

Physical Fitness/Wellness Policy

Purpose

1. Promote firefighter health and wellness through fitness assessment, counseling, and exercise participation.
2. Ensure job preparedness through participation in a validated assessment of physical job performance.
3. Promote medical health through tracking of voluntary compliance to required medical examination schedules.

Personnel

1. Physical Fitness Coordinator is responsible for:
 - I. Administration of all incumbent fitness and job task evaluation.
 - II. Counseling personnel on exercise training, weight control and associated health issues.
 - III. Tracking of mandatory compliance and required medical examination schedules.
 - IV. Oversight of the physical test process for applicants.
 - V. Training for physical fitness team members.
2. The company officer is responsible for:
 - I. Ensuring the participation of his subordinates in required fitness examinations, job task evaluations, and required exercise participation.
 - II. Providing time during each shift for physical fitness.

3. The physical fitness team members are responsible for:

- I. Offering basic counseling to firefighters.
- II. Assisting and offering feedback to the Physical Fitness Coordinator regarding areas of concern and opportunities for improvement.
- III. Oversight of Job Related Physical Ability Test and Pack Test.

Physical Examination

1. A physical examination will be administered annually by the designated fire department physician. This exam is designed to promote health and fitness and to educate firefighters. The department physician will determine that current members meet the medical requirements of NFPA 1582 1-4.19.
2. Any member that does not meet these requirements may be immediately removed from operations duty assignments and be dealt with on an individual basis as a fitness for duty issue (See *Return to Work/ Duty Policy*).

Job Related Physical Ability Test (JRPAT)

1. The JRPAT will be administered annually in the spring. The JRPAT will also be administered for return to duty (See *Return to Duty Policy*). **The testing order may be modified as long as all physical components are met.* The Physical Fitness Coordinator will provide individual results to the firefighter.
2. The Job Related Physical Test will consist of the following:

- I. Ascend and descend the training tower 2 times to the fourth story platform. You may skip stairs on the ascent, but every stair must be taken on the decent. This event simulates high rise operations.
- II. Use a pike pole to push up the 60 pound hinged door 15 times. Then, hook the pike pole to pull the 60 pound hinged door down 15 times. This event simulates opening ceiling inside a structure.
- III. At the hydrant, secure both 2 ½” and 5” gate valves. Turn the hydrant all the way on utilizing the hydrant wrench. This event simulates taking a water supply.
- IV. Standing or sitting, pull the unweighted sled to the designated stop point using hand over hand technique. This simulates hoisting or rope operations.
- V. Pick up (2) twenty-five pound weights and walk around the station in following the physical fitness team member’s instruction and lead. This event simulates carrying saw and tools to the fire scene.
- VI. Put turn outs on with SCBA pack and mask. Everything must be secured and checked before moving on to the next event. PT member will ensure this is complete. This event simulates preparing for entry into an IDLH atmosphere. Mask and “on air “is not required at this point.
- VII. Pull 100 feet of 2 ½ to the designated turn around point and return it to the starting point. This event simulates deploying hose operations.
- VIII. Pick up and carry a 24 foot extension ladder to the designated

deployment site. Use the wall or ground to stand the ladder into position. Extend the ladder to the designated stopping point and lock it in place. Put the ladder into an optimal climbing position. Retract the ladder into the locked position and lower to the ground using the ground or wall. This event simulates single person ladder operations.

- IX. Don your SCBA mask and go “on air”.
- X. Crawl through the 20 ft. pipe. “On air” must be maintained and SCBA pack managed. SCBA pack must be secured before moving to the next event. This event simulates crawling in a diminished space for emergency or Mayday procedure.
- XI. Move the dummy to the designated point of return and back to the starting position. This event simulates victim removal.
- XII. Using the sledge hit the Keiser Sled the designated distance.

Pack Test

1. The Pack Test will be administered annually in the fall. The Physical Fitness Team members will provide individual results to the firefighter.
2. The Pack Test will be administered in accordance with NWCG administrator guidelines. All LFD personnel will complete the “Arduous” test to comply with NWCG standards and allow members to maintain required Incident Qualification Card (Red Card).
3. The Pack Test will be monitored and documented by LFD Physical Fitness Team members.
4. The test shall consist of:

- I. While wearing a 45 lb. pack, walk 3 miles in 45 minutes or less.
- II. The designated course and documentation shall follow NWCG guidelines.

Aerial Climb

Completed Annually: The aerial climb simulates conditions requiring use of ladders during high-angle rescue operations.

