

# SHERIFF OF GARFIELD COUNTY

## LOU VALLARIO

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107 8<sup>TH</sup> Street  
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106 County Road 333-A  
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### GARFIELD COUNTY SHERIFF'S OFFICE POLICY / PROCEDURE GENERAL

#### **SUBJECT: FITNESS CENTER USE**

**EFFECTIVE DATE:** January 01, 2024  
*Amended:* February 15, 2024

#### **POLICY:**

To ensure consistency and professionalism in regards to fitness center use, all personnel of the Garfield County Sheriff's Office shall adhere to the regulations regarding the appropriate use of the Garfield County Sheriff's Office fitness center.

#### **PURPOSE:**

The purpose of this policy is to provide employees with guidelines outlining the appropriate and professional fitness center use for the Sheriff's Office.

#### **METHOD:**

**Safety First:** Contact your health care provider prior to using the facility for advice on types of exercises that are appropriate for you. Also contact your health care provider for advice on when to return to exercise follow any injury or illness. Start out slowly and increase workout time and intensity gradually. Make sure to include a proper warm-up and cool-down into your workout routine.

**Worker's Comp:** If you are out on a Workman's Comp claim, fitness center use will need a doctor's note.

**Authorized Personnel:** Garfield County employees with key card access to the Garfield County Sheriff's Office Annex are allowed to use the fitness center 24 hours a day, 365 days a year. In addition, family members may also use the facility, but must be accompanied by an employee and sign a waiver (attached).

**Fit For Duty:** Fit for Duty Examinations have priority over all other uses.

**On-Duty Workouts:**

On duty workouts are not allowed, please workout on your off time.

**Fitness Center Rules:**

Proper workout attire must be worn. Employees should not use the facility while in regular work attire. Examples of proper attire include gym shorts, yoga pants, sweat pants, tee shirts, and tank tops. Shower facilities are available in the locker rooms. Employees who return to work after using the fitness center should do so in their normal work attire.

There is a 30 minute limit on all cardiovascular equipment (treadmills, elliptical and bicycles) when others are waiting.

Wipe down all equipment immediately after use and return all equipment back to its proper location.

Be courteous of other people using the facility and clean up after yourself before you leave.

Turn off all electronics after use, including; fans, TV, cable box, and stereo.

Keep the Fitness Center clean for everyone to enjoy.

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## Release of Liability Sheriff's Office Rifle Annex Gym Facility

I, \_\_\_\_\_ ("User"), do hereby release the Garfield County Sheriff's Office Office and all of its Deputies and Employee from and waive any and all liability, claims, demands for damages or whatsoever nature including without limitation, claims arising from bodily injury, personal injury, property loss or damage while using the gym facilities and exercise equipment in the Garfield County Sheriff's Office Rifle Annex ("Gym Facility"), or any liability as a result of thereof.

I understand that proper exercise attire is required to use the gym equipment. I understand and agree that my shoes will be clean and dirt free and I agree to not wear street shoes or boots during my use of the gym facility.

I agree to use the gym equipment only in a proper manner. I agree to read and follow any equipment instruction manuals and seek out training on proper equipment usage prior to engaging any specific equipment. I agree to wipe down equipment after use with approved disinfectant and to return weights and other items to their proper places before leaving. I agree to report any equipment malfunctions, damage, and/or missing equipment immediately to the administrative assistant at the Garfield County Sheriff's Office Rifle Annex.

I understand and agree that my use of the gym facilities is a privilege not a right. I understand that my use of the gym facility may be terminated at any time by the Garfield County Sheriff or Undersheriff for any reason or no reason I understand that my use of the gym facility is permitted due to my immediate family member who is employed by the Garfield County Sheriff. I agree that I will only use the gym facility under the supervision of the same family member.

I understand and recognize that there are specific risks of serious physical injury or even death that may result from my use and/or misuse of the gym facility and equipment. I voluntarily assume all risks, known and unknown, associated with such use and hold harmless Garfield County, the Garfield County Sheriff and any of their deputies, employees, elected officials, agents, or any other personnel, for any injury or loss arising from my use of the facility and equipment.

\_\_\_\_\_  
Gym User Signature

\_\_\_\_\_  
Parent/Employee (If User under 18)

\_\_\_\_\_  
Date of Signing

\_\_\_\_\_  
Date of Birth of User

Approval by Sheriff / Designee: \_\_\_\_\_ Date: \_\_\_\_\_