

## **Developing a Non-Competitive but Compliant Fitness Program for Fire Departments**

To provide a better understanding of the requirements for medical and physical agility programs for both career and volunteer departments. This will provide ideas for a baseline program for current employees and new hire candidates.

The components of this program comply with the following:

1. NFPA 1500 (2018 Edition) – Standard on Fire Department Occupational Safety, Health, and Wellness Program
2. NFPA 1582 (2018 Edition) – Standard on Comprehensive Occupational Medical Program for Fire Departments
3. NFPA 1583 (2015 Edition) – Standard on Health-Related Fitness Programs for Fire Department Members