

Restorative Rest

1037.1 PURPOSE AND SCOPE

The purpose of this policy is to allow commissioned police and custody employees to utilize their 1 hour lunch break for a Restorative Rest Period when needed. The goal is to improve officer wellness, decision making, and safety by reducing fatigue of those officers who work unique hours.

1037.2 POLICY

It is the policy of the Marysville Police Department to prioritize member wellness. In support of the Wellness Program Policy, Restorative Rest Periods will be authorized as outlined in this policy.

1037.3 RESTORATIVE REST PERIOD

Police and custody officers (including supervisors) who need a Restorative Rest Period will follow the following procedures:

- (a) Officers will contact their immediate supervisor to request a Restorative Rest Period.
- (b) Supervisors will contact another supervisor, within their work group, to ensure supervisor coverage is maintained.
- (c) Only one officer or supervisor can be authorized to take a Restorative Rest Period at a time.
- (d) If approved, those officers and/or supervisors will notify SNO911 they are on a detail unavailable at the Marysville Police Department, status checks are not needed, and they will be off the air.
- (e) Officers and/or Supervisors will maintain a level of operational readiness by removing no more than their duty belt, vest, and boots.
- (f) Officers and/or Supervisors will verify they have their department issued cellular phone with them and the phone volume is turned all the way up.
- (g) Officers and/or Supervisors will utilize their department issued phone to set an alarm to wake-up on time.
- (h) Officers and/or Supervisors will change their unit status to available at the end of the approved time period.

Officers and supervisors are authorized to turn off their radios during Restorative Rest Periods. Officers and supervisors are responsible for completing their resting period and returning themselves to available status after the allotted amount of time. Officers and supervisors must remain available by phone and can be called away from their Restorative Rest Periods if needed.

Patrol and Custody supervisors may take Restorative Rest, so long as there is acceptable shift coverage. Patrol and Custody supervisors must coordinate with other supervisors in order to take a Restorative Rest period and are not eligible if they are the sole supervisor on duty.

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1037.4 APPROVED REST LOCATION

The only approved Restorative Rest location is the current location of the Z-pod bed.

No more than one person will occupy the Restorative Rest location at any time during an approved rest.

There will be no sexual activity of any sort.

1037.5 SUPERVISORS

When considering a request by an employee to utilize a Restorative Rest Period, the supervisor shall take into consideration the level of staffing, workload, and ability to respond to calls for service if needed and any other condition that may affect the delivery of police services.

1037.6 OFF DUTY USE

The restorative rest location may be utilized for off duty use with the approval of the on duty supervisor.

Authorized uses would include;

- (a) Officer working nights or called out prior to a court date or training the following day.

If approved for off duty use, all noted requirements in this policy apply with the exception of on duty requirements of communicating unit status to dispatch.

In addition, the following requirements must be followed;

- (a) No extended stays
- (b) Minimum sleeping attire is shorts and a t-shirt
- (c) Be respectful of others
- (d) Clean up after your use