the job description of their assignment.
3. Employees are encouraged to maintain their physical fitness through the use of the Department's fitness room or other facility of their choice that provides both cardiovascular and weight training equipment. The Department's fitness room is available 24 hours a day.
(PLEAC 3.7.1)

B. Wellness Program

1. Wellness is a state of optimum health and emotional well-being achieved through the active pursuit of good health and the removal of barriers to healthy living. Employees have a personal responsibility for their health. There is widespread agreement, for example, about the dangers of smoking and substance abuse, the importance of physical and emotional fitness, and the effectiveness of good nutrition. The Department encourages members to adopt behaviors that will improve their health. The Department has an officer trained in Wellness to assist any officer with questions about these issues.
(PLEAC 3.7.1)

BY ORDER OF THE CHIEF OF POLICE