

Fauquier County Department of Fire Rescue

OPERATING PROCEDURE

No. 708



Physical Fitness Training

Effective Date: March 1, 2009
Revision Date: February 2, 2018

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Forms:

Approved By: Darren L. Stevens, Fire Rescue Chief

PURPOSE

The purpose of this operating procedure is to set guidelines that will be utilized during physical fitness training. Physical fitness training should promote and encourage employee health, fitness and general wellbeing.

SCOPE

This regulation pertains to all Fauquier County Department of Fire, Rescue and Emergency Management operational personnel.

I. PREFACE

Physical fitness is critical in reaching our department's goal to provide high quality service delivery to the citizens and visitors of Fauquier County and to maintain a healthy work force. Regular physical fitness activities are very important to the total wellbeing of our members. Participating in such activities helps reduce injuries, increases strength and stamina, and assists in team building and crew cohesiveness. Physical fitness training is intended to keep members fit for duty. Physical fitness training should be considered a proactive measure that ensures the health and safety of all members.

II. PHYSICAL FITNESS TRAINING

- A. All personnel assigned to operations are required to participate in departmental physical fitness training each work day. The station commander/work location supervisor will evaluate any on duty requests for non-participation on an individual basis for physical fitness training.
- B. All operational personnel assigned to administrative positions shall make every effort to manage their schedules in a manner to facilitate the participation in departmental physical fitness training three times a week.
- C. Physical fitness training shall consist of aerobic, strength and flexibility activities:
 1. Aerobic - running, stationary biking, stair climbing, treadmill
 2. Strength – push-ups, sit-ups, pull-ups
 3. Flexibility - stretching

Desire to Serve

Ability to Perform

Courage to Act

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- D. A two (2) hour time period will be allowed for the purpose of physical fitness training. This time period shall include dressing for physical fitness training, participating in physical fitness training, showering and returning to the appropriate duty uniform. Physical fitness training is to be documented in the units daily log book.
- E. Personnel shall adhere to the uniform policy during all physical fitness activities.
- F. Personnel shall maintain an “In-Service” status while completing physical fitness training.
- G. Competitive and/or contact sports while on duty are not allowed.
- H. Any injury or illness shall immediately be reported to a supervisor.

III. PROCEDURES

- A. Crews shall remain mindful of customer service goals.
- B. Physical fitness training should be completed in a manner that reflects a positive image for Fauquier County.
- C. Only utilize facilities with adequate lighting and non-slippery surfaces.
- D. Physical fitness training should include a “warm up” and “cool down” period.
- E. Personnel shall return all equipment to its proper place, leaving the facility in an orderly fashion.