



Meeting Report Date:  
September 2008

## NW Fire Service Wellness Coordinators' Meeting Notes

Meetings are held twice a year.

March — Second Friday of the month — in Washington

September — Third Friday of the month — in Oregon

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## September 2008

Host: Janet Woodside—Portland, OR

### Coordinators:

Seattle, WA	Kim Favorite	206-386-1777
Snohomish County 1, WA	Kevin Fetter	425-269-0425
Portland, OR	Janet Woodside	503-823-3879
Tualatin Valley, OR	Mike Severson	503-625-8190
Clackamas County, OR	Heather Goodrich	503-742-2686
S. King County, WA	Ed Rickert	253-476-0064
Woodinville, WA	Rob Robertson	425-283-7886
Port of Seattle, WA	Laura Smith	206-679-0776
Gig Harbor, WA	Bren Corcoran	253-232-4394
Kirkland, WA	David Kryger	425-483-4484
Boring, OR	Jason Franklin	503-663-4638
Gresham, OR	Tiffanie Andrews-Rost	541-310-9330

### Also Present:

Snohomish County 1, WA	Candy Young	253-924-1364
Clackamas County, OR	Alicia McVicker	503-742-2690
Portland, OR	Jessica Gare	503-823-2886
Portland, OR	Jon Harrell	503-823-3845
Woodinville, WA	Peter Briner	206-909-3703
S. King County, WA	Jeff Cockerill	253-839-6234
S. King County, WA	Gordon Goodsell	
S. King County, WA	Jacob Jones	360-286-1334

## SPECIAL NOTICE

PFT

IAFF/IAFC/ACE

Certification

Date: December 1-5

Location: Seattle's  
Joint Training Facility

Contact:

Jason Atkins at the IAFF

[jatkin@iaff.org](mailto:jatkin@iaff.org)

## MEETING NOTES

Taken By: Candy Young — Snohomish County 1

### Old Business:

Change for last meeting's minutes:

The rehab information listed from the Woodinville fire was only half correct. The rig only goes out as needed, more like 50% of the time instead of "every time" as written in last meeting's notes.

### New Business:

Topics:

1. Website costs
2. Kettlebells
3. UW – infection control study 1584
4. Predictive joint injury testing
5. Return to duty (clinical pathways)
6. Program sustainability
7. Incumbent testing

#### 1. WEBSITE

- ✦ K. Fetter: Brought up idea of developing a website for this wellness coordinator's group. The cost is about \$500/year. This cost would have to be absorbed by the departments in this wellness coordinator's group. Can download links, everyone can put information into this site with discussion sections. Profirefighter.com is the website of the hosting company.
- ✦ K. Favorite: Brought up topic of creating an official entity/association with member's paying annual dues. Can get the website up and running first and allow time for the paperwork to be processed in creating an association.
- ✦ We need to delegate one person or a small group to be in charge of getting this up and running. Kevin Fetter has agreed to be the point to either develop this website/organization or delegate.
- ✦ The website would allow every department to access and input information to share with others.
- ✦ Seattle and Tualatin haven internal wellness website. Bothell has an external website and will be inputting wellness information. Woodinville developed an external website: [www.wflsd.org/wellness](http://www.wflsd.org/wellness) – but developing and maintaining is quite time consuming.
- ✦ Kevin F. spend a lot of time fielding phone calls from other departments on how to start up a wellness program, a website would be very helpful to direct people to.



- ✦ Kevin will work out the details and how much it will cost each department. He will update each department as the information becomes available.
- ✦ The group has decided to move forward with this idea. If anyone is not interested in being involved or their department or union will not support, please email Kevin Fetter.

#### 2. KETTLEBELLS

- Portland is trying to get a certified trainer to come in and train their peer fitness trainers. It has been a challenge to find someone and get the contract with the City of Portland.
- Woodinville had a trainer in to teach and train kettlebells. The training was a 2 day workshop and certification. Jeff Martone was the trainer: [www.tacticalathlete.com](http://www.tacticalathlete.com) He is affiliated with Crossfit. The cost was 595/student. The whole Wellness team from Woodinville went through this certification.
- Seattle had kettlebells and did some training with the peer fitness trainers first. Kim had someone from the company come out and give a free demonstration of kettlebells prior to buying. The KB never went out to stations due to concerns of injuries from improper form. They will go into stations that have a PFT certified in kettlebell. Kim provided information regarding people to contact for kettlebell training.



