

Township Of Jackson, Fire District 3, Station 55
Standard Operating Guidelines

PHYSICAL FITNESS

Guideline # 140.12

Date: 3/10 N

PURPOSE

To establish a policy for physical fitness in the Kierych station gym.

GENERAL STATEMENTS

It is in the best interest of the department to promote physical fitness as a necessary requirement of the firefighting job.

A structured fitness program should be accomplished as a priority for all personnel. Personnel are encouraged to participate in a good physical fitness training program both on and off duty to maintain a state of physical fitness for the profession of firefighter.

Accomplishing an on-duty workout must take into consideration the primary mission of the department, which includes rapid response to emergency scenes.

Weekly workload and special projects will dictate gym use. Crew supervisors will have final say as to scheduling of gym use.

Workout within your personal limits to prevent injury.

PROCEDURE

Crews in gym will be responsible for responding to their own calls without delay.

A spotter should be used if needed for weight lifting.

A maximum of one crew in gym at a time.

Crews may work out up to five times per week, maximum of forty five minutes per day, accomplishing cardio, strength training and proper warm up and cool down.