

# STORIES WORTH **SHARING**

Written Communication and Knowledge Translation



## **THE CHALLENGE**

Write a short blog post / article to highlight the role that one or more of the five pillars of the IAFF/IAFC Wellness-Fitness Initiative (WFI) have had on your health and well-being.

We should all strive to BREATHE better (be more mindful), EAT better (eat real food), MOVE better (be more active), SLEEP better (create a sleep routine), and CONNECT better (build meaningful relationships), but many fire fighters don't know where to start.

## **INSTRUCTIONS**

- Choose 1+ of the 5 behaviors outlined below, and write a short blog post / article to highlight the role it has had on your physical, psychological and/or social well-being.
  - **Being More Mindful.** How has meditation, breathing, mindfulness, etc. helped?
  - **Eating Real Food.** How has what, when and how you eat made a difference?
  - **Being More Active.** What role has exercise or activity had on your overall well-being?
  - **Enjoying Better Sleep.** Has making changes to your sleep/recovery routine made a difference?
  - **Building Better Relationships.** How does the support from others influence your well-being?
- In approximately 300-500 words, share your story with the broader F2T community.
- You can format the blog post / article in any way you like but it should be written for a general audience (it may be chosen as an F2T community contribution).

## **GRADING CRITERIA**

- ✓ At least 300 words
- ✓ One or more WFI pillars
- ✓ Personal impact highlighted
- ✓ Written submission
- ✓ Paragraph form
- ✓ Lay audience

## **SUBMISSION GUIDELINES**

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.

# EVERYONE **ACTIVE**

Critical Thinking and Problem Solving



## **THE CHALLENGE**

The F2T program aims to help more fire fighters be more active more often. This challenge involves the design of an exercise challenge that could be performed as a team by 3-10 fire fighters with different physical abilities.

The exercise challenge must accommodate limited to no access to equipment and be structured so that the group is able to work collectively to achieve a shared objective (compete against another station or department).

## **INSTRUCTIONS**

- Design an exercise session that can be administered as a team challenge (e.g. team must collectively complete 100 reps of a specific exercise).
- Session Objective: Your choice. Must accommodate and appeal to fire fighters with different abilities.
- Design criteria:
  - Bands and bodyweight only, at least 4 exercises
  - Between 10 and 30 minutes
  - Suitable for groups of 3-10
  - Must be structured as a challenge, whereby the team's performance can be measured (to monitor progress or compare with another team)
- Your submission must include the following:
  - ✓ Details of session in an easy to read format (exercises + reps, sets, RPE, tempo, work, and rest if applicable).
  - ✓ A Challenge Statement – 'As a team you must collectively work to...'
  - ✓ A brief description of the session so it is clear how it should be administered with groups of different sizes.

## **GRADING CRITERIA**

- ✓ Session details are organized
- ✓ Design criteria are met
- ✓ Challenge is clear and measurable
- ✓ Suitable for diverse abilities
- ✓ Suitable for groups of 3-10
- ✓ Description outlines how to administer for different size groups

## **SUBMISSION GUIDELINES**

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.

# SHOW AND SHARE

Oral Communication and Knowledge Exchange



## THE CHALLENGE

Record yourself providing a step-by-step real-time commentary for one of two activities: 1) a cooking demo, that both describes the ingredients and the preparation, and the cooking process, or 2) a high intensity exercise session performed in real time.

You are not required to be the cook or the performer of the exercise session (you can be if preferred), but must provide the real-time commentary throughout.

## INSTRUCTIONS

- Record yourself providing commentary for a live cooking demo (healthy meal for station) OR real-time high intensity exercise session that could be performed at your station.
- If choosing the cooking demo, you must discuss:
  - The ingredients, including amounts
  - Details of how to combine the ingredients
  - Cooking instructions for the station
  - The nutritional value
- If choosing the exercise session, you must discuss:
  - The session objective(s)
  - Instructions for each exercise (4 at minimum)
  - Target reps, sets, RPE, tempo, work, rest, if applicable
  - Key observations noted while the individual performs
- Commentary can be formatted as a voice-over narration, picture-in-picture description or live step-by-step instructions. Must capture the entire demo.
- If you are not the cook/performer, permission must be provided for video to be used for this purpose.

## GRADING CRITERIA

- ✓ Healthy station meal or high intensity exercise session
- ✓ Audio or video commentary
- ✓ Demo criteria are met
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/understand commentary)
- ✓ Permission to use video

## SUBMISSION GUIDELINES

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.

# PURSUIT OF WELLNESS

Observation and Feedback



## THE CHALLENGE

Record a video of yourself taking a peer through the Strength and Endurance portion of the Self Assessment from NFPA 1583. Specific instructions can be found in the 2022 Edition of NFPA 1583 [HERE](#). The video should illustrate your ability to instruct and provide feedback in real-time.

Following the assessment you will also need to record a short clip of yourself summarizing your peers' results and providing 2 specific exercise recommendations.

## INSTRUCTIONS

- While on video, take a peer through the assessment activities listed below. Further details can be found in NFPA 1583 [HERE](#).
  - Cardiorespiratory activity (1 of 6 options) for 1 minute
  - Squat pattern (1 of 3 options) for 30 reps
  - Push pattern (1 of 3 options) for 30 reps
  - Lunge pattern (1 of 3 options) for 30 reps
  - Pull pattern (1 of 3 options) for 30 reps
  - Hinge pattern (1 of 3 options) for 30 reps
- Record your peer's heart rate, rating of perceived exertion (RPE), any notable observations and the total time to complete the circuit [HERE](#).
- During the assessment, the video should capture your instructions and feedback.
- Following the assessment, record yourself providing a brief (< 2 minutes) summary of the results, making note of any relevant observations.
- You must also describe 2 specific exercise recommendations for your peer.

