

IDAHO STATE POLICE PROCEDURE

02.14 PHYSICAL TRAINING FACILITY

A. General

Physical training (fitness) facilities are located in Building 3 at the Meridian Idaho State Police complex. Facilities include: multi-purpose room with hardwood floor containing a full basketball court; fully equipped weight/cardio room; aquatic training facility, which includes a 25' x 60' swimming and training tank; and men's and women's locker rooms.

All facilities can be reserved for formal training through the P.O.S.T. Academy. P.O.S.T. 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.

B. Priority of Use

1. Physical training facilities are intended primarily for job-related training of Idaho State Police and P.O.S.T.
2. Priority of facility usage is:
 - a. P.O.S.T. Academy and ISP training classes;
 - b. other scheduled and approved classes;
 - c. employee or candidate fitness testing; and
 - d. personal use.
3. Priority for personal use is:
 - a. ISP employees and retirees;
 - b. ISP employee's immediate family members when accompanied by the employee; and
 - c. P.O.S.T. students and instructors actively assigned to P.O.S.T.,

C. Personal Use

1. No employees or family members of state, local and federal law enforcement or correctional officers other than ISP employees or retirees may use the physical training facility for personal use.
2. During normal work hours (8-5 Monday through Friday excluding holidays), staff is 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 Training Specialist (884-7240).

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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:
 - 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 in the mat room);
 - 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, drink (except water), or tobacco products (including smokeless) are allowed in the facility.
8. Lockers are assigned by the ISP Training Specialist (884-7240) and utilized as follows:
 - a. permanent assignment of lockers is made only for ISP employees who are regular users;
 - 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 will 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 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. When not in use, all lights, audio, and visual equipment must be turned off.

D. Safety Information

1. Emergency procedures are posted on the bulletin board in the weight/cardio room.
2. First aid kits are located in the weight/cardio room, athletic injury room, and training tank area.
3. An ice machine, with a supply of plastic bags, is located in the athletic injury room.
4. All injuries must be reported on Mishap Report forms located on the ISP Intranet:
 - a. submit the report to the ISP Training Specialist;

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- b. any wall phone may be used for an emergency by dialing “ 8-911.”
5. Medical emergencies are reported and handled according to ISP procedure [05.03 Workplace Emergencies](#), section I. Medical Emergencies.
6. Blood or body fluid spills are reported and handled according to ISP procedure [05.01 Exposure to Bloodborne Pathogens or Hazardous Materials](#).
7. An Automatic External Defibrillator (AED) is located in the athletic injury room, for use only by certified users in case of heart attack or other conditions that may cause heart fibrillation.

E. Training Equipment Use

1. A usage log is located in the weight room; each user logs in and out for each use.
2. Use only equipment with which you are familiar.
3. Contact an ISP Training Specialist for instruction on how to properly use a piece of equipment:
 - 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 storeroom off the north side of the multi-purpose room; and
 - i. report broken, damaged, or poorly functioning equipment to an ISP Training Specialist (884-7240) or P.O.S.T. Academy (884-7250).
4. Equipment is inspected and maintained regularly.
5. Mats and strike-pads used for defensive tactics and other training requirements are maintained in the storage room located in the Multi-Purpose Room.
6. Mats and strike-pads must be cleaned with disinfectant after each use:
 - a. ISP Training maintains a supply of disinfectant solution, located in the janitor closet near the training tank main doors;
 - b. to avoid skin irritation and obtain proper disinfecting, consult the disinfectant instructions for the proper ration of disinfectant-to-water; and
 - c. ensure mats and strike-pads are properly dried before returning to the storage room.

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7. the primary POST academy coordinator or the ISP Training lead instructor ensures that all mats, weight/cardio room and gymnasium equipment is disinfected daily when classes are conducted.

F. Training Tank Use

1. A usage log is located in the training tank room; each user logs in and out for each use.
2. The training tank is unattended except for scheduled training sessions:
 - a. users swim at their own risk;
 - b. 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 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.
3. The submersible automobile is for class training only; do not touch the car or its hoist mechanism.
4. The training tank mechanical rooms are off limits to users.
5. Report any problems immediately to an ISP Training Specialist (884-7240) or P.O.S.T. Academy (884-7250).