

Travis County Emergency Services District No. 9
Westlake Fire Department
Standard Operating Guideline

Subject: Mental and Physical Fitness

Effective Date: December 10, 2001

Authorized By: Chief Paul Barker Date: December 10, 2001

I. Purpose

To encourage mental and physical fitness and to eliminate injury to all members.

II. Policy

The fire service is a unique profession, often requiring participants to go from a standstill to all out exertion in a matter of moments. Being in good mental and physical condition is of great importance to reduce the incidence of injury and create a safe work place. Participation in some form of physical training on duty or off duty is mandatory for all members that participate at any Firefighter / EMT level

The following procedures shall apply to all Firefighter / EMT's who respond to emergency calls, whether career or volunteer.

III. Procedure

A. Mental Fitness

1. All employees, and particularly those who respond to fire and EMS emergencies, shall report to work prepared to respond with 100% of their mental and physical capabilities intact. The WFD is a place to work and provide emergency services to the public.
2. Any personnel who arrive for duty unfit due to the items above shall be considered in breach of the Standards of Conduct section of this manual and may be disciplined. At a minimum, the time necessary for the individual to become prepared for duty shall be deducted from the employee's time record for the day.

B. Physical Fitness

1. All members who are Firefighter / EMT's must be physically capable of performing duties as assigned.
2. Company officers will coordinate fitness conditioning times. The time of day for each shift to participate is up to the Company Officers. It is recommended that physical activities not be conducted during peak response times (generally 16:00 to 19:00) to avoid possible interruption.

3. Workout times will consist of one complete hour each day, unless there is Department training or an extensive incident occurs. Members will then return to the appropriate uniform as soon as feasible.
4. Members must keep in mind that physical training is important, but it must be kept to a level that will still allow you to still perform all your normal duties at an emergency scene.
5. Members shall be allowed to engage in light contact sports while on shift. This includes baseball, basketball, soccer, touch football, volleyball etc. These sports are excellent team building activities, but caution, every effort should be made to keep injury risk to a minimum. Company Officers will be responsible for keeping attitudes positive during light contact sports to avoid aggression and anger. Members utilizing a running track or field must stay within 150 yards of their apparatus. The participants must be available for response within a reasonable period of time to keep the public perception of this type of activity positive.
6. Members will be allowed to wear Department T-shirt 's and shorts / sweats during the physical fitness activity. Once the workout is complete, members must clean up and return to the appropriate class of uniform. Personnel may respond to calls in t-shirts and shorts, during exercise periods, as long as bunker pants are donned prior to making contact with the public. See the Uniform Policy for more information.
7. There is sufficient weight training equipment at both stations for shift personnel. Medic 21 personnel are allowed to use our exercise equipment as long as they report any malfunctions with the machines and return all equipment to its appropriate location.
8. Requests for additional exercise equipment or notices of malfunctioning equipment shall be directed to Company Officers.
9. All exercise equipment must be returned to its proper location to avoid tripping hazards and clutter in the station.
10. Company Officers shall monitor the fitness of all company personnel and encourage volunteers who cannot attend the fitness times to participate in some physical activity.
11. Any personnel who are not able to perform their assigned duties shall be put on inactive status until additional assessment can be made of their condition.