

Springdale Fire Department

Policy & Procedures Manual

Volume 1 – Administration

Section 105 – Health and Wellness

105.1 – Health Related Fitness Program

The purpose of this policy is to establish a health related fitness program. The objective of the program is to ensure that all SFD Civil Service Personnel maintain a level of health and fitness to safely perform their assigned duties. This program is developed using the recommendations and guidelines from the American College of Sports Medicine, The Cooper Institute, and NFPA 1583. The health related fitness program consists of the following four components:

- (1) Annual fitness appraisals performed by a SFD Fitness Coordinator,
- (2) Regular exercise training on the part of each member,
- (3) Physicals performed by the Department Physician,
- (4) Annual physical abilities test by all SFD Personnel.

These four components are detailed further as follows:

- **(1) Fitness Appraisal**

Fitness Coordinators will provide all SFD Personnel with a fitness appraisal on an annual basis. The goal of this program is for personnel to strive to achieve or exceed an average score of 4 for the seven test components. Each fitness appraisal will consist of evaluating the following categories:

3 Minute Step Test – screening for heart rate recovery.

Body Composition – three site skin fold.

Cardiovascular Fitness – 1.5 mile run.

Flexibility – sit and reach test.

Muscular Endurance – one minute push-up and one minute sit-up tests.

Absolute Strength – one repetition maximum bench press ratio.

Each Shift Commander will ensure that their assigned personnel receive an annual fitness appraisal each year beginning on the second Monday in April. Staff Personnel will coordinate with a Shift Commander to have their fitness appraisals completed during this same time period. All fitness appraisals shall be conducted at Station 1. The 1.5 mile run shall be conducted at the Southwest Junior High School track.

A minimum of two Fitness Coordinators shall be present while the testing is occurring. A Fitness Appraisal Form (ADM – Fitness Appraisal Form) shall be completed for all personnel by a Fitness Coordinator and forwarded to the Assistant Fire Chief for inclusion into each individual's Health File.

Fitness Coordinator's for each shift are as follows:

A-Platoon
Jimmy Hunt
Rick Bostian

B-Platoon
Matt Chacanaca
Duane Miller

C-Platoon
Nate Pianalto
Dean Carpenter
Andy Sprouse

SFD Personnel who score fair, poor, or very poor in any of the categories should design their personal exercise program to improve their performance in those specific categories. SFD Personnel are encouraged to request assistance from their shift Fitness Coordinator's to develop an exercise program that will meet their individual needs.

- **(2) Exercise Training**

Exercise training should target the type of workout that will increase or maintain an individual's cardiovascular endurance, strength, flexibility, and maintain or reduce body composition.

SFD Personnel assigned to shift duty are required to complete a minimum of thirty minutes of physically demanding exercise training each shift. Additional exercise time is allowed, so long as exercise training does not conflict with other required job duties. Company Officers shall make certain that all exercise training is entered as a staff activity into Firehouse to account for the completion of this activity.

Various other types of training (i.e. fire, ems, rescue, etc.) are not considered an alternative for exercise training.

Staff Personnel are required to maintain the same fitness level as shift personnel. Staff Personnel are allowed to perform fitness training during normal work hours; however, individuals must use discretion so that physical training time does not interfere with daily required job duties.

- **(3) Department Physician Physicals**

Physicals shall be provided by the department to all SFD Personnel at intervals as indicated below. Personnel will be notified by the Fire Chief or the Assistant Fire Chief for the scheduling of physicals. The frequency of physicals is determined by age groups as shown below:

21-29 years of age, once every three years

30-39 years of age, once every other year

40-49 years of age, once every year

50 and over, once every year with the addition of a Stress EKG Test

- **(4) Physical Abilities Test**

All SFD Personnel will successfully complete the SFD Physical Abilities Test on an annual basis. This test process will be performed with the oversight of Fitness Coordinators and the Shift Commanders.

The physical abilities tests are to be conducted each year beginning on the second Monday of September. Administrative Staff Personnel will coordinate with a Shift Commander to complete the physical abilities test during the same time shift personnel are performing the test.

A Physical Abilities Test Form (ADM – Physical Abilities Test Form) shall be completed for and personnel and forwarded to the Assistant Fire Chief for inclusion into each individual's Health File.

The events within the physical abilities test will be performed consecutively. The pace can be slow, but with no more than two stops, each not to exceed fifteen seconds. The series of events must be completed within the use of one SCBA bottle. The test will start when the individual has donned all protective equipment, SCBA, and begins breathing from the SCBA. The events are as follows:

HOSE DRAG – Drag a 150 foot section of 1 ¾” hose around a barrel, proceeding to a designated area. Once there you must drag one full 50 foot section of the hose into the box.

KAISER SLED – Strike the weight from the starting position, driving the weight from one end to the other.

TUBE CRAWL – Enter the 20' tube on one end and crawl through to the opposite end.

HIGH RISE CARRY – Carry the simulated high rise pack up to the third floor landing, turn around and carry the pack back down to the first floor.

PUSH / PULL EVENT – Using a six foot pike pole, push a forty-five pound plate up ten times, stop, go to the other side and pull the weight down ten times.

LADDER CARRY – Using a one man ladder carry, remove an extension ladder from its stored position. Take the ladder and place it against the wall and set the ladder to the proper climbing angle.

RESCUE DRAG – Drag the rescue mannequin fifty feet until the feet of the mannequin cross the finish line.

If an individual runs out of air, or discontinues before the completion of all of the events, the test will be considered incomplete.

SFD Personnel who do not successfully complete the physical abilities test may be sent to the Department Physician for an evaluation and recommendations. A Fitness Coordinator will develop a mandatory prescriptive exercise program that is targeted to improve the physical ability of the individual in order to successfully complete the test.

SFD Personnel will continue to attempt the completion of the physical abilities test every thirty days until they are successful. If the successful completion of the physical abilities test does not occur after a six month period, the individual will be further evaluated by the Fire Chief and the Department Physician.