



Rogers Fire Department Standard Operating Procedures

Policy Title:	Personal Fitness		
Policy Number:	313	Volume:	Safety
Approved By:	Tom Jenkins	Last Reviewed:	December 2021
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PURPOSE

The purpose of this policy is to ensure firefighters establish a personal responsibility for health and wellness and log time spent exercising for data purposes.

POLICY

Pursuant to SOP 302, Health and Wellness Policy, all members are permitted to exercise on-duty for up to ninety (90) minutes. It is required for all members to exercise at least thirty (30) minutes each shift. Although physical fitness time is allocated to personnel between the hours of 07:00 and 09:00 each day, firefighters may exercise at any other suitable time with the approval of their company officers.

Acceptable fitness activities include any activity that enhances strength, flexibility, agility, balance, or aerobic capacity with the use of appropriate safety measures. Safety measures include the use of proper equipment, technique, and training partners if appropriate during strength training. Non-contact team sports that incorporate the goals of acceptable activities are approved but should be closely monitored to eliminate aggressive play that may lead to injury.

When firefighters exercise inside fire department facilities, on or off-duty, their time shall be logged by entering a training record into Target Solutions Learning Management System (TSLMS). The process for logging exercise time into TSLMS is as follows:

1. From your home screen click on "Record Completions"
2. Search for "Firefighter Fitness" in the search bar.
3. Select the personnel involved and click continue.
4. Complete the required fields. (Objectives, Date, Duration, Location)
5. Click on "Record as Complete"

It shall be the responsibility of each individual firefighter to ensure their fitness time is monitored and recorded.