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| Health and Fitness<br><br>POLICY | <b>PHOENIX FIRE DEPARTMENT<br/>HEALTH &amp; FITNESS</b><br><br>M. P. 1-A01.02<br>06/2011-R Page 1 of 1 |
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## INTRODUCTION

All sworn members of the Phoenix Fire Department shall maintain an acceptable level of physical fitness. The Department recognizes that the state of being physically fit is more important than the precise program followed to attain fitness. Therefore, a considerable amount of individual discretion is allowed in selecting and managing fitness activities. Evidence of acceptable fitness is determined annually during mandatory medical examinations and crew minimum company standards.

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## TIME ALLOCATED

The time committed for participation in physical fitness activities is;

- 1 1/2 hours per shift for 56 hour personnel.
- 1 1/2 hours three times a week for 40 hour personnel.

These time allocations can be exceeded at the discretion of the Company Officer or Supervisor.

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## ACCEPTABLE ACTIVITIES

The Company Officer, with the approval of their Battalion Chief, regulates the type of activities pursued. It is the Company Officer's responsibility to ensure that fitness activities are consistent with guidelines presented in this manual and that they are performed in a manner that minimizes both injuries and citizen complaints.

Physical fitness programs should include activities to improve aerobic fitness, flexibility, body composition, muscular strength and endurance. Recommended fitness programs may include, but are not limited to, resistance training, functional training, circuit training and group fitness training.

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## LOCATION

Companies may not leave their first-due area to participate in their physical fitness program. Crews must obtain consent from recreational facilities and/or schools prior to using them for their physical fitness program. The number of companies using the same recreation facility is at the discretion of the Battalion Chief.

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## ATTIRE

The Physical Fitness Program is an in-service activity and requires that department issued P.T. uniforms be worn. P.T. uniforms consist of department issued P.T. logo shorts, uniform shirt and athletic shoes appropriate for the activity performed. P.T. uniforms are inappropriate on incidents. Standard uniforms and protective clothing must be worn on incidents when responding from physical fitness activities.