



2019 FITNESS CHALLENGE RULES AND REGULATIONS

ELIGIBILITY

1. All participants shall be Department (LAPD) sworn or civilian employees. A participant who was an individual winner for one of the top five prize, special recognition prize or *Keep it Off* prize in past years may participate in the 2019 Fitness Challenge. However, if his/her weight at this year's initial weigh-in is more than his/her ending weight for **any** of the prior year's Challenges, he/she will not be eligible for an individual prize or a special recognition.

TEAM RANKINGS AND PRIZE DETERMINATION

2. Each TEAM may have both sworn and civilian participants (sworn participation must be minimum of 10). Each TEAM shall consist of 20 members. A TEAM may start the challenge with a minimum of 20 and a maximum of 25 members. The weight loss for the 20 TEAM members (minimum of 10 must be sworn) with the greatest percentage weight loss at the final weigh-in will be used by LAPRA to determine the total TEAM weight loss. The weight for the remaining TEAM members will not be included in the TEAM's total weight but those TEAM members will be eligible to compete for the individual prizes provided their information is submitted on the final TEAM application.
3. Each TEAM shall have a designated TEAM Captain and co-Captain (may be one of the 25 team members).
4. Each TEAM shall designate one "Station Fund" for the LAPRA 2019 FITNESS CHALLENGE contest.
5. Each TEAM must meet the minimum total weight loss of 5% of the entire team's (final 20 members) entry weight to qualify for any awards or prizes. Each team that loses 5% of the total team weight (final 20 members) will win \$500 unless they qualify for the following prizes that will be awarded to the teams that have the greatest total team percentage weight loss (final 20 members): Grand Prize of \$10,000, 1st Prize of \$7,500, 2nd Prize of \$5,500, 3rd Prize of \$3,500, 4th Prize of \$2,500 and 5th Prize of \$1,500. An additional team prize in the amount of \$2,000 will be awarded to any team who wins one of the top 6 team prizes and whose final 20 members are all sworn officers assigned to a field position, as defined by the LAPPL MOU, Article 5.4 "Uniform Field Officer Incentive". All team prizes will be awarded to the designated "Station Fund".
6. Individual prizes consisting of 1st Prize of \$3,500, 2nd Prize of \$2,500, 3rd Prize of \$1,500, 4th Prize of \$1,000, 5th Prize of \$750 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.
7. Only five TEAMS per Office, Bureau, Group, Area, Division or Section are permitted. Offices, Bureaus, Groups, Areas, Divisions and Sections, lacking personnel or participants, may combine with other Department entities provided they agree to designate one station fund per team.

SIGN-UPS, WEIGH-INS & FINAL DEADLINES

8. Commanding Officers and TEAM Captains shall attest to each TEAM member's individual weight and combined weight (sign application). 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 a prior 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 **Saturday, 12/15/2018 and Monday, 1/14/2019**. The Fitness Challenge Application must be completed in full and signed by all TEAM members, TEAM Captain or TEAM co-Captain and Commanding Officer and **submitted to LAPRA by the end of the day on Monday, 1/14/2019**.

On each payday Wednesday commencing **1/30/19 through 4/10/19** TEAM Captains are required to email each team member's individual weight no later than the Wednesday following payday to LAPRA at fitnesschallenge@lapra.org. The results will be posted on the LAPRA website. Failure to timely email the interim TEAM weight for more than any 2 weigh-ins will result in a final TEAM penalty of 5 lbs. **Final ending weigh-ins** shall be completed between **Wednesday, 4/24/19 and Tuesday, 4/30/19**. A final weigh-in application must then be completed with **ALL** (up to 25) of the team members' names, Serial No., Division of Assignment & "End" weight information & signed by the TEAM Captain or co-Captain and Commanding Officer and **submitted to LAPRA by the end of day on Tuesday, 4/30/19**.

KEEP IT OFF CHALLENGE!

9. Individuals who meet a minimum total weight loss of 15% of their entry weight are eligible to win an additional individual prize of \$350 if:
 - His/her team captain continues to email the participant's individual weight to LAPRA, on or no later than 3 days after 5/22/2019, 6/19/2019, 7/31/2019, 8/28/2019, and 9/25/2019.
 - His/her total weight at each additional weigh-in on the dates listed above is no more than 5% above his/her 4/30/2019 ending weight.
 - His/her final weight for the 9/25/2019 submission is equal to or less than his/her 4/30/2019 ending weight.

It is recommended that TEAM participants see their doctor or health care professional before starting any weight loss or exercise work out program. In order to participate in the LAPRA 2019 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 2019 FITNESS CHALLENGE.