

PHYSICAL FITNESS

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Purpose: *Firefighting is one of the most physically demanding occupations in today's society. History has proven that firefighting is also one of the deadliest professions to be in as well. In an effort to provide for the safety and well being of the firefighter both in relation to work place activities and off-duty life, a strong emphasis has been placed on firefighter safety and physical training over the last several years. This physical training and physical well being is encompassed in a variety of ways. Correct eating habits, a proper and well-balanced nutritious menu at all times and regular cardiovascular and weight training are but to name a few aspects to consider for a healthy lifestyle.*

APPLICABILITY:

1. Fitness evaluations are non-punitive and used solely for the purpose of evaluating the individual against his/her previous fitness evaluations or to establish a baseline for that individual.
2. Fitness evaluations are mandatory for all firefighters as part of the comprehensive wellness fitness program as required by NFPA 1583, Standard on Health-Related Fitness Programs for Firefighters, and should be conducted under the guidance of the Fire Department Physician.
3. The actual evaluations shall be performed by the Fire Department Fitness Personnel.
4. All data collected by the Health Fitness Coordinator's (HFC's) are considered clinical in nature and shall be maintained in the member's confidential medical file.
5. All firefighters will be assessed on an annual basis for fitness levels. Fitness Assessments for volunteer members will be conducted on the last week of the month so as not to interfere with regularly scheduled trainings.
6. A member that has not achieved the current Okolona Fire Department fitness standard from their most recent assessment per the HFC will not be eligible for promotional opportunities and participation in outside schools and conferences unless directed by the Fire Chief.

ASSESSMENTS:

Components:

1. The individual fire department physician shall clear all firefighters for participation in the fitness assessment. This clearance can come in the form of a "fit for duty" issued by the department physician. This clearance shall be submitted to the departments Health Fitness Coordinator or his/her designate.
2. If a firefighter has an acute medical problem or a newly acquired chronic medical condition, the fitness assessment shall be postponed until that person has recovered from this condition and presents to the fire department Health Fitness Coordinator for review. Such condition shall be documented by a physician's letter.

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3. All firefighters (career, part time and volunteer) shall be assessed physically on a yearly basis. The assessment complies with NFPA 1583. The assessment will be conducted one year from the date of hire or most recent promotion or other date approved by the fire chief upon recommendation by the HFC.
4. All on duty firefighters working a 24-hour schedule will be required to perform physical fitness/training for a minimum of 60 minutes each day the firefighter is scheduled to work a 24 hour shift.
5. All on duty firefighters working a 40-hour schedule will be required to perform physical fitness/training for a minimum of 2.5 hours per week.
6. All part-time employees should be encouraged to perform physical fitness/training and given the same opportunity as full-time firefighters. Volunteer firefighters are encouraged to perform physical fitness training for a minimum of 2.5 hours per week.
7. Firefighters on vacation or holiday are excused from physical fitness/training. No special documentation is required.
8. Any firefighter who is ill or not feeling well during the duty day will submit a provided form signed by the Supervisor and the Shift Chief of the circumstances and forwarded to the Health Fitness Coordinator for review.
9. If during the duty day a significant amount of emergencies or unforeseen circumstances arise which preclude the physical fitness/training, documentation of the reasons shall be submitted to the Health Fitness Coordinator from the Supervisor through the Shift Chief.
10. Training, details and other scheduled activities shall not be used for excusal from physical fitness. Time management should be used by the Supervisor to allot the crew a minimum of 60 minutes to perform physical fitness.
11. Any firefighter who does not meet the assessment standards will be sent to the Department's Health Fitness Coordinator for assistance in the area or areas for a plan of improvement. This plan of improvement may include a visit to the department physician for assistance.
12. The actual evaluations shall be performed by the Fire Department Fitness Personnel. All data collected by the evaluators shall be considered clinical in nature and care to be maintained in the member's confidential medical file in accordance to NFPA 1582.
13. An individual that fails to achieve the annual fitness standard shall be given an *exercise prescription" that shall be developed by the HFC's and the individual shall receive detailed instruction on how to achieve the desired fitness level.
14. The individual that failed to meet the annual fitness standard shall be reevaluated on a quarterly basis to ensure there is an improvement in their fitness status based upon their previous (most recent) fitness evaluation.

