



WELLNESS & FITNESS

SCOPE

This guideline shall apply to all members of the Stoney Point Fire Department and shall be adhered to by all members.

PURPOSE

To establish policies to address issues related to the health, wellness, and fitness of all members of Stoney Point Fire Department.

DEFINITIONS

Guideline - a general rule, principle, outline of a policy

Member – any career, volunteer, staff, and auxiliary personnel affiliated with the department

Shall - indicates a mandatory requirement

Policy Number

11B.001

Page 1 of 3

GUIDELINES

Stoney Point Fire Department members are confronted by tasks and assignments at the incident scene that are very physically demanding. Often these tasks are accomplished with little notice and under hostile environmental conditions that add to the physical stress endured by the Firefighters. Therefore, Firefighters are at high risk for injury if they are not properly prepared for these conditions and exertions. Stoney Point Fire Department is committed to reducing injuries to its emergency responders. It is imperative to increase the capacity of Firefighters and other emergency responders to endure the physical demands of incident response activities, regardless of the environmental conditions.

Regular physical fitness activities are important to the total health and well-being of the department's operational members. Active participation in physical fitness activities increases endurance, strength, improves mental alertness and reduces stress. Being



physically fit is about being able to successfully perform the assigned duties at an incident without becoming a casualty. Therefore, the goal for physical fitness should not be to simply pass a physical fitness test, but to be functionally fit to perform your duties.

Career members are required to pass an annual physical fitness test consisting of conducting pushups, sit ups, and a 2-mile run on the road or treadmill to the 60% of US Army standards for their age, and bench press their body weight one time. Discretion is given to the shift supervisor in how to train for these events and maintain physical fitness. The conduct of physical fitness training during shift shall not compromise incident response.

Supervised Physical Fitness Training

- conducted between 1700-1900 during shift
- not mandatory
- safe non-contact physical fitness activities only
- warm up, stretch, and cool down to prevent injury
- wear only appropriate PT uniforms or attire for all physical fitness activities
- control all competitive and aggressive activities to prevent injury
- remain professional and courteous during fitness activities
- remain able to rapidly respond throughout fitness activities
- maximize the opportunity for physical fitness for success
- plan with the Fire Chief for alterations prior to conduct of training away from Stoney Point Fire Department facilities

Volunteer members are required to successfully complete the annual Self-Contained Breathing Apparatus Endurance Test. This event tests physical fitness and endurance. Company Officers are responsible for ensuring that their personnel are able to complete the test. Volunteers shall be encouraged to participate in physical fitness activities to improve their fitness levels.

Policy Number

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Page 2 of 3



Programs

Standard Operating Guidelines (SOG)

The Stoney Point Fire Department gym is open to all members for responsible physical fitness training. Members shall adhere to professional conduct and appearance standards while conducting physical fitness activities at Stoney Point Fire Department facilities.

References

NFPA 1500

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Page 3 of 3