

IDAHO STATE POLICE PROCEDURE

02.14 PHYSICAL TRAINING FACILITY

I. General

- A. Physical training (fitness) facilities are located in Building Three at the Meridian Idaho State Police (ISP) complex and most district offices. Facilities in Meridian include: a multi-purpose room with a hardwood floor containing a full basketball court; a fully equipped weight/cardio room; an aquatic training facility, which includes a 25' x 60' swimming and training tank; and men's and women's locker rooms.

All physical training facilities in Meridian can be reserved for formal training through the POST Academy. POST may charge a fee for use of some facilities. POST does not reserve facilities for use by outside agencies more than one month prior to its scheduled use. ISP training personnel may schedule use of a physical training facility at any time.

Certain risks are inherent in any physical activity program, including orthopedic injury, abnormal blood pressure, fainting, disorder of the heartbeat, and, in rare instances, heart attack or death. Facility use is at the user's risk.

II. Definitions

- A. "Authorized person" is any person who has successfully completed a full ISP background investigation or those personnel who have been fully vetted and approved by the designated ISP HQ Hiring Captain to meet ISP employee level access requirements. Examples include but are not limited to ISP Employees, employees of other law enforcement agencies who have daily access needs (i.e., Fusion Center, Task Force members, etc.), Public Safety Communications (PSC), and State Communications.

III. Priority of Use

- A. Physical training facilities are intended primarily for job-related training of Idaho State Police and POST employees and students.
- B. Priority of facility usage is:
 - 1. POST Academy and ISP training classes;
 - 2. other scheduled and approved classes;
 - 3. employee or candidate fitness testing; and
 - 4. personal use
- C. Personal Use
 - 1. Only authorized persons, or an authorized person's immediate family members(s), when accompanied by the authorized person, may use the physical training facility for personal use. Any exceptions must be approved in writing by the Director of ISP.

IDAHO STATE POLICE PROCEDURE

2. During regular business hours (8-5 Monday through Friday, excluding holidays), staff are present in the building to assist with general questions or procedures.
3. Users desiring specific training advice or assistance may make an appointment with an ISP Wellness Sergeant, (208) 846-7682, or contact a District Fitness Coordinator (DFC).
4. During non-work hours, the facility is unsupervised.
5. Failure to abide by facility rules may result in the loss of user privileges.
6. Appropriate attire must be worn in the facility at all times, which includes the following:
 - a. shirts must always be worn (no sports bras or half shirts);
 - b. clean athletic shoes free of mud and dirt must be worn in all areas (stocking feet are allowed on the training mats);
 - c. athletic shoes with non-marking soles are required in the multi-purpose room; and
 - d. Swimsuits or clean gym trunks must be worn in the training tank.
7. No food or tobacco products (including smokeless) are allowed in the facility. Drink containers are permitted but must have a lid.
8. Lockers in Meridian are assigned by the ISP Training and utilized as follows:
 - a. Permanent assignment of lockers is made only for ISP employees who are regular users. Priority will be given to commissioned employees.
 - b. Non-residential academy students and occasional users may use lockers marked for “day use only”;
 - c. a “day use only” locker with contents remaining more than 24 hours may have the lock cut (if locked) and the contents placed in the lost and found;
 - d. If locker contents generate an unpleasant odor or create a health hazard, the user is notified, and
 - e. Repeated problems result in revocation of locker assignment.
9. Personal items left in the Meridian facility are placed in a “lost and found” box located in the athletic injury room (across from the weight room), and unclaimed items are disposed of approximately every sixty (60) days.
10. All lights, audio, and visual equipment must be turned off when not in use.

D. Safety Information

IDAHO STATE POLICE PROCEDURE

1. First aid kits are located in the athletic injury room in Meridian.
2. An ice machine, with a supply of plastic bags, is located in the athletic injury room in Meridian.
3. All injuries must be reported on [Mishap Report forms](#) located on the ISP Intranet. Submit the report to your supervisor and follow the chain of command. If there is an emergency, dial “8-911” on any wall phone.
4. Medical emergencies are reported and handled according to ISP procedure [05.04 Workplace Emergencies](#), section I. Medical Emergencies.
5. Blood or body fluid spills are reported and handled according to ISP procedure [05.01 Exposure to Bloodborne Pathogens or Hazardous Materials](#).
6. An Automatic External Defibrillator (AED) is located in the athletic injury room in Meridian. It is for use only by certified users in case of a heart attack or other conditions that may cause heart fibrillation.

E. Training Equipment Use

1. Use only equipment with which you are familiar.
2. Contact an ISP Training Specialist for instruction on how to properly use a piece of equipment. When utilizing training equipment, the following rules apply:
 - a. Keep exercise areas free of obstruction.
 - b. Use collars on all weight bars.
 - c. Use a spotter whenever attempting free weight maximal sets.
 - d. Do not drop weights on the floor.
 - e. Do not place bars, dumbbells, or weight plates on benches;
 - f. Replace all weights and other equipment when finished exercising.
 - g. Rack all bars, dumbbells, and weight plates; do not leave plates on bars;
 - h. Replace balls and other equipment neatly in the proper storage location; and
 - i. Report broken, damaged, or poorly functioning equipment to an ISP Training Specialist, the ISP Wellness Sergeant, or POST Academy.
3. Equipment is inspected and maintained regularly by POST staff, ISP Training staff, and DFCs.
4. Mats and strike-pads used for defensive tactics and other training requirements are maintained in the storage room located in the Multi-Purpose Room in Meridian.

IDAHO STATE POLICE PROCEDURE

5. Mats and strike-pads must be cleaned with disinfectant after each use in accordance with the following:
 - a. ISP Training maintains a supply of disinfectant solution, located in the equipment room in the hallway across from the cardio room.
 - b. To avoid skin irritation and obtain proper disinfecting, consult the disinfectant instructions for the proper ratio of disinfectant-to-water; and
 - c. Ensure mats and strike-pads are properly dried before returning to the storage room.
6. The primary POST academy coordinator or the ISP Training lead instructor ensures that all mats, weight/cardio room, and gymnasium equipment are disinfected daily when classes are conducted.

F. Training Tank Use

1. The training tank is unattended except for scheduled training sessions. Users must be aware of the following.
 - a. Users swim at their own risk.
 - b. It is recommended that users do not swim alone.
 - c. No lifeguard is on duty.
 - d. Swimmers' safety rules are posted on the south wall of the training tank area.
 - e. A warm, soaped shower is required before entering the training tank.
 - f. No head-first diving is allowed anywhere in the training tank.
 - g. Walk at all times - the deck area can become slippery; and
 - h. Return safety and training equipment neatly to the south deck in its proper place.
2. The training tank mechanical rooms are off limits to users.
3. Report any problems immediately to ISP Training or POST Academy (884-7250).