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| <b>SCOTTS VALLEY FIRE<br/>PROTECTION DISTRICT</b> |  |                  |  |
| <b>STANDARD<br/>OPERATING<br/>PROCEDURES</b>      | <b>ARTICLE: I</b>  | <b>SOP: 1115</b> |   |
|   | <b>SECTION: 1100 PERSONNEL</b>   |                  |   |
|   | <b>SUBJECT: PHYSICAL FITNESS</b>   |                  |   |
|   | <b>DATE APPROVED: 6/14/2021</b>  |                  |   |
| <b>APPROVED:</b>                                  |  |                  |   |

**Purpose:** To provide employees with on-duty physical fitness guidelines. The Scotts Valley Fire Protection District (SVFPD) provides on-duty time for employee's physical fitness to assist personnel in achieving and maintaining optimal health and physical fitness.

**Scope:** It is the policy of the SVFPD to establish guidelines for physical fitness activities that are designed to prevent injuries while maintaining fitness. The ultimate goals are to:

- Meet the physical demands required on emergency responses.
- Reduce the risk of member injury or illness.
- Enhance the overall health, fitness and safety of employees.

**Procedure:**

Physical fitness activities should not interfere with primary job duties, (e.g. emergency responses, public education, training activities or other responsibilities), nor should physical fitness activities delay an emergency response in any way. The SVFPD retains the right to prohibit any physical fitness activity which, in its sole discretion, presents greater risks than benefits.


**Management:**

The time, location and duration of company physical fitness activities are at the discretion of the on-duty battalion chief and the company officer. In all cases, the location for physical fitness must be within the company's first-in response area and not result in a response delay.

Employees will be provided with a workout period of:

- One (1) hour for 24-hour shift employees
- Thirty (30) minutes per day for 40-hour employees

All employees should be allowed to participate in physical fitness activities during the course of their shift. Employees who choose not to participate in physical fitness activities shall conduct duties as assigned by the company officer during the designated physical fitness

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period. Employees who have provided the SVFPD with written physical restrictions from a qualified health care provider shall not participate in any physical activity that conflicts with the restriction.

#### PHYSICAL FITNESS GUIDELINES:

Physical fitness activities designed to maintain or improve flexibility, muscular strength, endurance, anaerobic and aerobic capacity may include, but are not limited to, the following:

- Stretching
- Running, jogging, walking or rowing
- Weight training
- Stationary aerobic training (e.g., stair-climber, treadmill, stationary bicycle, or row machine )
- Core strengthening
- Firefighter specific activities (e.g., hose drag, simulated ventilation, dummy drag)

Employee participation in competitive or contact sports is not allowed while on-duty.

#### INJURY PREVENTION: (Also See the Districts *Injury and Prevention Program*)

When participating in approved on-duty physical fitness activities, reasonable precautions should be taken to avoid injury. Common reasons for injuries sustained during physical activities include, but not limited to, the following:

- Insufficient warm-up
- Poor core stabilization
- Exceeding physical capabilities
- Improper equipment use
- Lack of proper instruction

Employees who are participating in physical fitness activities are expected to:

- Allow sufficient time to warm up muscles prior to engaging in exercise for optimum performance and to reduce the risk of injury
- Develop sufficient trunk muscle strength to keep the spine and body stable in order to remain strong and balanced.
- Maintain realistic goals and limits for physical fitness routines.
- Use a spotter when using the bench press.
- Check equipment prior to use to ensure safe operation, report defective or broken equipment to the safety officer as soon as practicable and disable equipment to prevent others from using.
- Develop and maintain sufficient fitness training knowledge, accounting for fitness level, age and previous injuries or limitations, to avoid fitness-related injuries.