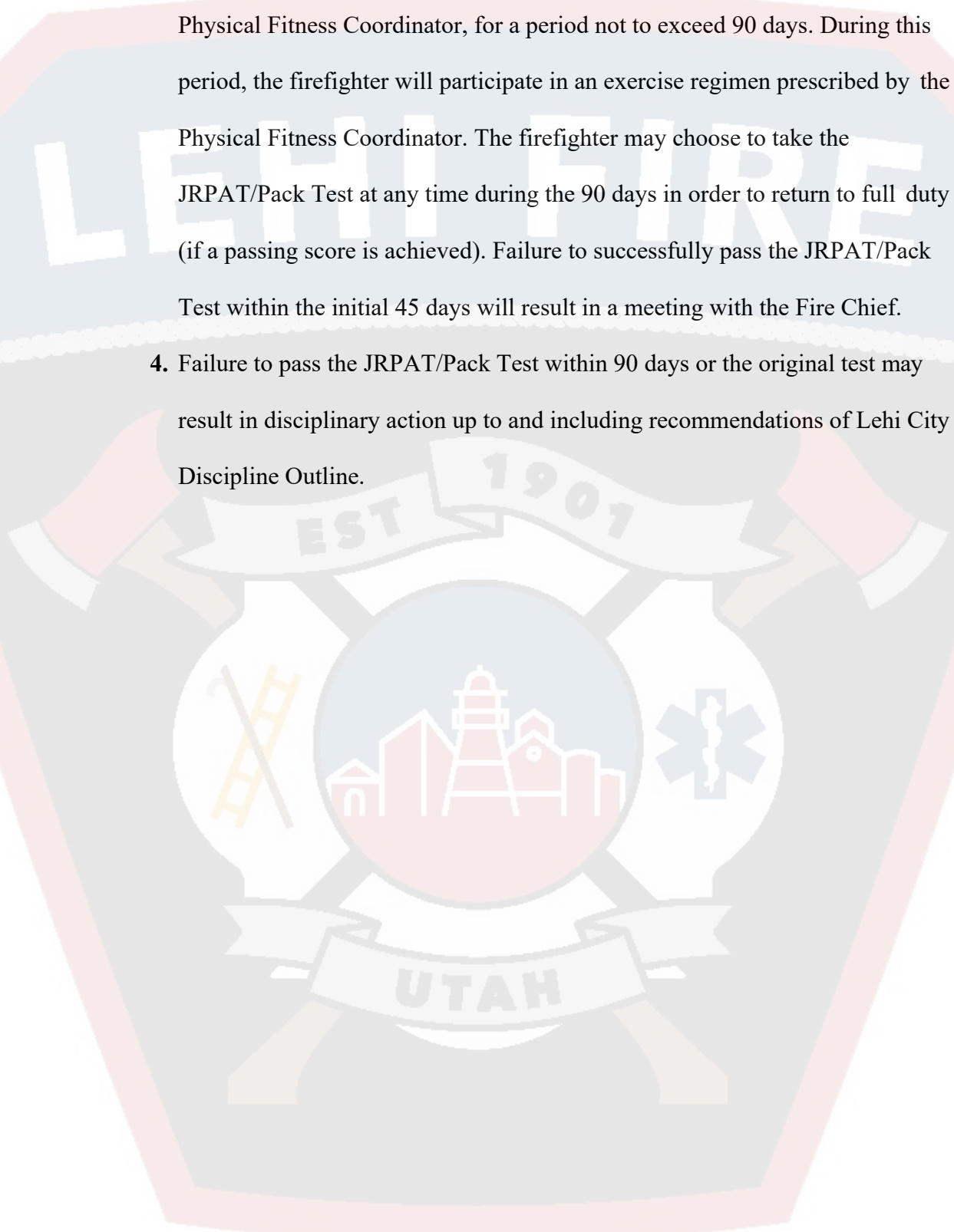
1. While wearing a helmet and designated harness, climb the aerial apparatus that is fully extended at a 65 degree angle. You must maintain three points of contact at all times during the ascent and descent. Each member must climb to the top rung of the aerial.

JRPAT/Pack Test Pass/Fail Determination

Scoring on the JRPAT and Pack Test will be pass/fail based on time completion.

Beginning in 2020, a passing time of 21 minutes or less for the JRPAT will be required. A passing time of 45 minutes or less is required for the Pack Test. Failure to achieve a passing score on the JRPAT or the Pack Test will result in:

1. Consult with a physical fitness coordinator to determine re-test date with a reasonable time limit, or immediate removal from operational duties as assigned.
2. A medical examination. Department physician clearance as determined by the Fire Chief or his designee (see Return to Duty policy). Lack of clearance will be dealt with on an individual basis as a fitness for duty issue.

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- The background of the page features a large, semi-transparent watermark of the Lehi Fire Department logo. The logo is a shield-shaped emblem with a red border. At the top, the words "LEHI FIRE" are written in large, white, sans-serif capital letters. Below this, a white banner contains the text "EST 1907". The central part of the shield is a white circle containing a red silhouette of a fire station with a ladder leaning against it. To the right of the fire station is a blue Star of Life medical symbol. At the bottom of the shield, another white banner contains the word "UTAH" in red, sans-serif capital letters. The entire logo is set against a light blue background.
3. Assigned to a Physical Fitness Team member, under the direction of the Physical Fitness Coordinator, for a period not to exceed 90 days. During this period, the firefighter will participate in an exercise regimen prescribed by the Physical Fitness Coordinator. The firefighter may choose to take the JRPAT/Pack Test at any time during the 90 days in order to return to full duty (if a passing score is achieved). Failure to successfully pass the JRPAT/Pack Test within the initial 45 days will result in a meeting with the Fire Chief.
 4. Failure to pass the JRPAT/Pack Test within 90 days or the original test may result in disciplinary action up to and including recommendations of Lehi City Discipline Outline.