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15. The Supervisor of the member that has failed to meet any portion of the fitness assessment shall report this confidential information to their Assistant Chief or Shift Chief for monitoring and follow-up.
16. The Assistant Chief or Shift Chief shall forward this confidential information to the Chief and Deputy Chief for monitoring purposes.
17. A member that has not achieved the minimum physical fitness standard may request a fitness re-evaluation from the HFC in the event that a promotional opportunity has been posted.
18. Members that are assigned to unit 8081 shall be given relief on their unit by the Station 1 Supervisor to perform physical fitness/training for a minimum of 60 minutes each day the firefighter is scheduled to work a 24 hour shift.
19. *Failing to pass* the fitness assessment is non-punitive. However, *failing to undergo* the fitness standard is grounds for disciplinary action. In other words, someone won't get in trouble for not passing the fitness assessment, but someone who procrastinates taking it could be in difficulty.
20. Career firefighters who have not undergone the fitness assessment by December 1 of each year unless approved by the fire chief in advance, in consultation with the HFC, shall not be placed on the duty schedule until completion of the assessment.
21. Volunteer firefighters who have not undergone the fitness assessment by December 1 of each year unless approved by the fire chief in advance, in consultation with the HFC, shall not be permitted to attend training or respond to calls for service until completion of the assessment.

ASSESSMENT AREAS:

1. Aerobic Capacity

1.5 mile walk/run

Rationale: The 1.5 mile run is designed to test the firefighter's physical and muscular strength and endurance

Directions: The firefighter, wearing ordinary workout or exercise clothing, must run or walk a measured distance of 1.5 miles.

Standard: The firefighter must complete the 1.5 run within 17 minutes and 15 seconds or complete the walk within 24 minutes and 30 seconds.

Alternative: Cycle Test-Only firefighters who will take the Cycle Test are those who are medically excused from running or walking. All others will run or walk 1.5 miles as part of the fitness standard.

Cycle Test: The cycle test is a 12 minute fixed time test with a direct correlation to the 1.5 mile run. The goal is to burn as many calories as possible. Once the user obtains their caloric output from the stationary bike, the results shall be input into a calculator www.npc.navy.mil/CommandSupport/PhysicalReadiness that will convert the result comparable with a 1.5 mile run section of the physical readiness test.

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2. Muscular Strength

Definition: The maximal amount of force a muscle or group of muscles can exert in a single contraction; the ability to apply force.

Directions: The firefighter given a weight bench and free weights will bench press his or her body weight for one (1) repetition.

Alternate:

Directions: The firefighter given a weight bench and free weights will bench press 2/3 of his or her body weight for five (5) repetitions.

Standard: The firefighter will raise the required amount of weight using all safety precautions necessary to achieve the weight required.

3A. Muscular Endurance

Definition: The ability of the muscle to perform repeated contraction for a prolonged period of time; the ability of the muscle to persist.

Directions: The firefighter given a flat surface will perform twenty (20) push-ups in the time standard.

Standard: The firefighter will perform twenty (20) push-ups in a maximum of time of one (1) minute.

3B. Muscular Endurance Continued

Directions: The firefighter given a flat surface and a spotter or exercise ball will perform thirty (30) sit-ups.

Standard: The firefighter will perform the 30 sit-ups in the maximum time of one (1) minute.

Alternatives:

- a. Static Plank
- b. Pull-ups

4. Flexibility

Definition: Flexibility measures the range of motion in a joint, which depends on the extensibility of soft tissues. Lack of flexibility can hinder physical performance or contribute to an increased risk of injury.

Directions: The firefighter given a sit and reach box will reach out towards the ruler on the box as far as they can without injury.

Standard: The standard for the sit and reach box is attached and based upon height, weight, and age from the American College of Sports Medicine.

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5. Body Composition

Definition: The human body is composed of a variety of different tissue types. The so-called 'lean' tissues, such as muscle, bone, and organs are metabolically active, while adipose, or fat tissue, is not.

Because scales can't determine the lean-to-fat ratio of that weight, an individual can be "over-weight" and not "over-fat." A bodybuilder, for example, may be 8% body fat, yet at two hundred and fifty pounds may be considered "over-weight" by a typical height-weight chart. Therefore, these charts are not a good indication of a person's ideal body weight for optimal health, much less for athletic performance.

Directions: The firefighter will take off shoes and socks and stand on the fire districts Bioimpedance machine to measure the firefighters % of body fat.

Target: A better question might be, "What is your [ideal weight](#)?" Body fat percent varies considerably for men and women, and age. However, there are some standards. The minimum percent body fat considered safe and acceptable for good health is 5% for males and 12% for females. The average adult body fat is closer to 15%-25% for men and 17%-27% for women. These are only target values this standard sets no specific requirements.

Table A.8.1.1 NFPA 1582-44

Quetelet Index for Obesity

<u>Body Mass Index</u>	<u>Classifications</u>
20-24.9	Desirable for Men and Women
25-29.9	Grade 1 Obesity
30-40	Grade 2 Obesity
Greater than 40	Grade 3 Obesity (morbid obesity)

* Exercise Prescription- a detailed exercise program designed specifically for you to improve your fitness quickly while keeping you safe and injury-free.

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