



FIRE RESCUE POLICY & PROCEDURE MANUAL

EFFECTIVE DATE	REVISION DATE	PAGE NUMBER	TOTAL PAGES	POLICY SECTION
OCTOBER 1, 2008	JANAURY 23, 2009	1	3	1002.00
SUBJECT: PHYSICAL FITNESS				
APPROVE BY: JAMES M. WEINAND, FIRE CHIEF				

- 1002.00 This Policy has been developed through a joint effort between the Union and the Village to assure that our personnel are performing at peak performance. Firefighting is a physically demanding and hazardous profession; and both parties have a vested interest in assuring the citizens of this community are receiving the utmost care, through having personnel with the physical means to carry out their duties.
- 1002.01 On an annual basis, all combat personnel shall participate in the following physical fitness program developed to assure a standardized basic physical fitness level for all personnel to safely perform their assigned duties and functions.
- 1002.02 The Big Five: Stair Climber, High Rise Carry, Keiser, Tool Carry and Dummy Drag; Candidates shall complete all five events within ten minutes. All events will be performed wearing issued air pack minus the face mask and in full bunker gear.
- Stair Climber: Candidate performs 3 minutes on the stair climber at a rate of 60 steps per minute (Level 4). Candidate can hold on to the railings throughout the event. Candidate is allowed 1 accidental slip off the stair climber, the second fall will result in a FAIL for the event.
 - After the Stair Climber is finished the candidate moves directly to the High Rise Carry.
 - High Rise Carry: Candidate will using proper lifting techniques pick up a 100' length of 1-3/4" hose (High Rise pack) and place it on their shoulder. With the High Rise pack on your shoulder you need to advance the High Rise pack to a designated point 75 feet away and placing in on the ground. If the High Rise pack is dropped anytime the evolution the candidate will start the High Rise Carry over from the beginning. *Fail Criteria: Not completing the task.*
 - After High Rise Carry is finished the candidate will move directly to the Keiser event.
 - Keiser: Candidate must strike the sled from one end of the apparatus to the other. The sled must be struck using the between the legs technique. *Fail Criteria: Not completing the task.*



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- After Keiser is finished the candidate will move directly to the Tool Carry event.
- Tool Carry: Candidate will using proper lifting techniques pick up the vent saw and the K12 saw and advance to a designated point 75 feet away, then placed them on the ground. *Fail Criteria: Not completing the task or dropping any tool.*
- After the Tool Carry is completed the candidate will move directly to the Dummy Drag.
- Dummy Drag: Candidate will drag the Rescue Randy (approximate weight 175 lbs) dummy 50ft around a cone and turn around and drag the dummy back 50ft through the starting point. Candidate can use any technique they wish to carry, push, pull or drag the dummy.
- Fail Criteria for *The Big Five* is not completing within the given 10 minutes or other fail criteria listed above.

1002.03 After the *Big Five event* is completed candidates will have a 20-minute rest period before beginning of the mile run/walk.

1002.04 Mile Run/Walk: Candidate must run or walk at a pace faster than 13:20 minutes to complete *one* mile. He or she can run, walk, jog or combination thereof as long as *one* mile is completed in the allotted time. Test will be given on a treadmill or a predetermined location outside, Candidate can choose either. *Fail Criteria: Not completing one mile in the 13:20 minutes.*

1002.05 Any employee, who cannot pass the physical fitness assessment, shall be granted a ninety (90) day remediation period. If at the end of this ninety (90) day remediation period; the employee is still unable to pass the physical fitness assessment, he shall be placed on off duty status for another ninety (90) period. Failure to pass the physical fitness assessment after the one hundred and eighty (180) day period shall be cause for termination. Employee shall be permitted to use sick leave and or vacation leave during this off duty status period.

1002.06 Employees will be required to pass a physical fitness assessment prior to being reassigned to emergency duties after any medical procedure, such



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as a surgical procedure and/or broken bones, etc. Also, any absence from on the job and/or active duty for a period greater than ninety (90) calendar days.

1002.07 Any employee, who cannot pass the physical fitness assessment designed for their position after their extended leave or surgical procedure, shall not be permitted to return to duty until such time he or she is able to pass this physical fitness assessment. If the employee cannot pass the physical fitness assessment within one hundred and eighty (180) days from the first attempt, the Village has every right to terminated the employee and fill their position.

1002.08 The first physical fitness assessment will take place in May of 2009.