

**JEFFERSON COUNTY FIRE DISTRICT #1
STANDARD OPERATING GUIDELINES**

SOG 601

FITNESS STANDARDS

I. PURPOSE

A. Fire, Rescue, and EMS operations are recognized throughout the country as among the most hazardous duties of all occupations for which statistical data is available. Tasks required of fire service personnel are extremely demanding physically. Personnel performing these operations must possess above average strength, endurance, and agility. The Fitness Program is intended to provide maximum support to each individual's effort to achieve and maintain physical fitness, to promote improved health and fitness as a departmental goal, and reduce the risk of injury.

II. SCOPE

A. It is the goal of the Jefferson County Fire District #1 to achieve, when possible based upon budgetary constraints, NFPA 1500 recommendations for health and physical fitness. These standards apply to all on-line first response personnel which include all Firefighters, Engineers, Lieutenants, Captains, and Chiefs.

III. AUTHORITY AND RESPONSIBILITY

A. It will be the responsibility of the Chief to insure that these guidelines are followed.

IV. STANDARDS

A. The goals of the program are to promote fitness programs and evaluations that ensure the department members have the physical strength, agility, endurance and mental alertness required for the proper performance of their duties; to reduce the frequency and severity of injuries suffered by members of the department; to reduce the frequency and severity of illness; and to extend the health and longevity of active and retired members.

B. Participation in fitness activities is voluntary. However, individuals choosing not to participate in fitness activities shall in no way inhibit others from engaging in fitness activities of their choice. Non-participants will continue with normal duties, or as directed by the Company Officer.

C. For career personnel, 30 minutes three times a week, will be allotted for scheduled

physical fitness. The scheduling of this fitness period shall be coordinated in conjunction with normal station duties by the Chief. Volunteers are encouraged to engage in physical fitness activities.

D. The four categories of physical fitness standards are:

1. **ARDUOUS:** These are duties that involve work requiring physical performance calling for above average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended periods of time. Requirements include but are not limited to; running, walking, climbing, jumping, twisting, bending and lifting more than 50 pounds; the pace of work typically is set by the emergency situation. Personnel that would fall into this category would include Firefighters, Lieutenants and Captains with no limitations.

PERFORMANCE STANDARD: Firefighter Combat Challenge graded on a Pass/Fail

2. **MODERATE:** These are duties that involve field work requiring complete control of all physical faculties and may include considerable walking over irregular ground, standing for long periods of time, lifting 25 to 50 pounds, climbing, bending, stooping, squatting, twisting and reaching. Occasional demands may be required for moderate strenuous activities in emergencies over long periods of time. Individuals would set their own pace. Personnel that would fall into this category would include Firefighters with limitations and Chief Officers.

PERFORMANCE STANDARD: SCBA Agility Course graded on a Pass/Fail

3. **LIGHT:** These duties mainly involve office type work with occasional field activity characterized by light physical exertion requiring good health. Activities may include climbing stairs, standing, operating a vehicle and long hours of work, as well as some bending, stooping, or light lifting. Individuals almost always can govern the extent and pace of their physical activity. Personnel that would fall into this category would include but not limited to Drivers and Apparatus Operators.

PERFORMANCE STANDARD: 1 mile walk within 16 minutes

4. NONE: These duties are normally performed in a controlled environment that require no physical exertion. Activities would be set at an individual pace. Personnel that would fall into this category would include Public Education specialists.

PERFORMANCE STANDARD: None

E. POSITIONS	STANDARDS
Fire Chief	Moderate
Assistant Fire Chief	Moderate
Captain	Arduous
Lieutenant	Arduous
Apparatus Operator	Moderate
Firefighter	Arduous
Student Firefighter	Arduous
Junior Firefighter	Moderate
Dispatcher	Light
Chaplain	Light

- F. Annually individuals must pass the standards for their position or they will not be allowed to function in that capacity.

APPROVED:

DATE 4-01-2001

Earl Cordes
Fire Chief