



**Madeira Beach Fire Department  
Standard Operating Protocol**

**Date Issued: 4/1/02**

**Change Order: Original**

**SOP Number: 100-90**

**Subject: Wellness Program**

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**Purpose:** High intensity work at sporadic intervals, long duty hours and events involving significant emotional involvement relating to human trauma and suffering make fire-fighting one of the most demanding occupations. This contributes to and results in a substantial number of life altering illnesses and deaths annually. In accordance with the agreement between the City of Madeira Beach and the Saint Petersburg Association of Firefighters Local #747, it is the intent of this program to offer fire personnel an opportunity to help effectively cope with the physical stress associated with the industry. This will be accomplished through a series of educational programs, regular physical evaluations and a fitness program that focuses on cardiovascular endurance, muscle tone, flexibility and nutrition.

**Scope:** All levels of the Department must support and commit to the program to be effective and successful. There are costs and expenses associated with the program, but the long term benefits and achievement will provide significant savings to the Fire Department and to the longevity to our emergency members.

**General:** Every shift day beginning at 0700 hours, all personnel shall report for duty prepared to participate in the fitness program. It should be assumed that the apparatus and station are being received from the off-going shift in an acceptable manner. Members must maintain a readiness to participate and to respond. Readiness to participate will include the appropriate attire and readiness to respond will include having a Class D uniform available for immediate response. It is the Officer's responsibility to insure participation and progressive compliance with the program.

If due to emergency operations and/or scheduled events, at the Officer's discretion, the morning fitness component can be delayed until later in the afternoon or postponed for the entire shift. However, the postponed fitness component may not be on consecutive shifts and shall not exceed two shifts per month. When the fitness task is postponed, justification will be provided to the Fire Chief prior to the end of that tour of duty.

The Fitness Component is designed to be completed within a 30-45 minute time period, depending on individual fitness level and workout intensity. Ideally, the entire company should participate as a unit. All exercises should begin with a warm-up regiment and end with a cool-down segment. While variations are appropriate, every member is expected to complete the entire program as outlined. This program is not all-inclusive or totally encompassing; members are encouraged to expand and elaborate on the program. Remember, this is a minimal fitness level program.

Following the fitness task, all members are expected and required to shower and don the appropriate uniform of the day.

The Peer Fitness Trainer (s) will schedule quarterly evaluations and every effort will be made to plot these intervals as evenly as possible. These evaluations will consist of the annual physical, the annual wellness evaluation and/or the semi-annual fitness profiles. The fitness profiles will include, but are not necessarily limited to: body height/weight, body fat composition profiles, push-ups, sit-ups or crunches, and a 1 ½ mile cardiovascular component or equivalent. The intent of this program is to exhibit a progressive improvement toward maintaining an appropriate level of wellness that promotes a healthy lifestyle. As per the Fire Service Joint Labor Management Wellness-Fitness Initiative, this is a "non-punitive program".