

## 1.2.2 Health and Wellness Promotion



YOUR ORGANIZATION  
STANDARD OPERATING PROCEDURES/GUIDELINES

**TITLE:** Health and Wellness Promotion

**SECTION/TOPIC:** Member Health and Assistance Programs

**NUMBER:** 1.2.2

**ISSUE DATE:**

**REVISED DATE:**

**PREPARED BY:**

**APPROVED BY:**

X

Preparer

X

Approver

These SOPs/SOGs are based on FEMA guidelines FA-197

### 1.0 POLICY REFERENCE

CFR	
NFPA	
NIMS	

### 2.0 PURPOSE

This standard operating procedure/guideline addresses fitness assessment, fitness conditioning programs, healthy lifestyles.

### 3.0 SCOPE

This SOP/SOG pertains to all personnel in this organization.

### 4.0 DEFINITIONS

These definitions are pertinent to this SOP/SOG.

### 5.0 PROCEDURES/GUIDELINES & INFORMATION

#### 5.1 Fitness Assessment:

## **5.2 Fitness Conditioning Programs:**

The tasks that firefighters are faced with on the fire ground are extremely demanding physically. These tasks are usually performed without any warm-up and under environmentally hostile conditions. This set of circumstances is conducive to a very high risk of injury. If injuries are going to be reduced, the capacity to endure the physical demands of fire fighting must be increased. The call is significantly assisted by being physically fit.

Regular physical fitness activities are very important to the total well-being of the firefighters. Participating in them not only helps to reduce injuries; it also increases strength and stamina - keeps our minds alert - releases various forms of personal stress and can be a key factor in the building of friendship and closeness within the crew.

It is recognized that the state of being physically fit is more important than the actual program we follow to attain that fitness. Therefore, a considerable amount of discretion is allowed in selecting a physical activity from a large menu of options. However, it is imperative that we manage our participation, discipline our actions and follow our PT goals and objectives. Equally as important is the need to follow a few specific guidelines concerning company participation in all of our physical training activities.

- All companies will do PT within their first due response area.
- PT must be a non-contact activity pursued in a safe manner.
- Always warm up thoroughly with ample stretching.
- Racquetball requires eye gear.
- Standard PFD PT uniforms must be worn during ALL PT activities.
- Aggressiveness and competitiveness must be controlled.
- Conduct and behavior during PT should project professionalism.
- Use only facilities with good lighting and non-slippery surfaces.
- Never utilize a facility if people are waiting.
- Maintain a low profile by: parking inconspicuously -- keeping the radios low -- being courteous, quiet, and professional.
- The apparatus must be close to the activity.

- Participation must never compromise response.

These guidelines represent responsible professionalism as well as reasonable common sense. It is imperative that we all follow them. If they are ignored by a few, for their own personal gain, not only is the personal and professional liability obvious, but the impact of their actions can cause the elimination of the program for everyone.

PT is an outstanding benefit -- but it must be managed to be successful.

### **5.3 Healthy Lifestyles:**