

Fitness Evaluation Methods OVERVIEW	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A07.01 01/1998-N Page 1 of 1
--	--

PURPOSE

Fitness evaluations and the tests that comprise them are not unlike the tests performed during the annual medical examination. They represent tools used by trained staff to assess current fitness levels and identify developing trends, ultimately providing useful information that members can act upon.

The fitness evaluations are not designed to assess a members' ability to perform emergency scene activities. That remains a function of minimum company standards. Concerning, the correlation between fitness and performance it is the department's stance that as fitness levels increase so will performance with the added benefit of reduced risk of injury.