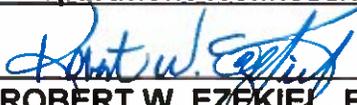


MOUNTAIN BROOK FIRE DEPARTMENT

POLICY NO. 106.09

VOLUME: I

SUBJECT: Department Wellness/Fitness Program

SIGNED: 
ROBERT W. EZEKIEL, FIRE CHIEF

11/5/2013
DATE

SCOPE AND PURPOSE: The delivery of fire and emergency medical services is a stressful and physically demanding job. We all know this from our experience in providing these services, and it has additionally been established through studies associated with our profession as well. Based on this premise it is incumbent upon us as individuals and as an organization to establish processes and systems to reduce to the greatest extent possible the stress and injuries associated with being a firefighter/Paramedic. One of the key ways of addressing job stress and assuring physical capabilities to perform the tasks associated with the job is to establish a wellness/fitness program that addresses employee health and physical fitness. Many, in fact, the majority of fire departments have established fitness programs designed to help employees stay physically fit, reduce injuries and live a more healthy, productive and longer life. This policy establishes for the Mountain Brook Fire Department a wellness/fitness program that will encompass annual medical screening information given to the employee, provide information to improve the employee's health (nutrition, etc.), and the provision of a physical training program to build flexibility, cardiovascular strength and endurance for the employee.

POLICY: The following process has been established and will serve as the official Mountain Brook Fire Department wellness/fitness program.

Annual Medical Screening: During the first quarter of each year, a mandatory medical screening will be scheduled for all personnel while on-duty. The screening will be used to give each employee an overview of his/her medical health. The screening will include: hearing test, vision test, chest x-ray, EKG, pulmonary test, urinalysis, and laboratory executive profile blood work-ups which include tests for cholesterol, PSA (males over 40 YO), glucose levels and other lab tests.

Physical Training (PT) Program: The YMCA located on 20th Place (next to the old Shades Valley High School) will be the site for the physical training program. Actual time on premises should be limited to 50 minutes. Since strains, sprains and cardiovascular issues are among the leading injuries/diseases in the fire service, the program places high emphasis on stretching, flexibility and cardiovascular fitness with less emphasis on weight lifting and strength training. When requested, YMCA personnel will provide the expertise on how to use equipment properly. Each member of a crew is required to participate in the fitness program and workout accordingly. Supervisors (Lt./AO) will be responsible and held accountable in this regard. Occasionally, crews may utilize other areas to participate in physical training such as the drill field or high school football stadium or outdoor tracks within the City. As with normal PT, this should be coordinated with the Shift Commander. The goal for each employee is to progress through different fitness levels over a period of time. Physical training should not be considered a competition between personnel.

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Annual Fitness Evaluation: The Training/Safety Officer through committee process shall develop and administer an annual fitness evaluation program which has specific physical tasks or exercises that correlate to fire ground activities. The program shall provide a means to collect and provide information to each individual regarding current and historical performance with respect to the evaluation. The evaluation should be so designed as to provide a good indication of the physical abilities of the person to be able to perform work which could be expected in a normal fire scene environment. The evaluation process shall further provide for the safety and welfare of all the participants by monitoring vital signs prior to commencing.

Apparatus/Personnel Rotation: The following schedule has been developed to provide for an orderly rotation of units to participate in the PT program. Each apparatus has a two hour "window" to participate in PT. Shift Commanders may from time to time adjust this schedule.

Engine Three: Eng -3 will participate in 50 minutes of on-site PT between the hours of 0800 - 1000.

Engine One: Eng - 1 will participate in 50 minutes of on-site PT between the hours of 1000 - 1200

Engine Two: Eng - 2 will participate in 50 minutes of on-site PT between the hours of 1300 - 1500.

Ladder One: Lad - 1 will participate in 50 minutes of on-site PT between the hours of 1500 - 1700.

Battalion 1: Bat - 1 will have a flexible schedule with respect to PT. The Shift Commander may elect to have PT at the station since he/she is subject to calls more frequently than other units.

Transport Two: TP - 2 may report to PT during the same time frame as Engine Company personnel, but should not report out to PT when Transport 1/Ladder Truck personnel are there. (Transport One could be activated if staffing permits during this time - Shift Commander discretion).

