



# MILWAUKEE POLICE DEPARTMENT

## STANDARD OPERATING PROCEDURE

### 045 – PHYSICAL FITNESS

**GENERAL ORDER:** 2022-XX  
**ISSUED:** July 19, 2022

**EFFECTIVE:** July 19, 2022

**REVIEWED/APPROVED BY:**  
Assistant Chief Nicole Waldner  
**DATE:** June 23, 2022

**ACTION:** Amends General Order 2017-62 (December 13, 2017)

**WILEAG STANDARD(S):** 2.4.6

#### **045.00 PURPOSE (WILEAG 2.4.6)**

The purpose of this standard operating procedure is to establish a policy regarding standards of general health and physical fitness to which all members must adhere.

#### **045.05 POLICY**

It is the policy of the Milwaukee Police Department to encourage all members to maintain a high level of physical fitness and good health. These standards do not eliminate or penalize employees who can otherwise perform the tasks of their assignment, with or without reasonable accommodation.

#### **045.10 PROCEDURE (WILEAG 2.4.6)**

##### **A. GENERAL PHYSICAL FITNESS OF EMPLOYEES**

Current members shall possess a level of general health and physical fitness that allows them to adequately perform physical tasks they may encounter on their specific job assignment. Members are expected to be mentally focused and fit for duty at all times.

##### **B. RECRUIT OFFICERS IN TRAINING**

While assigned to the Training Division, recruit officers shall meet standards of proficiency in the mandatory recruit officer physical training program, defensive and arrest tactics, and firearms training as part of their employment. This includes the standards set forth by the Law Enforcement Standards Board (LESB) Physical Readiness Test (PRT). Failure to meet the exit standards of the PRT while in the Police Academy will result in termination from the department.

##### **C. POLICE AIDES**

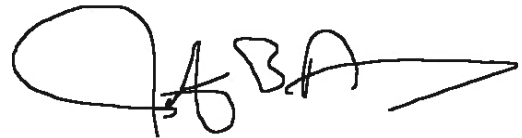
Police aides shall meet standards of proficiency in the mandatory police aide physical training program as part of their employment. Police aides must meet the entrance standards of the PRT within 180 days of entering the Police Academy.

#### D. EXERCISE FACILITIES

Exercise rooms are available for all members at district stations, the Training Division, and the Specialized Patrol Division. Members are encouraged to utilize the exercise equipment to their benefit and to improve and/or maintain their level of physical fitness. Members of the department shall not use the exercise room during work hours unless authorized by their bureau commander, or designee, and the exercise is in accordance with the duties and responsibilities of their work location.

#### E. "WELLNESS YOUR CHOICE MILWAUKEE"

Members are encouraged to participate in the city of Milwaukee's ["Wellness Your Choice Milwaukee"](#) program. Members are also encouraged to seek annual physical examinations and to maintain a high level of physical fitness.

A handwritten signature in black ink, appearing to read 'J.B. Norman', with a stylized flourish extending to the right.

JEFFREY B. NORMAN  
CHIEF OF POLICE

JBN:mfk