TOLEDO FIRE & RESCUE DEPARTMENT

B-40 Physical Fitness

Non-Emergency Manual

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Policy/Procedure

Tasks that fire personnel perform on the fire ground are physically demanding, performed without the benefit of a warm-up, and under environmentally hostile conditions. This set of circumstances is conducive to a very high risk of injury. If injuries are to be reduced, an individual's capacity to endure the physical demands of fire fighting must be increased. Physical fitness is not only important to the well-being of firefighters, but increases the efficiency of the incident's mitigation.

Participating in physical fitness activities helps fire personnel reduce injuries, increase strength and stamina, remain mentally alert, and release personal stress. Physical fitness activities can promote friendship and unity amongst the crew. It is important that Toledo Fire and Rescue Department personnel perform physical fitness activities in a safe and prudent manner that does not result in injuries the Department is attempting to prevent.

It is recognized that maintaining a state of physical fitness is more important than the program followed to attain that fitness. However, it is imperative that fire personnel actively manage their level of participation in a physical fitness program with disciplined, committed goals and objectives. Equally important is the need to follow a few guidelines to prevent injuries.

At any moment fire personnel may be called upon to perform the duties of their position. Physical Fitness activities should not compromise their ability to perform optimally. On- duty workouts should be limited to maintenance of an overall fitness program. Participation in a physical fitness program on-duty must never compromise a firefighter's response to an incident, mentally or physically.

Physical fitness activities shall be conducted within a unit's first-due response area.

Physical fitness activities shall be of a non-contact nature, pursued in a safe manner. Activities that foster overly aggressive or competitive responses from participants shall be avoided.

Ample warm-up and stretching shall be performed before physical fitness activities commence.

Fire personnel shall be uniformly dressed in a manner that professionally represents their affiliation with the Toledo Fire and Rescue Department. Conduct and behavior during PT should project professionalism.

Fire personnel engaging in weight training shall utilize a “spotter” for assistance.

Station commanders shall evaluate physical fitness equipment and workout areas to insure both are safe and appropriate for physical fitness activity. Equipment deemed to be unsafe shall be removed from the station.

See Also:

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