

<b>Standard Operating Procedure</b>  <b>PHYSICAL TRAINING</b>	<b>PEORIA FIRE-MEDICAL DEPARTMENT</b>  <b>Training</b> <b>300.03</b>  <b>Revised 05/12/2020</b> <b>Page 1 of 3</b>
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**PURPOSE**

To reduce the risk of firefighter injury and fatigue caused by the strenuous nature of the fire service. All personnel assigned to Operations Division and responders shall maintain a high level of health and physical fitness.

**POLICY**

The department recognizes that the state of being physically fit is more important than the precise program one follows to attain fitness, therefore, a considerable amount of individual discretion will be allowed in selecting and managing fitness activities. Evidence of acceptable fitness shall be determined at the employee's annual physical exam. Once every year, each member assigned to emergency response activities shall complete a professional, clinical fitness evaluation and physical examination at the Phoenix Fire Department Health Center, which will be scheduled by the Operations Chief or his designee.

To encourage regular participation in physical fitness activities, approximately one hour per shift will be committed to physical fitness. Those assigned to a forty hour work week position will be allowed one hour a day. This provision does not apply to forty-hour light duty assignments. Activities performed during this period will be regulated by the Company Officer with the approval of the Deputy Chief of Operations. Duration of activity may not exceed one hour when ambient temperature is greater than 100 degrees Fahrenheit. It will be the Company Officer's responsibility to ensure that fitness activities are consistent with guidelines presented in this standard operation procedure and that they are performed in a manner that minimizes both injuries and citizen complaints, as well as ensuring that physical activity will not be so strenuous or competitive as to increase firefighter fatigue or impair normal job skills during the remainder of the shift.

The major areas normally considered when measuring physical fitness levels include:

- Cardiovascular fitness
- Muscular strength / endurance
- Body composition and flexibility

Physical fitness programs should include activities to improve performance in each of these major areas.

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As a part of the physical fitness program, companies may engage in recreational activities comprised of but not limited to:

- Aerobics
- Calisthenics
- Stationary bikes
- Jogging
- Tennis
- Volleyball
- Weight lifting<sup>1</sup>

These are subject to review by the Fire Chief and revocable at any time that a preventable negligent injury occurs or a substantiated citizen complaint cannot be rectified.

Company Officers shall control physical training activity at all times. If an individual commits an act of aggression so flagrant that another individual is injured, that individual will immediately be suspended from said activity and subject to disciplinary action. This behavior will not be tolerated.

The physical fitness program is an in-service activity; therefore, the following requirements will be in effect:

- Standard uniforms and protective clothing must be worn when responding to incidents from physical fitness activities
- All members shall wear standard physical training uniform when participating in fitness activities as established in Peoria Fire-Medical Department SOP's. In addition, when engaging in authorized non-contact sports, individuals shall wear eye protection as well as high top tennis shoes
- Activity must be confined to a 300 foot radius of the assigned apparatus
- Members shall not engage in highly competitive sports with or in the presence of the general public
- Protect the Fire Department's "public image" – activities must project a high fitness, non-recreational attitude

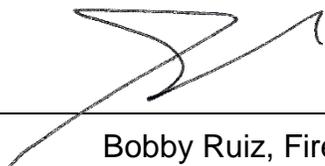
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<sup>1</sup> **Weight lifting is strictly optional and not required for department physical training.**

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- Personnel may make use of such outside facilities as may be approved by the Shift Battalion Chief, providing personnel conduct themselves in a positive and professional manner
- When using public facilities, apparatus shall be parked so to allow safe departure to calls. At no time will apparatus be parked in such a manner that limits or blocks access of the public or patrons of the facility. Apparatus is not to be left unattended or unsecured (i.e., out of sight of crew)
- Company Officers shall ensure that physical training activity will not be so strenuous or competitive as to increase risk and or fatigue of personnel
- Any physical training injuries shall be documented and reported per City of Peoria Administrative Regulations.
- In an effort to alleviate unnecessary physical training injuries, crews will warm up with stretching exercises for at least ten minutes prior to any strenuous physical fitness activity.

Approved:


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 Bobby Ruiz, Fire Chief

06/17/2020

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 Date