

3-05-083 On-Duty Wellness Program

PURPOSE OF ORDER:

The purpose of this order is to establish procedures regarding participation in the On-Duty Wellness Program by Men's Central Jail (MCJ) personnel.

SCOPE OF ORDER:

This order shall apply to all personnel utilizing the MCJ gym.

ORDER:

MCJ has an exercise room located on the first floor of the facility. The room is available for use twenty-four (24) hours a day.

All personnel assigned to Custody Division may be afforded up to one (1) hour per day of on-duty wellness program participation in the MCJ "Bauchet St. Gym" or by run/walk outside of the facility. Participation in the on-duty wellness program may not always be accommodated due to the operational needs of the facility.

Personnel electing to run/walk outside of the facility during their wellness break shall make verbal notification to their floor sergeant and/or watch sergeant. The watch sergeant shall make a note of any personnel leaving the facility and upon their return. Personnel shall carry a handheld radio or personal cellular telephone while outside the facility.

The one hour allowed for the wellness program shall include time required to change clothes, travel, and/or prepare for approved training activities.

Floor sergeants shall develop a system allowing gym members an opportunity to participate in the gym

wellness program, avoiding usage during the first and last hour of the shift.

The number of personnel permitted to participate in the wellness program simultaneously during a shift shall be determined at the discretion of the floor sergeant or watch sergeant.

It shall be the responsibility of gym members to maintain its cleanliness and to keep all gym equipment in good working order. Any damaged equipment shall be reported to the gym liaison deputy. **Misconduct in the Bauchet St. Gym may result in revocation of gym privileges.**

Refer to CDM 3-21/000.00

09/23/25, MCJ