

INTRADEPARTMENTAL CORRESPONDENCE

DIVISIONAL ORDER No. 01-13
16.3

January 23, 2013

TO: Metropolitan Division Personnel

FROM: Commanding Officer, Metropolitan Division

SUBJECT: ON-DUTY WORKOUT TIME AND THE PHYSICAL FITNESS
QUALIFICATION (REVISED)

This order establishes the policy on Metropolitan Division's workout time and the Physical Fitness Qualification (PFQ). The following parameters regarding the workout time and PFQ shall be adhered to effective immediately:

- All sworn personnel assigned to Metro shall take regularly scheduled PFQ's with the following exceptions:
 - Personnel on temporary or permanent light duty status whose documented medical restrictions prohibit them from taking the PFQ.
 - Detective personnel.
 - "A" Platoon personnel assigned to non-field administrative and/or support functions. This includes personnel assigned to the below listed functions.
 - Divisional TEAMS Coordinator
 - Crime Analysis Detail
 - Desk personnel (This does not include personnel on a one-month loan rotation to desk duty)
 - Divisional Armorers
 - Divisional Training Coordination Unit
 - Administrative personnel
 - The PFQ is optional for lieutenants and above.
- Workout time is authorized only for those personnel who take the PFQ.
- Workout time is allowed for every duty day, mission permitting.
- Personnel with temporary medical restrictions may not work out on duty unless they have specific written permission from their treating physician.
- PFQ's shall be conducted quarterly for D-Platoon personnel and twice a year for all other eligible personnel. D-Platoon will conduct the standard Metro PFQ described below once per year and conduct special SWAT activity PFQ's that have been approved by the Commanding Officer Metropolitan Division for the other three PFQs. All other platoons shall only utilize the standard Metro PFQ described below.

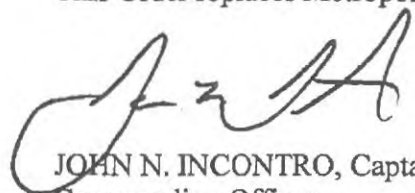
- D-Platoon personnel who have been off on extended leave greater than 90 days or off due to an injury or medical condition, must pass an approved PFQ before being certified for SWAT field duties.

The approved PFQ shall consist of the following activities. The performance objective is listed of each activity.

- 1.5 mile run (*Metro marked course at the Elysian Park Academy*): 13 minutes or less
 - D-Platoon: 12:30 minutes or less
- Push-ups: minimum of 30
 - D-Platoon: minimum of 40
- Sit ups: minimum of 40
 - D-Platoon: minimum of 60
- Pull ups: no minimum but must attempt
 - D-Platoon: minimum of 5

There are no exceptions or deviations to the PFQ activities listed above.

This Order replaces Metropolitan Divisional Order 07-02, March 15, 2007.



JOHN N. INCONTRO, Captain
Commanding Officer
Metropolitan Division