	<p>Policies, Procedures and Standard Operating Guidelines Manual</p> <p>Physical and Mental Fitness</p>	<p>Page 1 of 3 Document ID: SOG # 501 Issue No: 2 Issued 07/01/2007 Reviewed 01/19/2021 Approved by: District Fire Chief Board of Fire Commissioners</p>
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## 1. Purpose and Scope

This guideline is established to ensure that a mental and physical fitness program is established for the safety and health of all Department members.

## 2. Medical Examinations and Evaluations

2.1 All applicants will receive an initial screening which includes a medical examination and evaluation by the contracted Department physician.

2.2 Examination content will be based upon one of the following:

2.2.1 NFPA 1582, Standard on Medical Requirements for Fire Fighters and Information for Fire Department Physicians. This is the medical surveillance for a fully qualified interior structural firefighter and all other duties of the Mantua Township Fire Department. (See SOG 501A)

2.2.2 Components:

- 2.2.2a Physical Examination by Physician
- 2.2.2b Audiogram
- 2.2.2c Laboratory Studies
- 2.2.2d EKG
- 2.2.2e Medical History Questionnaire
- 2.2.2f Respiratory System Medical Questionnaire
- 2.2.2g Spirogram (Pulmonary Function)
- 2.2.2h Urinalysis
- 2.2.2i Vision Test
- 2.2.2j Vital Signs
- 2.2.2k Basic Stress Test at age 50


2.2.3 A DOT examination will be administered for those that either cannot perform interior structural firefighting or choose to be a Reserve Member – Driver/Pump Operator.

2.2.4 A general physical examination will be administered for those that either cannot perform the above or choose to be a Reserve Member – Administrative.

2.3 Fit testing will be required as specified in the Respiratory Protection Program.

2.4 Periodic medical examinations and evaluations will be conducted per the Board of Fire Commissioners.

2.4.1 Persons who have an acute illness or injury will have their medical examinations postponed until such time as they have recovered; however, acute is defined as a condition that does not persist for longer than one year.

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2.4.2 Persons who have a chronic condition which exceeds one year, will be evaluated by the contracted Department Physician.

2.5 Persons who cannot meet the medical surveillance requirements will be reclassified as Reserve Members and shall be restricted to job duties that are commensurate with their abilities.


### 3. Fitness for Duty

- 3.1 Should a member be absent from duty because of an injury or medical reason then they shall not participate in duties as described by their medical restriction. The member may be required, at the discretion of the Board of Fire Commissioners, to receive a medical examination and evaluation by the contracted Department Physician.
- 3.2 Restricted duty activities will be limited to administrative work if permitted by the medical restrictions.
- 3.3 Members are encouraged to participate in physical fitness and wellness programs.
- 3.4 The use of alcoholic beverages, debilitating drugs or any other illegal substances that impair physical or mental capacities while on duty is strictly prohibited.

### 4. Fitness Facility Usage

- 4.1 The Mantua Township Fire District has decided that an in-house workout facility is not feasible for the current operations of the department. Due to the district's push for a healthier and more physically fit department members will be reimbursed up to \$120.00 for their participation in their personal physical fitness programs.
- 4.2 Qualifications for Reimbursement:
  - 4.2.1 Must maintain active membership within the Mantua Township Fire District in accordance with SOG #301
  - 4.2.2 Member must attend their Gym, or workout program (i.e. Crossfit/Personal Trainer) eight (8) times per month. Members who do not meet this requirement will not be reimbursed for the month.
  - 4.2.3 Members must provide the program administrator with a printout, qualifying their participation to receive a mark for reimbursement.
- 4.3 Members will be reimbursed \$10.00 per month if they meet the requirements, and will receive payment on a 6 month basis.
- 4.4 Members who participate in gym memberships that cost more than \$120.00 per year will still only be reimbursed \$10.00 per month as long as they qualify for reimbursement.

### 5. On-Duty Physical Fitness Activity

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- 5.1 Workout may be accomplished once all mandatory training and station assignments are complete for the day.
- 5.2 Any **witnessed** injuries that may occur while performing workout during duty hours will be covered under workman's comp and should be immediately documented by the on-duty supervisor or career officer. Injuries must be immediately reported and any gym related injuries that are not immediately reported will not be covered.
- 5.3 Members may only utilize a Workout Facility within Mantua Township, and while on duty must take the duty apparatus to the gym for quick response.
- 5.4 Apparatus will be positioned in the parking lot, away from the normal flow of traffic, and in such a way their exit will be quick and unimpeded
- 5.5 The workout will be limited to floor weights and cardio machinery. No showers, sauna, or hot tub use will be permitted while on duty.
- 5.6 Station fitness programs should include cardio and strength training. Each member's goal should be to complete 20-30 minutes of cardio and 20-30 minutes of strength training 2-3 times per week. Part of each member's goal should be to strive for progressive and obtainable improvements in his/her exercise regiment.