

BULLETIN

NO: 25-28
DATE: February 13, 2025
TO: All Personnel
FROM: Dan Eddy, Assistant Fire Chief, Emergency Operations
SUBJECT: Operations Manual Update #25-08, SI 10.21 Physical Fitness Program

Please find attached to this bulletin Operations Manual Update 25-08, Standard Instruction 10, Section 21, Physical Fitness Program (Code-9). All company officers are directed to ensure that personnel under their command are briefed on these revisions and comply.

This is a revised policy. The purpose of this policy revision is to include Straight Day Personnel Code-9 time and Pickleball. The significant changes having been highlighted in red.

The Operations Manual will be updated electronically in the "M" drive and in Vector Solutions' 'Quick Links' section.

Any questions regarding this policy can be directed through your chain of command.

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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, excluding Lifeguard personnel.

III. AUTHORITY

The Fire Chief authorizes this policy.

IV. POLICY

A. Establishment

SDFD's physical fitness program (Code 9) provides up to 90 minutes during each shift for personnel assigned to operations to participate in general fitness and cardiovascular exercises. This program is designed to help meet the high degree of stress and physical exertion that is required of personnel assigned to operations.

The Code 9 program will be administered by the Health and Safety Office. The Wellness Program Coordinator and Local 145 Health and Safety will provide consultation. The program will be supervised by a managerial employee 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. Personnel must be able to return to the station or apparatus within 90 seconds. Examples include:
 - i. Joint conditioning components consist of knee, ankle, hip, shoulder, arm, and back stretches designed to "warm up" the affected joint area and associated muscle groups.
 - ii. Cardiovascular exercises consist of a minimum of 20 minutes of exertion, which may include the examples below:
 - a. Jogging or walking at a brisk pace
 - b. Exercises using SDFD provided cardiovascular equipment
 - c. Calisthenics
 - d. Pickleball
 - iii. Strength conditioning exercises designed to stress key muscle groups, which may include:
 - a. Using SDFD provided strength training equipment
 - iv. Travel time, warm-up, and cardiovascular exercises should not collectively exceed 90 minutes per shift. Clean-up and showering should be limited to 30 minutes.
 - v. All outdoor and on-duty Code 9 activity must 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

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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, **with the exception of pickleball.**

- a. **Pickleball may only be played on fire station property.**
 - b. **Crews shall play on the apparatus floor away from public view, with the apparatus doors closed when possible.**
 - c. **Crews may not play pickleball outside fire stations, including City parks, private courts, or any City-owned property.**
 - d. **Eye protection will be worn at all times while playing pickleball.**
- vi. No Code 9 activities are to take place in public or private gyms without approval at the battalion chief level.
 - vii. SDFD personnel must avoid Code 9 activities that may negatively affect the public. If a public facility or field is currently in use by members of the public, SDFD personnel should refrain from using it during Code 9 activities.
 - viii. Only on-duty SDFD personnel are permitted to participate in Code 9 activities. No ride-along, civilian or off-duty SDFD personnel shall participate.
 - ix. The Wellness Center staff is available for consultation regarding specific cardiovascular and musculoskeletal strength exercises that will enhance individual performance.
2. **Straight-day personnel are permitted to participate in Code 9 for 30 minutes per day with 15 minutes of clean-up time.**

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, while participating in Code 9:
 - i. Team/Contact sports (e.g. football, hockey, wrestling, basketball, baseball, soccer, ultimate frisbee)
 - ii. **Recreational sports, with the exception of pickleball** (e.g. tennis, racquetball)

D. Uniform

Code 9 uniform shall consist of the approved SDFD class D uniform specifications as outlined in Standard Instruction 07. Personnel must wear class B or C uniforms en route to and from Code 9 activities. If an emergency response occurs during Code 9 activities, personnel must wear the appropriate personal protective equipment (PPE) prior to responding.