



Police  
Training  
Institute

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# Memo

TO: BLE sponsoring agency  
FROM: Police Training Institute  
SUBJECT: Off-duty fitness equipment access for BLE recruits

PTI was recently able to establish an on-site fitness facility for recruit officers enrolled in BLE. The facility consists of state-of-the-art cardiovascular conditioning equipment including elliptical trainers, treadmills and stationary bikes, and resistance equipment including free weights and machines. We are pleased and proud to offer this facility for use by recruit officers during their non-training hours.

For nearly four years I have read recruit officer end-of-course evaluations in which one of their few, but most consistent, complaints was a lack of access to weight training. We were able to broker very reasonable short-term memberships with several area gyms, but all carried some cost and required the officers to drive some distance. The fitness facilities we have established are in our main building and at our Willard Airport training center.

We will offer an after hours orientation to the equipment and will assure there is supervision of the facility at all times when recruits might use it. However, in order for recruit officer to use the facility, the agency must grant permission (**see below**) and the recruit officer must sign a waiver of liability as they would at any commercial gym.

The "after hours" exercise program will not substitute for the required physical training program that is part of BLE. Rather, it is an option for officers who want to put extra energy into their physical condition.

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## Fitness Training Permission

☐ Officer/ ☐ Deputy \_\_\_\_\_ is permitted to engage in fitness training at PTI facilities while attending the BLE course. I understand there will be instruction prior to the commencement of training and supervision during training. I further understand that our employee will have access to cardiovascular equipment and resistance training equipment to include "free weights". The employee will have access to this equipment during hours when s/he is not engaged in BLE training, and this fitness training is not a required component of BLE training and not in lieu of any required training.

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Authorized Signature/Title

Department

Date