

Texas Fire Chiefs Association
DOCUMENT SUBMISSION FORM

Candidate Department: Coppel Fire Department

Best Practice Standard: 10.01
(insert the Best Practice Standard you are working on - example "1.01")

Proofs of Compliance Submitted:

- Copy of policy for Wellness-Fitness initiative
- Copy of policy for on-scene rehab

Submitted By: Gregg Loyd	Date: 10/1/2013
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Evaluator's Review

Evaluator:

Date Accepted:

Coppell Fire Department Standard Operating Guidelines



SOG# 04-08 – Physical Fitness Standards	Effective Date: 03/15/2012
Fire Chief: <i>[Signature]</i>	Revised Date: 10/1/2013

Purpose: To maintain personnel's physical fitness and readiness for duty

Scope: This policy applies to all members who hold a Structural Firefighting Certification with the Texas Commission on Fire Protection

Directions:

1. The overall goal of the Coppell Fire Department Physical Fitness program is to maintain a level of acceptable physical fitness and overall physical condition.
2. All members must maintain an acceptable level of physical fitness while employed with the Coppell Fire Department.
3. Shift personnel shall be required to do Physical fitness training each shift. Administrative personnel will be afforded the opportunity to maintain physical fitness.
4. Physical fitness training will consist of three components; strength, flexibility and aerobic capacity.
5. Member's physical fitness will be tested annually as part of the medical physicals. Members must achieve 50% on three testing criteria (four components) that are considered absolutes: Strength-which consists of Curl-Ups and Push Ups; Aerobic Capacity- which consists of the Bruce Protocol, and; Flexibility- which consists of the Sit & Reach.
6. Members that do not achieve 50% on the three testing criteria members will receive a physical fitness prescription and will be required to take a second test on the criteria that they were not 50% on within 30 days.
 - a. If the member fails the second attempt he/she must obtain a physician's release indicating there is no medical reason preventing performance to the 50% level.
 - b. If medical findings exist to prevent the member from attaining 50%, they will be removed from duty and required to utilize Sick Leave until they obtain a physician's release to full duty and successfully pass the physical fitness test.

- c. If the member does not achieve 50% during the third test, they will be sent for a Functional Capacity Evaluation (FCE) to determine if an underlying problem(s) exists.

- 7. If the member passes the FCE, they will be returned to duty and placed on a more aggressive physical fitness prescription.


- 8. If a member fails to pass the FCE, that member will then work through Human Resources to become eligible to return to work.

- 9. Physical fitness activities will only include those approved activities that occur at approved facilities listed below. Approved activities include weight training, stretching, aerobic conditioning, isometric exercises, core muscle stabilization exercises and swimming. Team sports are not permitted while on duty and do not accomplish fitness training under this standard operating guideline.
 - a. Velocity
 - b. City of Coppell Aquatic Center
 - c. Coppell Independent School District Facilities
 - d. Coppell Fire Department

- 10. Physical fitness activities should be focused on a core body work-out. Extreme exercise movements, motion or repetitions will be avoided to prevent injury or excessive fatigue.

Coppell Fire Department Standard Operating Guidelines



SOG# 02-11 – Incident Rehabilitation and Medical Surveillance	Effective Date: 10/01/2008
Fire Chief: 	Revised Date: 10/1/2013

Purpose: To establish guidelines for providing On-scene Rehabilitation in accordance with NFPA 1584- 2008 Edition.

Scope: This policy applies to all members of the Operations Division

Directions:

1. On-scene rehabilitation operations will commence whenever emergency operations or training exercises pose a safety or health risk to members using the following criteria as a guide line:
 - A) Outside temperature is 85° F or greater;
 - B) Temperature Heat Index = 85°F or greater;
 - C) Outside temperature is 40°F or less;
 - D) Wind-chill factor = 40°F or less;
 - E) Incident duration = 45 minutes or more;
 - F) Any conditions that may pose a safety or health risk to members.
2. All companies reporting to Rehabilitation will report through Incident Command and their accountability shall be tracked using the accountability policy in place at that incident.
3. Member shall report to Rehabilitation after using two 30 minute SCBA cylinder or one 45/60 minute SCBA cylinder or 40 minutes of intense work without an SCBA. The Incident Commander shall be permitted to adjust the time frames depending upon work or environmental conditions
4. Rehabilitation at emergency incidents and training exercises shall include at a minimum, the following:
 - A) Relief from climate conditions
 - B) Rest and recovery
 - C) Active and/or passive cooling/warming as needed for incident type and climate conditions
 - D) Rehydration (fluid replacement)
 - E) Calorie and electrolyte replacement for incidents lasting longer than 3 hours or where work will be continuous for an hour or longer

- F) Medical monitoring to include pulse, blood pressure, respirations, temperature, SpO2 and when available CO and MetHg.
 - G) Member accountability
 - H) Release or medical transport via stand-by dedicated transport MICU.
5. The Resting Station will consist of an area out of the IDLH area that provides protection from the elements.
 6. An AED/Cardiac Monitor/Defibrillator will be available in the rehabilitation area at all training exercises and emergency incidents where Rehab has been established.
 7. Automatic Transport to an appropriate hospital shall occur if the following Criteria are evident:
 - a. Chest Pain
 - b. Shortness of Breath unresolved after 10 minutes on high flow O2
 - c. Heart Rhythm other than NSR or Sinus Tach
 - d. A syncopal episode, disorientation or confusion
 - e. Vital signs that have not returned to normal after 30 minutes of rest
 - f. Inability to hold fluids down
 - g. Request for transport by patient for any reason
 8. Work cycles will be established by the Incident Commander or Training Officer, but will not exceed 40 minutes of intense work without an SCBA or the use of two 30 minute SCAB cylinders or one 45/60 minute SCBA cylinder without at least a single break of 15 minutes.
 9. Rehabilitation shall be the initial responsibility of the 3rd due Medic Company. The Incident Commander may make appropriate re-assignments
 10. Rehabilitation members shall use the attached scene rehabilitation document as an algorithm of medical evaluation for all firefighters in the rehabilitation area.