

WELLNESS – FITNESS RULE

435.21. Fire Service Joint Labor Management Wellness-Fitness Initiative

- (a) A fire department shall assess the wellness and fitness needs of the personnel in the department. The procedure used to make this assessment shall be written and made available for commission inspection.
- (b) A fire department shall develop and maintain a standard operating procedure to address those needs.
- (c) The approach to the fitness needs of the department shall be based on the local assessment and local resources.
- (d) The standard operating procedure shall be made available to the commission for inspection.
- (e) The effective date of this rule is October 1, 2006.

Starting October 1, 2006 TCFP compliance officers will ask to see:

- A document that describes the procedure the department used for assessing the wellness and fitness needs of the personnel in the department. **(Note: TCFP will not evaluate the procedure used, only that the department did an assessment)**
- A written Standard Operating Procedure to address wellness and fitness needs of the department based on local resources. **(Note: TCFP will not evaluate the SOP, only that the department has an SOP)**

Fire Service Joint Labor Management Wellness Fitness Initiative

This program was designed by the IAFF/IAFC Fire Service Joint Labor Management Task Force for incumbent fire service personnel. It requires a commitment by labor and management to a positive, individualized wellness-fitness program. The manual includes information on these topics:

- Fitness evaluation
- Medical evaluation
- Rehabilitation
- Behavioral health
- Data collection

A copy of the Fire Service Joint Labor Management Wellness Fitness Initiative may be obtained through the International Association of Fire Fighters or International Association of Fire Chiefs.

The Ernest A. Emerson Fire Protection Resource Library has a copy of the Fire Service Joint Labor Management Wellness Fitness Initiative and it is available for viewing at the library during normal office hours.