Since our business is responding to emergencies and emergencies do not adhere to any particular schedules, there will be occasions where a unit will not be available for PT due to being on an emergency call during their scheduled time for PT. Another time may be scheduled for PT during the shift (even at night if so desired). Rescheduling should not however put two units being at PT at the same time. The unit officer should contact the Shift Commander for directions regarding rescheduling. There will be occasions when PT will be cancelled for a unit due to response priorities, other scheduled priorities, etc.

The Shift Commander shall have a working knowledge of where every unit is at all times and should know the schedules for PT during the shift.

Response Availability: Units that are on site at the YMCA involved in PT will be subject to making emergency responses at a moments notice; therefore, it is imperative that all portable radios be utilized for quick communications with dispatch and other members of the department. Being out of radio contact will be unacceptable. Portable radios have been used at the facility

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to test their functionality. Officers/Acting Officers shall be responsible for making sure that all personnel are in the immediate area and are available to respond at a moments notice. If a unit involved in PT is dispatched to an emergency and the Shift Commander deems it more appropriate to send another unit based on the proximity of the emergency and the type of emergency, then the Shift Commander may cancel the unit and send other units or alter the number of units responding as he/she deems necessary.

PT Uniform (refer to 102.04): All personnel shall wear the Mountain Brook Fire Department Class D - Exercise Uniform while attending PT. Turnout trousers shall be worn over the Class D uniform on emergency responses or on other occasions where personnel will be meeting the public while going to or returning from PT.

Parking: The unit officer/acting officer shall make sure that the apparatus is parked such that if the unit is dispatched to an emergency there will be no encumbrances with respect to exiting the complex and making the appropriate response.

Personnel Accountability: All personnel shall be on their best behavior as would be expected from a member of the Mountain Brook Fire Department. We are guests in the YMCA Complex and as such we want to maintain a good working relationship with their employees and other customers that participate in PT at the complex.

Assisting at the YMCA: If during the course of a unit being at PT a civilian experiences a medical problem, then the correct process will be for the MBFD unit on scene to inform Fire Alarm about the nature of the problem and go out of service and work the call. Additionally, the unit should tell Fire Alarm to notify the City of Birmingham Fire Department to dispatch a response to the facility. The patient will be turned over to the BF&RS when they arrive on scene and an incident report filed as mutual aid given.

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Annual Evolution Assessment Program October, 2013

Overview: Fire Service data shows that firefighter fitness levels have a direct correlation with the number of strains and sprain injuries and instances of cardiac related diseases in America's fire service industry. The department has in place a wellness/fitness program designed to bolster the fitness levels of all personnel that are routinely engaged in fire combat evolutions. The goal of the wellness/fitness program is to reduce/negate injuries and cardiac related diseases through exercise, individualized medical information, and the provision of information which promotes good health.

In order to measure and report individual fitness levels of firefighters and track fitness levels for each individual over the course of his/her career, the Annual Evolution Assessment (AEA) has been developed. AEA consists of several tasks or exercises which simulate or correlate to, normal fire ground work tasks. AEA further simulates normal fire ground activities by requiring that the majority of the tasks be performed while wearing firefighter turnout gear and a Self-Contained-Breathing-Apparatus (SCBA). Thus SCBA consumption data for each individual can be tracked and reported as well. Basically, throughout the year firefighters participate in workout regimens at the YMCA to stay physically fit. AEA offers fitness information not in terms of how many miles a person can run, or how many sit-ups a person can do. It offers information regarding the fitness ability to do a set group of tasks in fire combat gear so that company officers and other members of the team understand that personnel are fire combat ready. AEA is not a competition between team members or other teams. It is simply a mechanism for taking the benefits from fitness exercises and workouts done by each individual throughout the year and translating them into meaningful job related abilities to physically perform as a firefighter.

AEA Tasks and the Fire Combat Task in which they Correlate: Below are the AEA tasks that will be performed and a brief description regarding the fire combat task in which each simulates or correlates. For individual data purposes, candidates will be timed on the evolutions and SCBA air consumption will be tracked. There is no time limits associated with completing the evolutions; however, AEA should be completed on one full tank of SCBA air.

