


East Lake Tarpon Special Fire Control District		
	<i>SOP 306 Physical Fitness Training</i>	
	Implementation Date: 11/2000	Revision Date(s): 04/28/2009
	Reviewed Date(s):	
	Forms or Attachments: None	

(NFPA 1500 10.2.4)

East Lake Tarpon Special Fire Control District's annual fitness test is for candidates and employees who engage in emergency operations. An evaluation of the test and grade earned is provided (Form 307.1). A passing grade is 30% or better grade average.

*Grade average is determined by adding the five event percentages and dividing by 5.

(NFPA 1500 10.1.3)

Any newly hired candidate of East Lake Tarpon Special Fire Control District will be tested with 8-2.1 test (SOP 307, Annual Fitness Evaluation).

(NFPA 1500 10.2.5)

Annual fitness testing will coincide with the annual physical unless a member is excused by a physician. Any member receiving a performance grade lower than 30% grade average will be relieved from engaging in emergency operations and will be referred to the department physician for further evaluation.

(NFPA 1500 10.2.6)

Employees will train using the fitness program in 10.2.1 until they feel ready to be retested. They will be retested using SOP 307 and must pass with a 30% grade average or better.

(NFPA 1500 10.3.2)

The fitness program will consist of performing one hour or more of training per shift-2 personnel must be present when working with weights. Personnel will not be required to train on Sundays

and holidays. Personnel on a 40 hour work week are not required to perform one hour of training per day. The minimum acceptable number of hours per month is seven.

(NFPA 1500 10.2.1)

All employees of East Lake Tarpon Special Fire Control District shall participate in a structured program as defined by the individual results of the annual fitness evaluation and department fitness coordinator. Non-firefighting personnel are not required to participate in the Departmental annual fitness evaluation.

(NFPA 1500 10.3.4)

The Fitness Coordinator will average the results of the annual fitness evaluation to determine if the employee passed or failed, and if the employee meets or exceeds the requirements for incentive pay. If an employee cannot participate in the fitness evaluation, the fitness coordinator will act as liaison between the department physician and the chief to determine when the employee will be able to be tested.