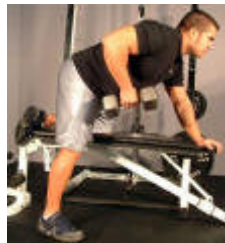
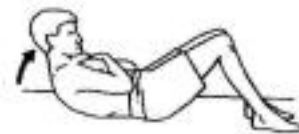


## Physical Fitness Program

Over 50% of the fatalities recorded annually are attributed to medical events associated with heart attacks, strokes or other serious illnesses. Contributing factors such as age, sex, family history are not modifiable however, physical fitness levels are. The job of a firefighter requires you to be in the best physical condition that you can be in for your career. Operational levels, air consumption and many other factors are directly related to your fitness level. Review department policy for the physical fitness program in your department.



### Review and Discuss the Following Points

1. Describe the on-duty physical fitness policy for your department. Is it mandatory or voluntary?
2. What safety inspections of physical fitness equipment are necessary and who performs them on what interval?
3. What components should be included in a model fitness program?
4. What equipment is available for your use on-duty?
5. What warm-up and cool-down exercises are recommended as part of your workout routine?
6. Who administers the program within your department?
7. Review the operation and use of all components of your physical fitness equipment.
8. What documentation of physical fitness program participation is required or completed after you work-out?
9. What policies are in place regarding off-duty fitness participation?
10. How are individual fitness levels evaluated and progress maintained?

Consult Your SOG's