



## RESOLUTION 24-012

### ADDING GYM BENEFIT TO PERSONNEL HANDBOOK FOR FIRST RESPONDERS FOR MENTAL THERAPY

**WHEREAS**, first responders play a critical role in safeguarding communities, often facing highly volatile, traumatic, and mentally demanding situations in the line of duty; and

**WHEREAS**, the physical and mental well-being of first responders is essential for their effectiveness in emergency situations and their overall quality of life; and

**WHEREAS**, it has been proven that physical exercise following a highly volatile situation or traumatic event in the line of duty improves mental well-being, and resilience to stress; and

**WHEREAS**, providing access to gym facilities is one way the City can support first responders in maintaining their mental health; and

**NOW THEREFORE, BE IT RESOLVED** by the Mayor and Council of the City of Owens Cross Roads to adopt Resolution No. 24-012 that hereby establishes a gym benefit program with two (2) blanket memberships to be utilized by all first responders for the City both employed, volunteer, and contracted, to have access after a volatile or traumatic event along with a peer support person to a local gym, effective 13<sup>th</sup> of MARCH 2024.

**APPROVED AND ADOPTED THIS** 20<sup>th</sup> **DAY OF MARCH 2024.**

**Approved By:**

  
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Tony K. Craig, Mayor

**Attest By:**

  
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Christie D. Eason, City Clerk

