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OPERATIONS MANUAL
STANDARD INSTRUCTION 06 STATION MANAGEMENT
SECTION 14 PHYSICAL FITNESS PROGRAM

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TITLE O P E R A T I O N S M A N U A L	STANDARD INSTRUCTION 06		DEPARTMENT F I R E - R E S C U E
SUBJECT STATION MANAGEMENT: PHYSICAL FITNESS PROGRAM (CODE 9)	SECTION 14	PAGE 2 of 3	EFFECTIVE DATE 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.