

**Galveston Fire Department  
Standard Operating Procedure  
1200.07 Physical Fitness**

**Fire Chief**

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Implementation Date: **January 25, 2007**

Revised: November 2009

Review Date: July 2011

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Physical Fitness

The purpose of this standard Operating Procedure is to provide guidance on how fire department personnel can maintain a level of fitness conducive to providing quality service in the performance of their duties.

**All personnel are encouraged and allowed to exercise while on duty.** Such activity must be approved by your direct supervisor.

Emergency operations, training and other essential fire department functions take priority over physical fitness activities.

Approved locations for conducting physical fitness while on duty shall be limited to all fire stations equipped with approved exercise equipment. Free weights are not allowed.

Personnel will be permitted to change into exercise attire that is appropriate however, must change into the approved uniform shirt and either uniform pants or bunker pants for responses. Once personnel have completed their fitness routine, they are required to return to the approved uniform as soon as possible.

The process used to determine the wellness and fitness of our members is through pre-employment and promotional physicals. In addition, members who are off for an extended injury/illness will be required to pass a physical prior to returning to full duty. The City of Galveston healthcare insurance offers a free physical up to \$500.00 annually.

All personnel are encouraged to submit to a full medical evaluation by a qualified physician before beginning a physical fitness program.

All personnel may be required to participate in the Galveston Fire Department's Physical Agility Testing biannually.