

WEBER COUNTY SHERIFF'S OFFICE		POLICY AND PROCEDURES	
SUBJECT: General Health and Physical Fitness		CHAPTER/SECTION NO.: 16.14, 16.15	
EFFECTIVE DATE: 10/7		REVIEW DATE:	
AMENDS/SUPERSEDES:		APPROVED: <u>**See Master File</u> Sheriff	
STANDARD NUMBER: 22.3.2			

16.14 Purpose

- 16.14.1 The purpose for any physical fitness programs is strictly a deputy safety and general health issue. The Sheriff's Office and Weber County need to be confident that those that are charged with protecting the citizens and fellow deputy's are fit to fulfill that responsibility.
- 16.14.2 The functions of a deputy's job can frequently require a level of fitness not demanded by many other occupations. This office encourages deputies to maintain a satisfactory level of general health and physical fitness so that work can be performed efficiently and with a minimum of sick leave losses.
- 16.14.3 Good physical fitness and general good health practices can improve the health and condition of the deputy. Standards of fitness will be those that are directly related to the law enforcement tasks performed, and do not serve to eliminate or penalize employees who can otherwise perform the tasks of their assignment, with or without reasonable accommodation.

16.15 Policy

- 16.15.1 This office requires deputy sheriff recruits to successfully pass the Utah P.O.S.T. Academy Peace Officer Certification physical fitness requirements.

- 16.15.2 The physical demands described here are representative of those that must be met by a sworn deputy to successfully perform the essential functions of the job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- A. While performing the duties of this job, the employee is frequently required to stand, walk, sit, run, and talk or hear. The employee is occasionally required to use hands to finger, handle, or feel objects, tools, or controls; reach with hands and arms; climb or balance; stoop, kneel, crouch, or crawl; and taste or smell.
 - B. The employee must occasionally lift and/or move more than 100 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, bright and night or low light conditions, and the ability to adjust focus. Specific hearing abilities required by this job include hearing normal ranges of voices and other sounds both in pitch and volume and the ability to differentiate sounds.
- 16.15.3 The office may, from time to time, conduct testing as part of a wellness program to determine weight, blood pressure, percentage of body fat, strength, stamina, hearing, vision, and flexibility of selected employees.