



Legislation Text

File #: 39646, **Version:** 1

Fiscal Note

No appropriation is required.

Title

Authorizing the Madison Police Department to become a CrossFit affiliate in an effort to improve physical fitness of our current employees and those in our pre-service academy

Body

PREAMBLE

The State of Wisconsin Law Enforcement Training and Standards Board (LESB) has recently implemented minimum fitness requirements for newly hired police officers, as well as a higher standard for those who successfully complete the pre-service academy. In addition LESB has also required a minimum of 26 hours of physical fitness take place during the pre-service academy.

The Madison Police Department also recognizes the need to have commissioned employees who are physically fit and able to sustain the rigors of daily work in the field. The Department also recognizes that fit employees are less likely to face injury when participating in rigorous activity that often occurs as part of police work.

Currently there is no organized or required fitness program for the pre-service academy or other commissioned officers once they have completed the pre-service academy.

WHEREAS, the Department has researched various fitness programs and has determined that CrossFit would be a viable and suitable option for their employees; and

WHEREAS, CrossFit is a strength and conditioning program consisting mainly of a mix of aerobic exercise, calisthenics (body weight exercises), and weight lifting, and is a core conditioning program which incorporates strength training, aerobics, and core exercises with a goal to train individuals to perform successfully at multiple, diverse, and randomized physical challenges; and

WHEREAS, the Department has allowed a training officer to become CrossFit certified for the purpose of instructing police employees in physical fitness classes; and

WHEREAS, becoming a CrossFit affiliate, the Department will reach out to other affiliates when questions arise on technique or when soliciting input on programming updates to include development of new work-outs.

NOW, THEREFORE, BE IT RESOLVED, that the Common Council authorizes the Madison Police Department to become a CrossFit affiliate. There are no additional fees or costs associated with this affiliate agreement.

BE IT FINALLY RESOLVED, that the Chief of the Madison Police Department is authorized to sign a CrossFit Affiliate Agreement after said Agreement has been approved by the City Attorney and the City Risk Manager.