



TO: Basic Academy sponsoring agency
FROM: Commander Tad A. Williams, MCLETC
SUBJECT: Off-duty fitness equipment access for recruits/cadets

The Macon County Law Enforcement Training Center (MCLETC) has an on-site physical skills/fitness facility for students enrolled in one of our Academy classes. The in-door area consists of a padded room conducive to control and arrest tactics, as well as state-of-the-art cardiovascular conditioning machines and weight training equipment; including elliptical trainers, treadmills, stationary bikes, free weights, resistance equipment and various other hand held items to enhance a student's physical fitness. We also have an outdoor ¼ mile track for walking and jogging around our campus.

In order to promote physical fitness, we are pleased and proud to offer these areas for use by students during their non-training hours. An after-hours orientation to the equipment will be offered to any student who takes advantage of the opportunity. We will ensure supervision is available on our campus during hours of operation. However, in order for students to use the facility, the student's sponsoring agency must grant permission (see below) and the student must sign a waiver to MCLETC and Richland Community College as operator of the Academy.

The after-hours exercise program will not substitute for any required physical training that is part of an Academy class. Rather, it is an option for students who want to put extra effort into their physical fitness.

An email or facsimile signature shall have the same force and affect as an original signature.

Fitness Training Permission

Recruit Cadet _____ is permitted to engage in fitness training at the MCLETC facilities while attending one of our Academy classes. I understand there will be instruction prior to the commencement of training and supervision available during training. I further understand that our employee will have access to cardiovascular equipment and resistance training equipment to include "free weights." The employee will have access to this equipment and track during hours when s/he is not engaged in Academy training, and this fitness training is not a required component of the Academy, nor in lieu of any required training.

Authorized Signature/Title

Department

Date