

MAUI COUNTY POLICE DEPARTMENT

**GENERAL ORDERS**  
**CHAPTER 304**  
**FACILITIES AND EQUIPMENT**

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Effective date: 01/31/20

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Rescinds: GO 304.4 (6/26/00)

New materials underscored

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Accreditation Standards:

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**WEIGHT ROOM RULES AND REGULATIONS**  
**G.O. 304.4**

I. PURPOSE

To establish guidelines and procedures for the use of the Maui Police Department weight rooms and their adjoining facilities.

II. POLICY

Physical fitness is vitally important to every officer and employee of the Maui Police Department. Beyond the ordinary danger to good health such as stress, obesity, heart disease and a general lack of wellness, situations may arise where a human life depends on endurance, strength, and agility of a responding officer. Fitness is an integral part of the personal and professional life of every officer and employee. In an effort to afford officers and employees with the opportunity to participate in a fitness program, weight room facilities have been provided at Department stations where possible. Officers and employees are encouraged to make use of these facilities following the procedures described in this directive.

III. WEIGHT ROOM FACILITIES AND CONTROL

- A. The weight room facilities shall be under the control and direction of the Plans, Training, Research and Development Section Commander in District I and the District Commanders of the outside districts that have these facilities within their jurisdictions.
- B. The Commander of the Plans, Training, Research and Development Section and the District Commanders who have weight room facilities in their jurisdictions shall be responsible for the care and maintenance of the equipment as well as the enforcement of all rules and regulations governing the use of these facilities.
- C. The weight room facilities shall be open for use on a 24-hour basis.
  - 1. The Commander of the Plans, Training, Research and Development Section and District Commanders who have weight room facilities in their jurisdiction shall have the authority to close their weight room at any time.
- D. The weight room facilities may be utilized by immediate family members of officers and civilian personnel of the Maui Police Department.

1. Family members, age 14 and above are allowed limited use of the weight room facility, but shall adhere to the following rules:
  - a. Only one family member per employee shall be allowed to use the weight room facility;
  - b. The family member shall be accompanied by a Maui Police Department employee at all times;
  - c. The hours of operation that a family member may utilize the weight room facility are as follows:
 

Monday through Friday	1730 to 0500 hours
Saturday, Sunday & Holidays	All day
  - d. The family member shall sign the Weight Room Waiver Form (MPD Form No. 707) and it shall be submitted to the Commander of the Plans, Training, Research and Development Section.
  - e. Failure to adhere to all rules and regulations set forth in this General Order shall be cause for revocation of this privilege.
2. Exceptions
  - a. Visiting law enforcement officers or agents from other jurisdictions within the State accompanied by a Department employee.
  - b. Instructors hired to conduct training for the Department.
  - c. Any other person authorized by the Chief of Police.

#### IV. REGULATIONS

- A. Before Department personnel or visitors begin training in the weight room, they shall:
  1. Sign in on the Record Roster Ledger provided for by the Plans, Training, Research and Development Section and sign out when they leave.
    - a. Authorized visitors shall also complete the Weight Room Waiver Form (MPD Form No. 707) prior to the use of any weight room facility.
  2. Wear appropriate training attire at all times while utilizing the weight room facilities.
    - a. Shorts and shirts or sweat uniforms shall be worn while using the

facilities. Training without any shirt or top uniform is prohibited.


- b. Protective footwear such as running shoes or jogging shoes shall be worn at all times. The use of slippers or other open footwear while training is prohibited.
- B. Personnel are prohibited from engaging in free weight squat or bench exercises, except when accompanied by a spotter(s) positioned to render immediate assistance.
  - C. No weights shall be left on the bars upon the completion of the training.
    1. All weights shall be removed from the bars and returned to their respective rack holders.
    2. No weights shall be left on the floors while personnel are training. The floors are to be kept free of obstruction at all times. Unused weights shall be returned to their rack holders.
  - D. No equipment or machinery shall be removed from the weight room without the consent of the respective commanders or the Chief of Police.
  - E. Abuse of any of the weights or equipment is strictly prohibited.
    1. Unnecessary dropping of the free or pulley weights is prohibited.
    2. Any individual who damages, or who observes damaged equipment, or equipment in need of repair shall report the condition immediately to the respective Commander or his designee.
  - F. No posters or other material shall be placed on or affixed to any walls within the weight room area, without the authorization of the respective Commander or the Chief of Police.
  - G. No food or beverages shall be allowed or consumed within the weight room area.
  - H. No person under the influence of intoxicating liquor or drugs shall be permitted to enter the facility.
  - I. Excessively loud music is prohibited within the weight room.
  - J. Standing on equipment or machinery not designed for that purpose is prohibited.
- V. USE OF A HEAVYBAG
- A. The routine application of a heavybag exercise program can effectively increase aerobic, anaerobic and coordination levels; however, safety precautions and specific equipment

are necessary to avoid hand/joint injuries associated from the trauma of repetitive heavybag punching.

1. Specifically designed padded gloves shall be worn for impact absorption.
  2. Boxing hand wraps for wrist support and hand protection shall be used in conjunction with the padded bag gloves.
- B. To prevent injuries and to maximize fitness benefits, the heavybag shall be punched efficiently and properly. Anyone interested in learning basic heavybag skills may arrange a training session from an experienced boxing or heavybag fitness instructor through the Plans, Training, Research and Development Section.
- C. To increase its longevity, users shall refrain from kicking the heavybag, which is designed for hand punching only.
1. The Department's kicking shield may be used for those officers interested in kicking practice.
- D. Users shall not hang on the heavybag.
- E. Weapons, i.e., batons, sticks, bats, etc., shall not be used to strike the heavybag.

VI. PENALTIES

- A. Any violation of the above rules and regulations will result in disciplinary action under General Order 103.1, Rules of Conduct.
1. Any person found in violation of the above rules and regulations may also be denied access to the weight room facilities.

  
TIVOLI S. FAAUMU  
Chief of Police