

IDAHO STATE POLICE PROCEDURE

05.05 TROOPER ON-DUTY EXERCISE

I. General

- A. The Idaho State Police (ISP) recognizes ISP trooper on-the-job performance is enhanced by promotion of general health and well being. To support these efforts, ISP allows troopers to engage in a verified, meaningful exercise class or an individual exercise time-period while on active duty.

II. Exercise Time Period

- A. The exercise time-period is limited to:
 - 1. one contiguous hour per shift; and
 - 2. three hours per calendar week.
- B. The exercise time-period of one hour is inclusive of exchange of uniform or work clothing for exercise clothing, and for showering.
- C. A trooper may combine an exercise time-period with allotted break time as allowed in accordance with [03.15 Time Management/Reporting Use of Leave](#).
- D. Exercise time-periods must be used on the available day; there is no accrual of exercise time. Additionally, overtime may not be accrued to accommodate an exercise time-period.
- E. Exercise time-periods are controlled and coordinated by the trooper's supervisor. The supervisor has discretion to recall the trooper to duty, based on community safety needs. The supervisor ensures that the exercise time-period is approved with consideration to call volume and community service needs. Normally, exercise time-periods are not approved during peak work times. If an exercise time-period is restricted for any reason, it is not subject to accrual for another day.

III. Location of Exercise

- A. Troopers engage in the exercise time-period at a location of their choice, with priority given to safety and security of ISP vehicles and equipment.
- B. Extensive travel distances are not allowed for the purpose of participation in the exercise time-period. The trooper's supervisor determines extent of travel distance.

IV. Revoked Privileges

- A. One documented instance of intentional misuse of exercise time results in revocation of the privilege as well as potential administrative action.