

HONOLULU POLICE DEPARTMENT

POLICY HUMAN RESOURCES AND TRAINING

June 12, 2019

Policy Number 3.17

FIT FOR LIFE

POLICY

All Honolulu Police Department officers shall participate in an annual Fit for Life training component.

PROCEDURES

I. FIT FOR LIFE COMPONENTS

A Fit for Life component shall be administered annually at the Police Training Academy. Components of the Fit for Life program encompass various elements of wellness, such as:

- A. Exercise;
- B. Stretching;
- C. Basic nutrition;
- D. Hypertension;
- E. Stress management; and
- F. Substance abuse.
- G. Exceptions

Employees who are injured, sick, disabled, or on limited duty will be exempt from participating in the physical fitness assessment component until able to do so.

II. RESPONSIBILITIES AND PROCEDURES

A. Departmental Fit for Life Officer

The Fit for Life officer for the department shall be the commander of the Training Division. The Fit for Life officer or a designee shall be responsible for:

1. Maintaining a record of Fit for Life attendees;
2. Recommending physical fitness, nutrition, stress management, and other Fit for Life program components to fit the needs of employees; and
3. Promoting, coordinating, and maintaining healthy lifestyle choices throughout the department.

B. Element Commanders

Each element commander shall:

1. Be responsible for encouraging healthy lifestyle choices of subordinate officers.

Officers with weight or fitness problems shall be encouraged to take part in appropriate forms of physical and/or nutritional training; and

June 12, 2019

Policy Number 3.17
Page 3

2. Ensure that all officers attend and participate in the annual Fit for Life training component.

A handwritten signature in black ink that reads "Susan Ballard". The signature is written in a cursive, flowing style.

SUSAN BALLARD
Chief of Police

Attachment

Post on bulletin
board for one week

Policy first issued
May 9, 2002

**June 12, 2019
Attachment**

Policy Number 3.17

REFERENCES

Policy 3.16, PHYSICAL EXAMINATION AND MEDICAL DISQUALIFICATION

Policy 3.06, INDUSTRIAL INJURY/ILLNESS AND WORKERS' COMPENSATION

Article VII C 11, Mental and Physical Competence, Standards of
Conduct