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OPERATIONS MANUAL

STANDARD INSTRUCTION 10 INJURY ILLNESS AND PREVENTION PROGRAM

SECTION 21 PHYSICAL FITNESS PROGRAM

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| <b>TITLE</b><br>O P E R A T I O N S M A N U A L  | <b>STANDARD</b><br>I N S T R U C T I O N 10 |                       | <b>DEPARTMENT</b><br>F I R E - R E S C U E |
| <b>SUBJECT:</b> INJURY ILLNESS AND PREVENTIO<br>PROGRAM<br>PHYSICAL FITNESS PROGRAM (CODE 9) | <b>SECTION</b><br>21                        | <b>PAGE</b><br>2 of 3 | <b>EFFECTIVE DATE</b><br>14 February 2019  |

**I. PURPOSE**

The purpose of this policy is to establish a physical fitness program to minimize injury, ensure response readiness, and encourage full participation of all crew members.

**II. SCOPE**

This policy shall apply to all sworn San Diego Fire-Rescue Department (SDFD) personnel.

**III. AUTHORITY**

The fire chief authorizes the information within this policy.

**IV. POLICY**

A. Establishment

The department's physical fitness program (code 9) provides employees assigned to operations time each shift to engage in a general fitness and cardiovascular exercise that is designed to help meet the high degree of stress and physical exertion that is required of a firefighter.

Code 9 is established by the fire chief. It shall be administered by the Health and Safety Office, in consultation with the Wellness Program Coordinator and supervised by a representative appointed by the fire chief.

B. Program Components

1. Code 9 encompasses joint, cardiovascular and strength conditioning exercises which can be accomplished in or out of quarters during normal business hours, and in quarters after hours. Examples of the above include:
  - a. Joint conditioning component consisting of knee, ankle, hip, shoulder, arm and back stretches designed to “warm up” the affected joint area and associated muscle groups.
  - b. Cardiovascular component consisting of a minimum of 20 minutes of exertion which may include the examples below:
    - 1) Jogging or walking at a brisk pace
    - 2) Exercises using department provided cardiovascular equipment
    - 3) Calisthenics
  - c. Strength conditioning component including exercises designed to stress key muscle groups which may include:
    - 1) Usage of department provided strength training equipment
  - d. At no time should travel, joint readiness, and cardiovascular training exceed 1-1/2 hours. Clean up time in quarters shall not exceed 30 minutes.

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- e. All outdoor and on-duty code 9 activity will be conducted in the engine company's first due response district. This includes truck and specialty units assigned to double houses. Multiple code 9 locations may be used within a first due engine response district. Code 9 locations must be approved in advance of use by the battalion chiefs responsible for management of the company(s). Code 9 activity must be conducted in close proximity to where the most emergency incident activity has historically taken place.
- f. At no time will personnel be further than one minute away from the apparatus.
- g. With approval of the appropriate battalion chief(s), fire companies will be permitted to exchange coverage zones to allow for non-double-house stations to participate in approved code 9 activities with other crews assigned to double houses. For example, engine 5 switches districts with engine 14 to code 9 with truck 14 and returns once code 9 is complete.
- h. No code 9 activities are to take place in public or private gyms without approval at the battalion chief level.
- i. The public shall not be adversely impacted by code 9 activities. If the public or any organization is using a facility or field, it shall not be used by SDFD personnel.
- j. Only on-duty SDFD personnel are permitted to participate in code 9 activities. No ride-along, civilian or off-duty department personnel shall participate.
- k. The Wellness Center staff is available for consultation regarding specific cardiovascular and musculoskeletal strength exercises that will enhance individual performance.

C. Prohibited Activities

- 1. To minimize the risk of injury, maintain response readiness, and minimize negative public perception, the following activities are prohibited at all times, including after hours in the fire stations:
  - a. Contact sports (e.g. football, hockey, wrestling,)
  - b. Ball sports (e.g. basketball, baseball, soccer)
  - c. Recreational sports (e.g. tennis, racquetball, Ultimate Frisbee)

D. Uniform

Code 9 uniform shall consist of the approved department class D uniform specifications as outlined in Standard Instruction 07. After code 9 is completed, members shall immediately change to class B or C uniforms.