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Carol Young RKC Level II: [bluesteelfamily@yahoo.com](mailto:bluesteelfamily@yahoo.com)  
Kettlebility: <http://kettlebility.com/content/classes-training>  
Andrea U-Shi Chang (pavel trained): [andrea@kettlebility.com](mailto:andrea@kettlebility.com)  
Kristine Gill RKC (Pavel trained): Seattle FF  
Blue Collar Fitness: [www.dragondoors.com/dv044.html](http://www.dragondoors.com/dv044.html)  
Tom Corrigan RKC: Everett FF: [kbfiremantom@yahoo.com](mailto:kbfiremantom@yahoo.com)*

- Sno 1 bought all the kettlebells, but only put out the small ones. Through proper training and a few months of usage, they brought out the larger one.
- Tualatin has kettlebells, but no one could use them until they went through a training session with Mike. He put up posters and trained proper form and usage of the bells.
- Crossfit was brought to the table and many departments are using crossfit. Crossfit is another tool for training. It isn't any different than other training options (traditional dumbbell workouts, etc). Crossfit is one more way to motivate people with structured movements and workout programs. S. King does not use Crossfit and is more concerned with developing the WFI. Other departments discussed how Crossfit is a functional movement program.



<http://www.crossfit.com/>



### 3. UW – INFECTION CONTROL STUDY 1584

- ✦ K. Fetter (Sno 1) went to Redmond and saw a unit/machine that would disinfect the medic units. Instead of buying the machine, Kevin got in contact with UW to do a pilot study on infection control of medic units, exercise equipment and the kitchen. Kevin handed out the study results, if you want a copy of it, please contact Kevin. UW is writing a grant right now to do a more detailed study. UW is looking for another department to do a study on. Contact Kevin if interested in being involved in this study and he will forward the info to UW. Janice Camp is one involved in this project from UW
- ✦ Discussion of BA's and amount of tanks used per incident was discussed. At what CO level do you require a BA? How many bottles do fire fighters go through? Kirkland has a policy they are working on, see attached document.
- ✦ Kim discussed the PI article (Jacobs) and asked the group to go online to the PI's website and make comments. The article discussed Seattle's wellness program. Kim said that for the next budget cycle (2 years) the Seattle's Fire Chief will not be submitting an Occ Health and Fitness budget request to the City.



### 4. PREDICTIVE JOINT INJURY TESTING

- Bothell is asking if anyone is doing predictive injury testing on main joints, shoulders, back and knee. Kirkland is doing a functional movement screen as part of their annual medical. After the screening they can move them into different categories, either PT, open up L&I claim, have them work with a peer fitness trainer. The functional movement screen is doing through Washington Institute of Sports Medicine ([www.washington-institute.com](http://www.washington-institute.com); 425-820-2110)
- Janet from Portland did an injury prevention training. See attached outline of this training document.
- Woodinville used Proactive Sports Medicine for injury prevention class ([www.proactivesportsmed.com](http://www.proactivesportsmed.com) Jerry Flynn was the presenter ([jerryf@proactivesportsmed.com](mailto:jerryf@proactivesportsmed.com) 360-528-3300). He went through self-movement screening, flexibility and trained the PFT's to administer. This class is now an ACE approved CE. Woodinville uses Dr. Parker for their annual and bi-annual medicals and he does a FMS as a part of his medical.

### 5. CLINICAL PATHWAYS – RETURN TO DUTY

- ✦ Woodinville is asking at what point after an injury/illness is the fire fighter ready to get back to work?
- ✦ Kim (Seattle) has spent over 8 years working on clinical pathways. She continues to work on the top five injured

joints. To find a standardized protocol is very difficult even when joint specific. There are certain movements that are job and duty specific to each joint to ensure the fire fighter is ready to return to work. Kim is still working on these clinical pathways, but would like grant money to complete. If you are interested in the work she has done, see attached document.

- ✦ Seattle has job descriptions for each rank, so if someone is injured, their doctor can look at their job description to determine if they are ready to return to duty. However, many doctors ask the fire fighter if they are ready, assuming they know.
- ✦ Kevin Fetter brought up the challenge when someone is out on injury, they then get cleared by their doctor to return to duty; however, they are completely deconditioned in all other areas. Their injury may be better, but cardio will be down, other functional muscles deconditioned and the possibility of re-injury is greater.
- ✦ Mike (Tualatin) has a policy for those injured or with illness to return to duty. If you are interested in this information, please see attached documents.

### 6. PROGRAM SUSTAINABILITY

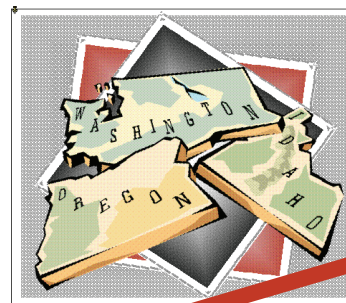
Janet discussed how important it is from year to year to keep wellness in the forefront. Keep up with wellness newsletters (cheap and easy to develop), keep doing fitness testing and anything that can be done with little money. Use other wellness coordinator's to share information with.

### 7. INCUMBENT TESTING

Attached is the IAFF Task Force statement about incumbent testing.

### 8. PHLAME STUDY AND PRESENTATION

For additional information go to: <http://www.phlameprogram.com/>



**NEXT MEETING**

**March 13, 2009 Woodinville, WA**  
**(Headquarters, Station 31)**

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