


Ocean City Fire Department
FIRE CHIEF'S GENERAL ORDER

FCGO: 20-008

Wednesday, May 13, 2020

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TO ALL OCFD Personnel
FROM Fire Chief Richard R. Bowers, Jr. 
SUBJECT IAFF/IAFC Wellness Fitness Program Initiative

The OCFD is establishing a ninety-day Wellness Fitness Initiative (WFI) Program beginning June 1, 2020. The participation by all career and volunteer members is encouraged and voluntary. The key components of the WFI Program will be:

1. Functional exercises
2. Nutrition Education
3. Wellness Behavioral Health/ peer Support

Functional exercises will concentrate activities that are directly aligned with performance criteria associated with the profession such as aerobic capacity, stretching, bending and lifting exercises. The safety of the members is the top priority at all times and response readiness. Operational activities to ensure readiness are a priority with respect to the schedule as outlined below.

The daily fitness activity schedule for operations from June 1, 2020 until September 1, 2020 will be scheduled as follows when department workload permits:

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| 0700 hours: Line up | 0900 hours: Fitness routine/activities |
| 0730 hours: Apparatus/ equipment checks | 1030 hours: Shift/Duty Crew Drill/Training Activities |

All fitness activities must be coordinated with the OCFD Duty Officer and or the on-duty Battalion Chief.

Personnel assigned to the Fire Marshal's Office will adjust their fitness schedule according to workload requirement activities during their assigned shift.

Note: Evening shift or duty crew fitness activities will not be scheduled but can be done at the station level with approval from the Duty Chief and or Battalion Chief.

Nutrition Education Program: A educational program highlighting nutritional information will be provided to the members during the OCFD WFI Pilot Program. The emphasis of the Nutrition Education program will be to encourage the daily intake (pre-shift/duty crew assignment) of water to reduce the possibility of dehydration because of the workload and hot humid conditions we routinely are challenged with.

Behavioral Health Program: A Wellness program will be established and available for all members during the OCFD WFI Pilot Program. The OCFD Peer Support Team will design the support specifics to aide and assist all members with encouragement and a source of information for personnel to be safe and successful with their program participation.

The department and members will establish data collection of participation during the pilot WFI program and share with the department at the conclusion of the activity period.