WEST NORRITON TOWNSHIP POLICE DEPARTMENT

Subject: Physical Fitness Program		Policy # 3.7.1
Accreditation 3.7.1		
Effective Date: September 11, 2008	Revised Date: April 9, 2024	
By Authority Of: Chief Michael A. Kelly	Signature: Michael A. Kelly	

3.7.1 PHYSICAL FITNESS PROGRAM

A. POLICY

It shall be the policy of the West Norriton Township Police Department that all officers of the Department shall maintain a level of health and fitness sufficient for them to perform the duties of their position.

B. PURPOSE

The purpose of this policy is to establish a procedure for the scheduling of physical examinations for all members of this Department. The public has the right to expect that the personnel of this Department be physically and medically fit to perform their respective duties. Members have a personal responsibility for their health. The purpose of this policy is also to encourage officers to maintain a healthy state of total wellness and a physically fit lifestyle.

C. General Health and Physical Fitness

1. The very nature of law enforcement requires that officers should maintain a high level of physical fitness in order to meet the physical demands of their profession. The goal of the Physical Fitness Program is to assist members in getting back onto the track of a healthy and prosperous life by providing incentives in the area of physical fitness.

2. Although the West Norriton Township Police Department does not have a mandatory physical fitness program or requirement, officers are expected and encouraged to maintain a level of fitness to effectively perform their duties.

3. Officers are encouraged to maintain their physical fitness and various pieces of gym equipment are provided at the station for their use. This equipment is available to the officers 24 hours a day.

D. Mental and Emotional Health and Wellness

1. Although the West Norriton Township Police Department does not have a mandatory mental or emotional health and wellness program, officers are encouraged to avail themselves to the resources provided by

Independence Blue Cross Insurance and our Township Employee Assistance Program with regard to any issues with substance abuse disorders, mental health issues, trauma from their duties, as well as suicide prevention.