

DEPARTMENT OF  
POLICE

ALBERT NÁJERA  
CHIEF OF POLICE

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December 2, 2004

City Council  
Sacramento, California

Honorable Members in Session:

**SUBJECT: APPROVAL OF CONSULTANT AND PROFESSIONAL SERVICES AGREEMENT FOR POLICE DEPARTMENT FITNESS COORDINATOR**

**LOCATION AND COUNCIL DISTRICT:** Citywide, All Council Districts

**RECOMMENDATION:**

It is recommended that the City Council approve the attached consultant and professional services agreement for the continuation of professional services to the Sacramento Police Department for fitness coordination.

**CONTACT PERSON(S): Deputy Chief Rick Braziel, 433-0800  
Captain Kevin Johnson, 433-0844**

**FOR COUNCIL MEETING OF:** December 14, 2004

**SUMMARY:**

In October 2003, the Police Department entered into an agreement with a fitness consultant, John Hansen, in order to reduce injuries and improve fitness among police personnel and recruits. In order to maintain consistency in the Police Department's fitness program and the work that is on-going with individuals, as well as build upon projects that Mr. Hansen has begun, it is advisable to retain his services through the proposed five-year contract.

**COMMITTEE/COMMISSION ACTION:** None

**BACKGROUND:**

Levels of fitness among police personnel correlate with providing the optimum police service and a lower injury rate among officers and recruits. By labor agreement, all sworn personnel hired after 1984 and represented by the Sacramento Police Officers Association (SPOA) are required to pass a physical agility test in order to retain employment. It was determined that a certified fitness coordinator/trainer would be instrumental in helping officers maintain their fitness levels thereby ensuring that the Police Department retain its sworn personnel and derive the benefits of a physically fit staff. These expert services were also needed to assist police academy staff in developing the best methods for physical training of recruits. In 2003, a fitness program was modeled after a similar concept used by the Fire Department.

A competitive selection process took place that year to ensure that the most qualified fitness trainer was chosen to meet the needs of the department. John Hansen, a certified fitness trainer, was selected and began working as a consultant for the Police Department in October 2003. His total current contract was not to exceed \$80,000. To date, he has provided personalized instruction and fitness programs to 216 individuals.

Services he offers include:

- General health and fitness assessments including but not limited to blood pressure and body composition.
- Fitness and diet review and evaluation.
- Personal fitness appointment consultations, goal setting and monitoring.
- Personal fitness program development and continuous review.
- Diet recommendation.
- Motivational counseling.

In addition to individualized service, Mr. Hansen's project duties have included:

- Exercise equipment project - coordinated the purchase and installation of several pieces of cardio equipment at department substations.
- Female Fitness Challenge - coordinated vendor participation in health fair aspect of challenge.
- Alternative Medicine Health Fair - coordinated all aspects of the health fair.
- Health and Wellness workshop – conduct Health and Wellness workshop for recently graduated cadets.
- Stress Management workshop – conduct Stress Management workshop for civilian managers.
- Newsletter articles and video clips - develop and submit health and fitness articles and video clips for print in department newsletter and department media channels.
- Health and Fitness Challenge incentive program - developed all aspects of the department Health and Fitness Challenge incentive program, a program to reward employees for maintaining and developing new healthy lifestyle behaviors. (To be implemented in January 2005.)

City Council  
Police Department Fitness Coordinator  
December 2, 2004

- Personal Physical Training database – generated recommendations on statistical analysis to use for the academy PPT database.
- Healthy Food Options – generated recommendations on healthy food options at various department vending machines and snack bars.

The Police Department has determined that John Hansen has met and exceeded service delivery expectations and that the ability to retain his services for a 5-year period would provide consistency needed to meet department goals.

**FINANCIAL CONSIDERATIONS:**

The total cost of the proposed 5-year agreement will not exceed \$350,000 and will be paid by Police Department operating grant funds earmarked for the training of department personnel and recruits.

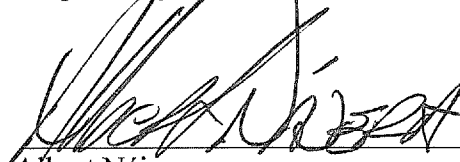
**ENVIRONMENTAL CONSIDERATIONS:** None.

**POLICY CONSIDERATIONS:**

The action requested is consistent with the Police Department's goal to ensure the maintainance of physical fitness levels of department personnel by making the services of a fitness expert readily available to personnel.

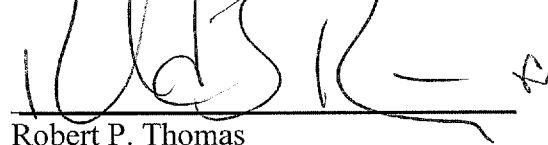
**ESBD CONSIDERATIONS:** John Hansen is not a certified ESBD.

Respectfully Submitted,



Albert Nájera  
Chief of Police

RECOMMENDATION APPROVED:



Robert P. Thomas  
City Manager

AN/mm  
Ref: COP 12-4

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# RESOLUTION NO.

ADOPTED BY THE SACRAMENTO CITY COUNCIL

ON DATE OF \_\_\_\_\_

## RESOLUTION AUTHORIZING THE EXECUTION OF A CONSULTANT AND PROFESSIONAL SERVICES AGREEMENT FOR POLICE DEPARTMENT FITNESS COORDINATOR

NOW THEREFORE, LET IT BE RESOLVED BY THE CITY COUNCIL OF THE CITY OF SACRAMENTO THAT THE CITY COUNCIL AUTHORIZES THE CITY MANAGER, OR A DESIGNATED REPRESENTATIVE, TO:

1. Execute a 1-year contract with an option to renew annually for up to five years with John Hansen for a total contract amount not to exceed \$350,000 for the provision of a comprehensive, personalized and flexible health and fitness program for Police Department employees.

\_\_\_\_\_  
MAYOR

ATTEST:

\_\_\_\_\_  
CITY CLERK

\_\_\_\_\_  
**FOR CITY CLERK USE ONLY**

RESOLUTION NO.: \_\_\_\_\_

DATE ADOPTED: \_\_\_\_\_