



RUSSELLVILLE FIRE DEPARTMENT
POLICY MANUAL

Policy Number:
Section:
Original Date:
Revised Date:

PURPOSE

The Russellville Fire Department encourages, allows for and strongly recommends that members of the Department engage in a regular Physical Training (PT) program. The purpose of this policy is to outline the guidelines for regular and safe PT.

POLICY

The tasks that firefighters are faced with on the fire ground are extremely demanding physically. These tasks are usually performed without any warm-up and under environmentally hostile conditions. This set of circumstances is conducive to a very high risk of injury. If injuries are going to be reduced, the capacity to endure the physical demands of fire fighting must be increased. The call is significantly assisted by being physically fit.

Regular physical fitness activities are very important to the total well-being of the firefighters. Participating in them not only helps to reduce injuries; it also increases strength and stamina - keeps our minds alert - releases various forms of personal stress and can be a key factor in the building of friendship and closeness within the crew.

It is recognized that the state of being physically fit is more important than the actual program we follow to attain that fitness. Therefore, a considerable amount of discretion is allowed in selecting a physical activity from a large menu of options. However, it is imperative that we manage our participation, discipline our actions and follow our PT goals and objectives. Equally as important is the need to follow a few specific guidelines concerning company participation in all of our physical training activities.

1. Under most circumstances PT should take place between 0800 and 1000. On occasion, daily tasks, training or emergencies take precedent and PT will occur at alternate times.
2. All companies will do PT within their first due response area.
3. PT must be a non-contact activity pursued in a safe manner.
4. Always warm up thoroughly with ample stretching.
5. Standard RFD PT uniforms must be worn during ALL PT activities.
6. Aggressiveness and competitiveness must be controlled.
7. Conduct and behavior during PT should project professionalism.
8. Use only facilities with good lighting and non-slippery surfaces.
9. Never utilize a facility if people are waiting.

Approved

Fire Chief

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10. Maintain a low profile by: parking inconspicuously -- keeping the radios low -- being courteous, quiet and professional.
11. The apparatus must be close to the activity.
12. Participation must never compromise response.

These guidelines represent responsible professionalism as well as reasonable common sense. It is imperative that we all follow them. If they are ignored by a few, for their own personal gain, not only is the personal and professional liability obvious, but also the impact of their actions can cause the elimination of the program for everyone.

PT is an outstanding benefit -- but it must be managed to be successful.

It will take the conscious effort of each individual, as well as the close supervision of the Company Officer, to assure that the guidelines are followed. Arrangements contrary to these must be approved by the Battalion Chief.

Approved

Fire Chief