



Legislation Text

File #: 16-0426, **Version:** 1

Sheriff's Office recommending the Board consider the following:

- 1) Accept donation of various pieces of exercise equipment from the Deputy Sheriff's Association for the Sheriff's Office staff exercise room; and
- 2) Authorize the surplus of the older gym equipment currently in the exercise room and authorize the return of this equipment back to the Deputy Sheriff's Association as a trade in for the new equipment being donated.

FUNDING: Donation from the Deputy Sheriff's Association.

DEPARTMENT RECOMMENDATION

Sheriff's Office recommends the acceptance of the new equipment and return of the old equipment to enable Sheriff's staff to have the most up-to-date exercise equipment available.

DISCUSSION / BACKGROUND

In 2005, the Deputy Sheriff's Association (DSA) donated exercise equipment to outfit the Sheriff's Office exercise room. The existing equipment in the exercise room is getting worn out and is old. The DSA is donating new equipment to the Sheriff's Office and the equipment will be kept in the South Lake Tahoe exercise room. The Sheriff's Office on-duty exercise wellness program provides an opportunity to be physically and mentally well. This includes but is not limited to, emotional and stress management and diet. One component of the program is on-duty exercise/training. The intention of the on-duty exercise/training is not to "body build", but to exercise to maintain healthy bodies and minds. Therefore, participants limit the amount of weight lifted and exercise done to avoid injury or sickness as a means to maintain physical fitness and mental fitness. The purpose of the program is to enable staff to pursue their physical fitness goals in-order to enhance their fitness on the job.

ALTERNATIVES

N/A

OTHER DEPARTMENT / AGENCY INVOLVEMENT

N/A

CAO RECOMMENDATION

Approve the Sheriff's recommendation.

FINANCIAL IMPACT

No impact to Net County Cost. This is a donation of equipment.

CLERK OF THE BOARD FOLLOW UP ACTIONS

N/A

STRATEGIC PLAN COMPONENT

Public Safety

CONTACT

Undersheriff Randy Peshon