



LAPRA 2009 FITNESS CHALLENGE RULES AND REGULATIONS

Sponsored by the Los Angeles Police Relief Association, Inc.

600 N. Grand Avenue, Los Angeles, California 90012 – (213) 674-3701 – FAX (213) 674-3715 – www.lapra.org

1. All participants shall be Department (LAPD) sworn or civilian employees.
2. Each TEAM may have both sworn and civilian participants (sworn participation must be minimum 50%).
3. Each TEAM shall consist of 20 members and up to 5 alternate members. An alternate member will only become a team member if unforeseen circumstances require a team member to cease participation. The substitution of a team member by an alternate member must be approved by LAPRA.
4. Each TEAM shall have a designated TEAM Captain and co-Captain (may be one of the 20 team members).
5. Each TEAM shall designate one “Station Fund” for the LAPRA 2009 FITNESS CHALLENGE contest.
6. Every TEAM must meet the minimum total weight loss of 5% of the entire team’s entry weight to qualify for any awards or prizes. Only one prize per team. Each team that loses 5% of total team weight will win \$500. Grand Prize of \$10,000, 1st Prize of \$7,500, 2nd Prize of \$5,500 and 3rd Prize of \$3,500, 4th Prize of \$2,500 and 5th Prize of \$1,500 will be awarded to the teams that have the greatest total team percentage of weight loss.
7. Individual prizes consisting of 1st Prize of \$5,000, 2nd Prize of \$4,000, 3rd Prize of \$3,000, 4th Prize of \$2,000, 5th prize of \$1,000 will be awarded to the individuals who have the greatest individual percentage of weight loss regardless of the total percentage of team loss. An individual team member is still eligible for an individual prize even if his/her team does not meet the minimum total weight loss of 5%. LAPRA shall make the final determination of the winning teams and individuals. All team prizes will be awarded to the designated “Station Fund”.
8. Only three TEAMS per Office, Bureau, Group, Area, Division or Section. Offices, Bureaus, Groups, Areas, Divisions and Sections, lacking personnel or participants, may combine with other Department entities provided their assigned Department entity does not have its own team. Example: If you’re assigned to Central and Central has one or more teams designating the Central Station Fund you may not join another entity’s team. However, if Central does not have any team you may join another entities team.
9. Commanding Officers and TEAM Captains shall attest to each TEAM member’s individual weight and combined weight (sign application).
10. **Weigh-ins Sign-up and Final Deadlines:** All weigh-ins must be completed using the LAPRA scale. Each TEAM must pick-up a scale from LAPRA prior to weigh-ins. However, if your team has a LAPRA scale from last year’s Fitness Challenge you must bring it into the LAPRA office before the weigh-ins to be re-certified and your team will receive \$20 for your “Station Fund”. All TEAM members shall weigh-in dressed in a t-shirt, gym shorts and socks. **Beginning weigh-ins** will take place between **Monday, June 22, 2009 and Friday, June 26, 2009**. The LAPRA 2009 Fitness Challenge Application must be completed in full, with the exception of the “End”weight, and signed by all TEAM members, alternate TEAM member, TEAM Captain, TEAM co-Captain and Commanding Officer and **delivered to LAPRA by Friday, June 26, 2009 at 5:00 P.M.** On each payday Wednesday commencing July 15, 2009 through September 9, 2009 TEAM Captains are required to email the interim total team weight to LAPRA at 2009fitnesschallenge@lapra.org. The results will be posted on the LAPRA website. **Final ending weigh-ins** shall be completed between **Friday, September 25, 2009 and Wednesday, September 30, 2009**. An application must then be completed with only the team member name, Serial No., Division of Assignment and “End” weight information and signed by the TEAM Captain, TEAM co-captain and Commanding Officer and **delivered to LAPRA by Wednesday, September 30, 2009 at 5:00 P.M.**

It is recommended that TEAM participants see their doctor or health care professional before starting any weight loss or exercise workout program.

In order to participate in the LAPRA 2009 FITNESS CHALLENGE each participant must sign the Release and Discharge of the Los Angeles Police Relief Association (LAPRA), City of Los Angeles, sponsors, participating groups, employees, directors, officers, members and volunteers from any and all claims, charges, actions, suits, demands, obligations, damages, injuries, liabilities, losses and causes of action of every character, nature, kind or description arising out of or relating to his or her participation in the LAPRA 2009 FITNESS CHALLENGE.



LOS ANGELES POLICE RELIEF ASSOCIATION, INC.

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SCALE INFORMATION

If your team or facility has a LAPRA scale from last year's Fitness Challenge you must bring it into the LAPRA office to be re-certified before the beginning weigh-ins and your team will receive \$20 cash for your "Station Fund".

If your team or facility does not have a LAPRA scale from last year's Fitness Challenge you must pick-up a scale at the LAPRA office before the beginning weigh-ins.

The beginning weigh-ins will take place between Monday, June 22, 2009 and Friday, June 26, 2009. All completed and signed applications must be delivered to LAPRA by Friday, June 26, 2009 at 5:00 P.M.