



PRINCE GEORGE FIRE AND EMS

Section: Administration

Page: 1 of 5

Section No: 1.16

Date: October 1, 2017

Title: Physical Fitness

Authorized By:

I. Policy

Improving your overall strength through physical fitness allows you to perform fire ground tasks without putting yourself or others at risk for injury. Mental and physical strength enable Fire and EMS personal to stay focused on a given task and have the muscular endurance to complete it.

Through a regimented training program, you can train your body to face many different challenges. With proper cardiovascular and strength training, you will have the muscular and respiratory endurance to operate in a variety of scenarios and situations.

Therefore, it shall be the policy of Prince George County Fire and EMS personal to maintain a level of physical fitness sufficient to:

- A. Ensure adequate physical performance of their duties
- B. Maintain a professional public image
- C. Reduce risk of health-related problems

II. Purpose

The purpose of this directive is to establish guidelines regarding the general health and physical fitness of Prince George County Fire and EMS employees.

III. Procedure

A. General Health and Physical Fitness

1. Employees shall be in physical condition sufficient to enable them to adequately perform Fire and EMS duties.

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- This replaces page _____, Section _____, Dated _____
 - This is a new page



Section: Administration

Page: 2 of 5

Section No: 1.16

Date: October 1, 2017

Title: Physical Fitness

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2. It is recommended that personnel evaluate their physical fitness according to the basic physical skills of a Firefighter-Medic.
3. It is in each Firefighter-Medic best interest to maintain a level of physical fitness sufficient to:
 - (a) Enable him/her to perform Fire and EMS duties
 - (b) Reduce the effects of job-related stress
 - (c) Promote cardiovascular fitness
4. Any situation in which an employee is rendered physically incapable of properly performing his/her duties will be addressed according to County Policy.
5. Employees are encouraged to attend and utilize all health assessments sponsored by Prince George County.
6. Employees are encouraged to use the “workout” facilities located at Parks and Recreation and the Central Wellness Center in order to maintain good physical health

B. Physical Examination

1. Each Firefighter-Medic will be provided with a comprehensive personal physical examination prior to employment conducted by Prince George Fire and EMS designee.
 - (a) This examination will be at no cost to the Firefighter-Medic
 - (b) This examination will generally include the following elements:

-
- This replaces page _____, Section _____, Dated _____
- This is a new page



Section: Administration

Page: 3 of 5

Section No: 1.16

Date: October 1, 2017

Title: Physical Fitness

Authorized By:

- Blood pressure screening
 - Vision and hearing tests
 - Range of limb and joint motion test
 - Assessment of height/weight relationship
 - Pulmonary function
 - Drug screen test
2. The Director of Fire and EMS does reserve the right at any time to require a health exam at no cost to the employee under special circumstances. Job performance and efficiency is a priority. When an employee's performance declines, a physical or mental evaluation may be requested. Other areas that may require a health exam include:
- (a) A critical incident that may require counseling or treatment by a physician.
 - (b) Severe signs of stress that may interfere with an employee's safety or others around him.
 - (c) Using of an abnormal or excessive amount of sick leave.

C. Exercising During Working Hours

1. Prince George Fire and EMS allows, at the discretion of the on-duty supervisor, each employee the benefit, during work hours, for exercise. The requesting employee must receive approval from their supervisor for the requested hour of P.T. (Physical Training).
2. The P.T. hour will be limited to cardiovascular/strength exercise, such as walking, running, aerobics, bicycling, and/or resistance training.
3. Unless authorized by the Director, employees utilizing the hour of P.T. must do so within the boundaries of Prince George County.

-
- This replaces page _____, Section _____, Dated _____
 - This is a new page



Section: Administration

Page: 4 of 5

Section No: 1.16

Date: October 1, 2017

Title: Physical Fitness

Authorized By:

4. Fire and EMS employees shall be limited to one hour P.T. sessions per shift.
5. It is not a guarantee that a Firefighter-medic will be able to utilize their allotted time. The time will not carry over to the next shift. Overtime will not be allowed for a Firefighter-Medic who is unable to take their exercise break while on duty.
6. Any Firefighter-Medic choosing to utilize their exercise break must be available for calls if needed. Firefighter\Medic will be required to carry some form of communication device, i.e. portable radio, cell phone, depending on which device is authorized by the supervisor.
7. A Firefighter-Medic utilizing the work out period must be able to return to duty in a timely manner if required by the supervisor.
8. Physical fitness breaks shall only be allowed during normal working hours.
9. Any employee who abuses this program will be subject to disciplinary action.

D. Injury

1. All injuries must be reported immediately to the shift supervisor who will take the appropriate measures to document the incident.
2. All Fire and EMS personal must use due caution when performing any exercises. It is recommended that Fire and EMS personal consult a physician prior to beginning any exercise program.
3. An injury that is incurred while voluntarily exercising on duty may not be covered under workers compensation. The purpose of being able to exercise on duty is to be in good physical condition. There are different ways in which a Firefighter-Medic may try to maintain or improve their fitness levels. Some

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- This replaces page _____, Section _____, Dated _____
- This is a new page



Section: Administration

Page: 5 of 5

Section No: 1.16

Date: October 1, 2017

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Firefighter-Medics may choose to focus on resistance training, while other Firefighter-Medics may choose to do more aerobic type exercises. While there are many exercise related activities that can be beneficial; there are others that are not appropriate or required for the job of firefighter\medic. For example, power lifting can cause serious injury if performed incorrectly and it is not necessary to be able to lift massive amounts of weight in order to be a Firefighter-Medic, nor is it necessary to be able to run a marathon to carry out the daily tasks of Firefighter-Medic. The goal of this policy is for each Firefighter-Medic to be healthy and in good shape.

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- This replaces page _____, Section _____, Dated _____
 - This is a new page