1. **Hose Roll:** The candidate dressed in the department Class C or D uniform and not wearing an SCBA will manually unroll a fifty (50) foot section of three (3") inch fire hose and immediately re-roll the hose. The rolling and unrolling of fire hose is integral within the operations of any fire ground activities where supply lines are laid for emergency operations.
2. **Turnout Gear and SCBA:** The candidate shall don full firefighter turnout gear and SCBA and go on tank air. Fire gloves will be put on and the candidate will clap hands to signal completion of the evolution. The quick donning of firefighter turnout gear and SCBA's is integral within the operations at the emergency scene.
3. **High-rise Pack Carry:** The candidate while wearing full turnout gear with SCBA on air will carry a high-rise pack consisting of one section of three (3") inch hose to the top of the drill tower using the external stairs. The high-rise pack will be left and the candidate will come back down the stairs utilizing every step in the process. Multi-story fire situations requires firefighters to carry hose and equipment up stairs for fire combat operations.

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4. Tool Carry: The candidate while wearing full turnout gear and SCBA on air will carry one chainsaw and one K-12 saw through a 40 foot serpentine course and then back through the course to the starting place. Firefighters use an assortment of equipment and the equipment has to be quickly carried to the place where it is to be used. These two devices are used quite frequently during fire combat operations.
5. Tool/Equipment Hoist: The candidate while wearing full turnout gear and SCBA on air will raise in a hand-over-hand motion a tire affixed to a rope and pulley. The tire will be raised to the top of the pulley and back down three times. If the rope slips from the candidate's hands, then the evolution begins again. Equipment is needed in elevated positions during some fire combat situations. Having adequate hand strength, arm strength, and endurance are important in carrying out this evolution.
6. Forcible Entry: The candidate while wearing full turnout gear and SCBA on air shall strike the Force Machine (known as the Keiser) with hammer such enough times as to move the sled portion from the beginning mark to the complete mark. Forcible entry is a very common evolution during fire combat operations. The Keiser Machine is specifically designed to correlate to this function.
7. Victim Rescue: The candidate while wearing turnout gear and SCBA on air shall drag a provided tire thirty (30) feet to simulate having to move a person similarly.
8. Ladder Relocation: The candidate while wearing turnout gear and SCBA on air shall take a roof ladder that has previously been placed to the side of the building and relocate it into the window on the same side of the building. Ladders and ladder placement are common evolutions during fire combat operations.
9. Hose Drag: The candidate while wearing turnout gear and SCBA on air shall advance an attack line fifty (50) feet and spray a target. There will be 100 feet of charged attack line set up for this evolution. Dragging pre-connected charged attack lines and applying water to the seat of the fire is perhaps the most common evolution at fire combat scenes.

Prerequisites Prior to Performing AEA:

1. Personnel must not have a resting Systolic blood pressure greater than or equal to 160mm Hg nor a resting Diastolic blood pressure equal to or greater than 100mm Hg.
2. All personnel will have had at least four (4) months of participation in the department's physical fitness program at the YMCA as a member of a crew and a recommendation from his/her immediate supervisor (has knowledge of conditioning efforts) that the person is physically ready to perform AEA.
3. All personnel will have participated in at least one formal AEA training exercise.

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Supervisor's Prerequisites Verification Form

AEA Candidate Name: _____ Station: _____ Shift: _____

Today's Date: ____ / ____ / ____ Date of AEA Assessment: ____ / ____ / ____

Candidate's Resting Blood Pressure: Systolic: _____ Diastolic: _____

Note: Candidate's systolic blood pressure cannot be => 160mm Hg nor diastolic blood pressure be => 100mm Hg to participate in AEA.

Fitness Program Participation: All personnel will have had at least four (4) months of participation in the department's physical fitness program at the YMCA as a member of a crew and a recommendation from his/her immediate supervisor (has knowledge of conditioning efforts) that the candidate is physically ready to perform AEA.

Candidate has participated and is physically ready for AEA: Check one: YES NO

Formal AEA Training: All personnel will have participated in at least one formal AEA training exercise.

Candidate has participated in formal AEA training: Check one: YES NO

Candidate's Signature: _____ Date: ____ / ____ / ____

Supervisor's Signature: _____ Date: ____ / ____ / ____ Rank: _____