	KANSAS CITY MISSOURI POLICE DEPARTMENT PERSONNEL POLICY	DATE OF ISSUE 09/04/2024	EFFECTIVE DATE 09/04/2024	NO. 811-5
	SUBJECT Policy Series 800: Member's Health 811 – Aerobics Program			AMENDS
REFERENCE PPBM: Commendation and Honor Awards; Extra (E) Time		RESCINDS PPBM: 811-4 S.O. 18-15		

I. INTRODUCTION

The Department encourages its members to maintain their physical well-being at a higher than average level. Testing aerobic capacity is a way to identify those Department members who have reached a desirable level of physical conditioning. There is no variance in criteria based on age or gender.

II. TERMINOLOGY

- A **Sport Run** - A pre-determined distance and time with an award of Extra (E) Time. All members will adhere to the same requirements.
- *B. **Sport Walk** - A pre-determined distance and time with an award of Extra (E)Time. Heel-to-toe race walking is acceptable, but jogging or running is not allowed. There is no variance in criteria based on age or gender.
- *C. **Physical Fitness Ribbon** - A member who completes a set of exercises will be awarded a Physical Fitness Ribbon. The exercises are a well-rounded combination of upper/core strength and cardiovascular stamina.

III. POLICY

- A. Members may select only one of the two events in the Aerobics Program to qualify for E-Time in a six-month period.
- B. Awarding of E-Days for the Sport Walk
 - *1. A member who completes the distance of 2.25 miles in 30:00 minutes or less will be awarded (16 hours) of E-Time.
 - *2. A member who continuously walks for 30 minutes will be awarded (8 hours) of E-Time.
- *C. Awarding of E-Time for the Sport Run and the Physical Fitness Ribbon.
 - 1. Members who continuously runs the distance of 1.5 miles in the allotted amount of time or less, based on age/gender, will be awarded (16 hours) of E-Time.

- *2. Members who complete upper body/core strength exercises which consists of 36 push-ups (no time limit), 34 sit-ups (one-minute time limit), and a one mile run under 10:23 will receive a Physical Fitness Ribbon.
- *3. These goals are not age or gender specific.
- D. Participation is voluntary and will be conducted during off-duty time.
- E. Any injury or illness sustained as a result of participation will be considered non-duty related.
- *F. Members are not eligible for Workers' Compensation in the event an injury occurs.
- G. Eligibility for participation will be based on the following criteria:
 - 1. All members must have completed the probationary period.
 - *2. Members on limited duty may participate in any of the Aerobics Program events as long as they do not have medical restrictions that limit their ability to perform tasks required of that specific event. Members with questions regarding their eligibility may contact the Employee Benefits Unit Commander. A member may be required to provide medical documentation to the Human Resources Division to confirm their eligibility.

IV. PROCEDURE

- A. The Sport Run/Walk may be administered on the indoor or outdoor track at the determination of the Training Unit staff.
- B. The Training Unit will distribute the Aerobics Eligibility List and dates that the program will be administered each month via the Intranet.
- C. Members may participate in the Aerobics Program on a bi-annual basis during their eligible month or, if necessary, one month following their eligible month.
 - 1. Members may select any one of the dates available during their eligible month or one month past and may show up on that date.
 - *2. Members may reschedule within the month by contacting the Training Division by telephone to reschedule for another time within the month.
 - *3. Members may reschedule to the following month by contacting the Training Division by telephone to request rescheduling to the following month. A Form 191 P.D., Interdepartment Communication,

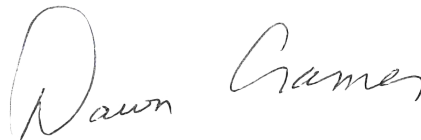
with the member's division commander's endorsement, is required for rescheduling of more than one month. The six-month rotation will be adjusted to the new date.

4. Members whose names do not appear on the Aerobics Eligibility List, or members wishing to participate in the Sport Run/Walk for the first time, must contact the Training Unit for scheduling.
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- D. Participants will be required to read and sign Aerobics Program Testing and Results, Form 5080 P.D., which includes a Release and Hold Harmless clause. If a member is found to be ineligible to participate, E-Time will not be awarded and the member will be notified.
 - E. The Media Relations Unit will issue the Physical Fitness Ribbon to respective members via the member's division commander.



Stacey Graves
Chief of Police

Adopted by the Board of Police Commissioners this 20th day of August, 2024.



Dawn M. Cramer
Board President

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