

SOG# 502-8	Standard Operating Guideline			
	<h1 style="text-align: center;">Cumberland Road Fire Department Inc.</h1>		Approved By	
			Steven Parrish, Fire Chief	
	<div style="border: 1px solid black; padding: 5px; text-align: center;">Fitness</div>		Effective Date	Revised Date
9-1-2022				

PURPOSE:

The purpose of this guideline is to ensure that the overall health and wellness of all volunteer and part-time personnel, is adequately maintained to perform the assigned duties of a firefighter. Proper exercise and overall health are essential to reduce the risk of injury that can be caused by the physical demand that this occupation requires. This guideline will outline the steps needed to document, perform and evaluate adequate health and wellness for volunteer and part-time personnel.

DEFINITIONS:

Guideline – A general rule or principle.

Mandatory- Required by law or rule.

Subordinate- Rank or Position below.

Program Manager- Assistant Fire Chief of Training.

Adequate- Satisfactory or acceptable in quality or quantity.

POLICY:

Participation in this policy is mandatory by all volunteer and part-time personnel.

PROCEDURE:

RESPONSIBILITIES

Fire Chief - Assign Assistant Fire Chief as Program Manager to oversee the overall program.

Assistant Fire Chief of Training (Program Manager)

Schedule annual fitness evaluation for volunteer and part-time personnel (may be designated to subordinate).

Schedule FIT testing for volunteers and part-time personnel.

Schedule PFT, TB testing for volunteers and part-time staff.

Schedule Medical screening for volunteers and part-time staff.

Quality checks all physical fitness data entry for personnel. (may be designated to subordinate)

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Lieutenants

Facilitate annual medical screening evaluations.

Perform all duties assigned by Assistant Chief (Program Manager).

Shift Captains

Schedule physical fitness time for crew (1 hour).

Make firehouse entry for physical fitness training.

Perform daily vitals check for personnel on day of duty and document same in firehouse.

Volunteer and part-time personnel

Participate in daily physical fitness.

Participate in annual Medical screening, FIT testing, PFT, and TB screening.

Make firehouse data entry for all physical fitness performed outside of the fire station. (may be performed by on duty shift captain)

Commit to a personal lifestyle that promotes good health and wellness.

PROGRAM COMPONENTS

Medical Screening

All volunteer and part-time staff will participate in annual PFT and FIT screenings.

All volunteer and part-time staff will participate in daily vital checks. This will include blood pressure and resting heart rate checks. Any volunteer or part-time member with a blood pressure or resting heart rate that exceeds the allowable limits shall be removed from duty. The staff member will be given up to 15 minutes before re-evaluation. If staff members' readings do not return to within the desirable limits, the staff member must report to their personal physician for evaluation and a documented fit for duty.

Documentation

The department will not keep any medical records or request any private medical records.

Individual fitness evaluation records are not medical records, but should be considered private information and access controlled by program manager or designee.

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