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**Ames Fire Department  
Standard Operating Guidelines**

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Book: 1 – Organization  
Section: V – Personnel Policies and Procedures  
Chapter: 9 – **Physical Fitness**  
Date Approved: 11-23-2015      Revision No.: New      Approved by:   
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**PURPOSE:**

This guideline establishes the parameters for Ames Fire Department (AFD) members to perform physical fitness while on-duty.

**POLICY:**

Remaining physically fit is an important aspect of a firefighter's job duties. Fire Administration desires the highest standards of health and fitness to help reduce or eliminate as much as possible, injuries and illnesses among its members. Thus, it is the expectation that physical fitness activities become or continue to be a regular part of all members' normal daily routine.

**PROCEDURES:**

When staffing, daily duties & responsibilities, and emergency response allows, members may participate in physical fitness activities while on-duty. Care should be taken to ensure that there are little to no disruptions to daily operations, and response readiness is maintained.

Physical fitness activities may occur at remote locations, with assurance that:

- Locations receive prior approval by Fire Administration/fitness team members;
- Company and shift level officers agree to parameters for the following items:
  - Appropriate outdoor weather/temperature for physical fitness activities;
  - Vehicle accessibility;
  - Crew integrity (e.g., allowing part of the crew to exercise at a different location);
  - Maintaining radio/cell phone communication with officers; and
  - Addressing ad-hoc public educational opportunities.

**Dress**

Even when engaged in physical fitness activities, expectations continue for all members to look professional. Thus physical fitness attire should consist of:

- City of Ames Fire Department navy blue t-shirt and/or sweatshirt;
- Dark (i.e., navy blue or black) shorts or sweatpants, leggings, etc.;
- Fitness shoes; and
- Dark (i.e., navy blue or black) or white socks.