PHYSICAL FITNESS AND WELLNESS EVALUATION PROGRAM

This order establishes policy for the implementation of a physical fitness and wellness evaluation program administered by the Department Physical Fitness Coordinator.

I. POLICY

A. The San Francisco Police Department encourages officer to keep themselves physically fit. Officers are encouraged to participate in an ongoing regimen of exercise and healthy diet. For this reason, the Department has begun a fitness and wellness evaluation program designed to assist officers to increase their awareness of the benefits of cardiovascular and physical fitness.

B. All officers are encouraged to participate. Officers appointed after 07/01/94 shall appear every six months for evaluation and testing by the Physical Fitness Coordinator.

Appearance schedule shall be determined by officer’s star number:

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Members over 40 years of age participating for the first time need a doctor’s waiver. The form can be obtained from the Physical Fitness Coordinator at the Academy.

Officers who are unable to participate in the program, may be excused on a case-by-case basis by the Physical Fitness Coordinator, in consultation with the Police Physician.
C. DUTIES OF THE PHYSICAL FITNESS COORDINATOR

The Physical Fitness Coordinator shall be responsible for the implementation of the program, including the following:

1. TESTING. Test the relative fitness of the officers in the following areas:
   a. Flexibility
   b. Muscular strength
   c. Muscular endurance
   d. Body composition
   e. Cardiovascular evaluation
   f. Blood pressure

2. INDIVIDUAL PROGRAMS. Develop individual programs to assist officers in improving their physical fitness or wellness.

3. RECORDS/NOTIFICATION. Maintain a record of each officer's evaluation and participation in the program. Notify commanding officers of failures to appear.

D. COMPENSATION

Compensation will be determined by the current Memorandum of Understanding.