

Town of Wright Fire District Policies

Policy Name: **14.0 Physicals and Physical Fitness Policy**

Date Adopted: 2009.

Effective:

Revised: 8/13/12, 4/13/15

Reviewed: *Annually*

Physical Fitness

1. The Department and District encourage all members to incorporate physical activity into their weekly schedules and adopt a healthy life style to keep one healthy and fit.
2. A member who is temporarily “under the weather” due to a cold, flu, etc or physical ailment (back ache, sprain, abrasion) should notify the Chief or Incident Commander so as not to cause further injury or health issues. (for issues requiring medical attention, see Medical Leave Policy)
3. Physical fitness goes a long way toward reducing or eliminating joint and muscle strains/aches. The District offers a physical fitness plan to all active emergency response members. This plan is strictly voluntary and includes the following:

a. The District will pay up to \$25 per month toward the cost of membership at any organized health fitness facility for any active Department member.

b. To qualify, member must attend the health center at least 4 times per month for the month they are requesting reimbursement and accrue 6 points in the month through any of the following:

Assist at any event that GFD is toned out for (3pts)

Attend monthly meeting; general or auxiliary (3 pts)

Attend any drill (3 pts)

Attend any training (not part of a meeting) 1-4 hrs in length (3 pts)

Attend any training \geq 4 hours in the month (4 pts)

Assist at a work detail (3 pts)

Attend additional meetings; County, District, Officers, or Committee meeting: 2 pts per mtg

c. Member's will submit a monthly statement indicating their attendance and requesting reimbursement; members may submit for up to 3 months on a given reimbursement request. All requests must go through the Chief or the Chief's designee.

d. The District will reimburse members on a monthly basis as received

e. Reimbursement will only be given for months already attended; no advances will be provided

f. As this is a benefit, not a regulation, the District reserves the right to discontinue the program at any time with 30 days notice to the Department.

g. All requests for reimbursement for the January – November time period must be submitted no later than at the December Department meeting.

Physicals

- A. Annual “fitness for duty” physicals will be required of all active fire fighters, EMS, operators and fire police.
- B. All costs for the annual physicals will covered by the District.
- C. Specific results of the physicals will remain confidential however any member not meeting minimum standards will be placed on restricted duty for their own, and fellow department member’s, safety. Type and length of restricted duty will be determined by both the Chief and the District
- D. Physicals will vary based on the member’s level of responsibility per chart below

Physical Type	Interior FF	Exterior FF/EMS	Support Fire Police/Operators
Class A	X		
Class B		X	
Class C			X