

# Grand Forks Fire Department

## Standard Operating Procedures

<b>SOP#</b> <b>410.01</b>	<b>Section</b> <b>Occupational Safety and Health</b>	<b>Title</b> <b>Fitness Program</b>
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<b>Effective date:</b>	<b>Implementation date:</b>	<b>Revision date:</b>

### Scope

This standard was promulgated to establish a fitness program within the department for all department members.

### Recommendation

Based upon a recommendation of the department fitness committee; a formalized, mandatory, fitness program will be initiated on 3/1/02.

### Program Benefit

The department administration and this committee believes this will aid in firefighting personnel being better physically prepared to handle the stresses of daily activities.

### General Requirements

1. The mandatory fitness program will consist of a program referred to as "back power".
2. All suppression personnel shall participate in this program.
3. "Back Power" is a combination of stretching and specific strength exercises designed to increase flexibility and muscle tone.
4. If a firefighter is unable to participate in this program, a doctor's written statement will be required.
5. If a firefighter has obtained a statement from his/her doctor, a written rehabilitation program from the doctor will also be required. This rehabilitation program will include a definite timeline as to when the firefighter may again participate in "Back Power".
6. "Back Power" shall be done each day; typically, immediately following morning muster.
7. It is suggested that each firefighter that starts his/her shift later than morning muster also participate in "Back Power". The injury potentially saved may be yours.