



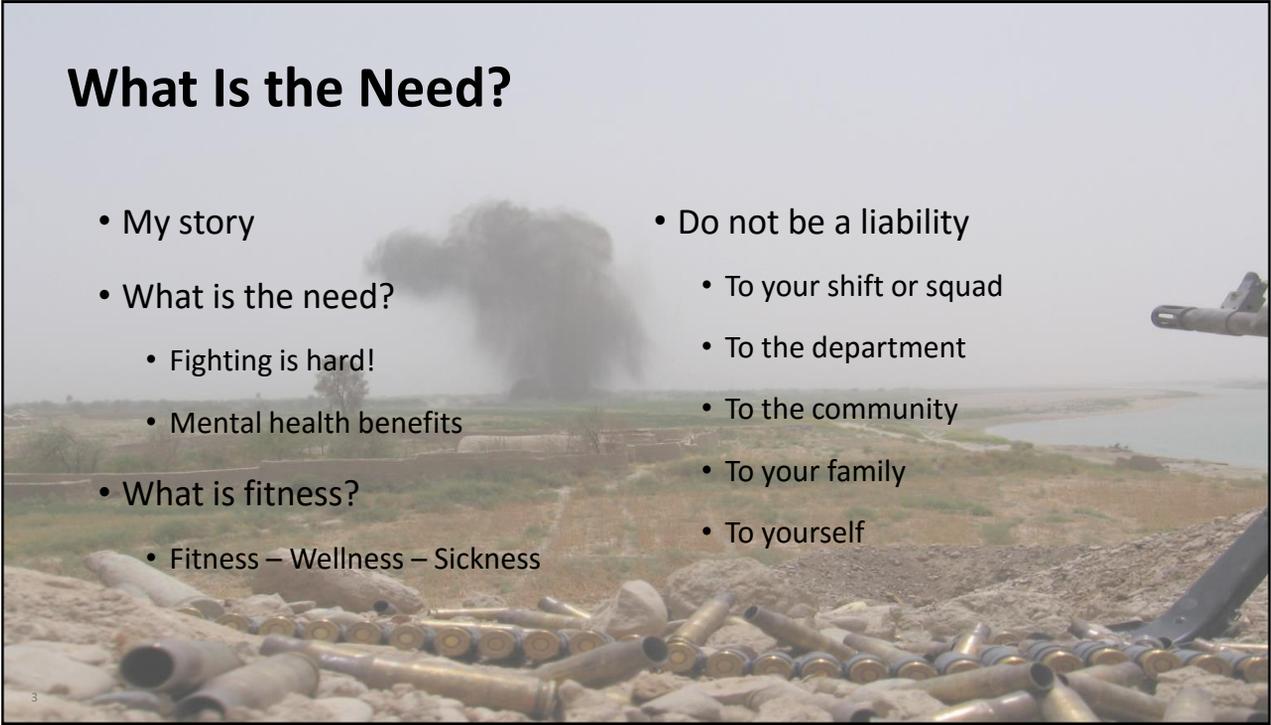
## Oregon City Police Department

- Oregon City is the county seat of Clackamas County, Oregon, and is located on the Willamette River, near the southern limits of the Portland metropolitan area
- Population: 35,831 (2015)
- Oregon City Police Department – 58 employees
- Calls for service in 2016 – 27,173
- Budget for 2015–17 – \$15.6 million



# What Is the Need?

- My story
- What is the need?
  - Fighting is hard!
  - Mental health benefits
- What is fitness?
  - Fitness – Wellness – Sickness
- Do not be a liability
  - To your shift or squad
  - To the department
  - To the community
  - To your family
  - To yourself



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# Developing the Program

- An internal champion of the cause
- You cannot be a prophet in your own land
- Outside assistance from a local gym
  - CrossFit Lake Oswego
- Show the value
- Do not expect anyone to do the work for you
- Let the idea sell itself
- Do not be that guy . . .



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# Collaboration and Partnerships

- Management
- Unions or associations
- Officers and nonsworn employees
- Local CrossFit gym
- CrossFit
- Greg Amundsen

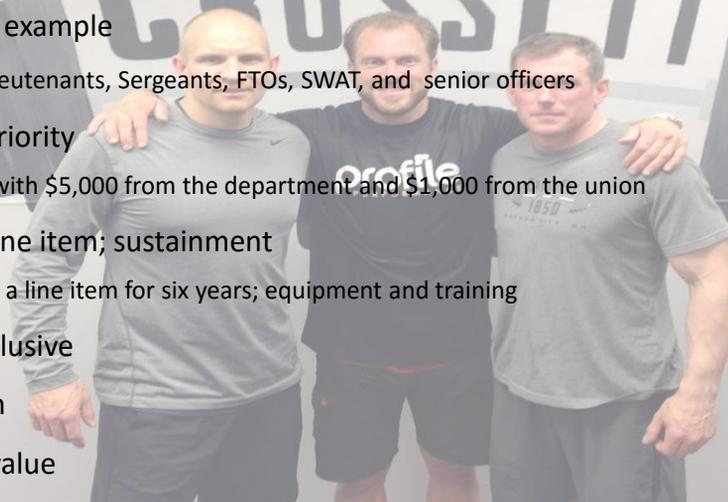


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# What Does Buy-In Look Like?

- Investment from the organization
- Leading by example
  - Chief, Lieutenants, Sergeants, FTOs, SWAT, and senior officers
- Money = Priority
  - Started with \$5,000 from the department and \$1,000 from the union
- Make it a line item; sustainment
  - Now it is a line item for six years; equipment and training
- Make it inclusive
- Make it fun
- Show the value

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# CrossFit

- Why CrossFit?
- Why start an affiliate?
- Starting a CrossFit nonprofit affiliate
  - CrossFit's requirements
- [CrossFit law enforcement support](#)
- Education and certification
- Support
- Legitimize your program



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# CrossFit 1850 and the Oregon City Police

- Established in 2011 as the first law enforcement affiliate in Oregon
- 2,200-square-foot gym
- 24/7 access for members
- Serves the members of the Oregon City Police Department and several local partner agencies
- Several CrossFit Level 2 and Level 1 certified trainers available
- Boot camp courses available
- Certified nutritional consultation available
- CrossFit law enforcement seminar hosts
- Website with daily programming for law enforcement

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## Lessons Learned

- Start slow
- Let it grow on its own
- Supervise every workout
- Do not forget program workouts for yourself
- Know your officers
- Officers need to be able to work that day
  - “Do no harm”
- Six months of 5- to 10-minute workouts
- Grow your own coaches
- Movement, consistency, and then - and only then - intensity



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## Unanticipated Outcomes

- Now a part of the local CrossFit community
  - Community outreach and positive image for law enforcement
- Fund-raising and local charity support
  - Everyday Warrior, Oregon Fallen Badge, Battle of the Badge, Cover Six
- Officers and chief working out together
- More than eight officers have purchased and set up their own garage gyms
- Officers taken off high blood pressure medicine
- Officers' confidence in use-of-force incidents improved
- Officer weight loss
- Officer chiropractic visits reduced

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# Cops, Coping, and CrossFit



*Cops, Coping, and CrossFit* by Ian Wittenber

CrossFit Media

## Questions



## Contact Information

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