## GRADING CRITERIA

- ✓ Entire assessment shown on video in real-time
- ✓ Real-time instructions and feedback are appropriate
- ✓ Summary / recommendations link to assessment results
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/ understand voice-over)
- ✓ Permission from peer

## SUBMISSION GUIDELINES

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.

# FIT FOR LIFE

Empower and Challenge Others



## THE CHALLENGE

F2T ambassadors may influence the physical, psychological and social well-being of their peers. To complete this challenge you must document the role that you have played in helping a peer accomplish something meaningful related to wellness and fitness (e.g. establish a new habit, achieve a goal, engage in a new activity, etc.).

Your influence must be documented from your perspective and that of your peer via a written submission.

## INSTRUCTIONS

- Within the current renewal cycle for your F2T certificate, help a peer accomplish something meaningful that is related to wellness and fitness.
- Document the role you played in helping the peer from two perspectives; yours and theirs.
- From your perspective, briefly describe:
  - What was your peer able to accomplish (where did they start and where did they end)?
  - What role did you play in helping them?
  - What specific things did you do to try and help? What was successful, what was unsuccessful?
- From your peer's perspective, have THEM describe:
  - What they were able to accomplish and its relevance to their overall wellness and fitness.
  - The role you played.
  - The specific things you did that had the biggest influence on their achievement.
- Combine the two written descriptions into one file.

## GRADING CRITERIA

- ✓ Meaningful accomplishment related to wellness and fitness
- ✓ Your perspective criteria met
- ✓ Peer perspective criteria met
- ✓ Description is genuine
- ✓ Written for lay audience
- ✓ Peer permission to use

## SUBMISSION GUIDELINES

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.

# BETTER TOGETHER

Teamwork and Collaboration



## THE CHALLENGE

Create a poster that highlights your top 5 tips to get more fire fighters involved with a wellness-fitness initiative. Your poster should be formatted so that it could be shared and posted within a fire station.

To complement your poster, you must also submit a brief description that outlines any considerations that should be made by other F2T ambassadors who may attempt to employ your tips within their department.

## INSTRUCTIONS

- Reflecting on your experience as a fire fighter and F2T ambassador, identify 5 tips you would share with other ambassadors to help them involve more peers in wellness-fitness initiatives.
- Create a visually appealing poster to highlight your 5 tips for other F2T ambassadors / fire fighters.
- The poster can be formatted in any way you like, provided it meets the following criteria:
  - 5 tips are prominent and easy to understand
  - Visually appealing and appropriate for a fire station
  - Any images included are free to use (no copyright)
  - Portrait or landscape orientation
  - Formatted for an 8.5" x 11" page
- Separately, describe 1-2 considerations for each tip that should be made prior to using within a fire department (e.g. for this tip to be effective it would be best to first have 'X' and 'Y' in place).

## GRADING CRITERIA

- ✓ Tips are relevant to engaging fire fighters in wellness-fitness initiatives
- ✓ All 5 tips are distinct
- ✓ Poster criteria are met
- ✓ Poster would appeal to broad audience
- ✓ Considerations are relevant and described in sufficient detail to make use of tips
- ✓ Image file can be printed and posted broadly

## SUBMISSION GUIDELINES

Submissions should be formatted as a .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.

# MAKE **EXERCISE** MATTER

Demonstration and Leading By Example



## **THE CHALLENGE**

For Duty. For Life. Exercise can be a powerful tool to influence the things we do outside an exercise environment, particularly when an emphasis is placed on execution.

Record a video of yourself performing a job task and activity of daily living (ADL) that could be influenced by participating in an exercise program. In addition, record yourself performing two exercises that would help to reinforce and/or improve the execution of the job task and ADL.

## **INSTRUCTIONS**

- Choose 1 of the 5 job task / ADL combinations listed below and record a video of yourself performing from 2+ angles (can be simulated).
  - Hose drag / Vacuum
  - Force door / Rake lawn
  - Carry ladder / Carry groceries
  - Breach ceiling / Garden
  - Get off truck / Climb stairs
- In a separate video, record yourself performing 2 exercises that help to reinforce and/or improve the execution of the 2 tasks from above.
  - Provide real-time verbal instructions to guide the viewers' observations as you perform each exercise.
  - For each exercise, briefly describe how it would help the execution of the job task and ADL.
  - Position the camera to capture all relevant perspectives and any key movement characteristics.
- Combine the two videos into one file.

## **GRADING CRITERIA**

- ✓ Job task and ADL are executed appropriately and shown from multiple angles
- ✓ Two exercises are executed appropriately and shown from multiple angles
- ✓ Real-time instructions are provided and appropriate
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/understand)
- ✓ One video file

## **SUBMISSION GUIDELINES**

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.

# GOT YOUR **BACK**

Marketing and Promotion



## THE CHALLENGE

Regular exercise has helped countless fire fighters improve their physical, psychological, and social well-being, but unfortunately, many fire fighters are still not active enough.

Design the front and back of a new F2T t-shirt that could serve to promote the message of 'more fire fighters, more active, more often' to the broader community. Both the front and back image and/or text should appeal to a diverse audience.

## INSTRUCTIONS

- Design a creative and engaging t-shirt that promotes the message of 'more fire fighters, more active, more often'. This phrase does not need to be on the t-shirt, but it's sentiment should be captured with an image and/or text.
- An image and/or text must be designed for both the front and back of the shirt. The following criteria must be met:
  - Appropriate for audience with diverse interests
  - For fire fighters
  - Maximum of 5 colours (front and back combined)
  - Images and/or text must be free to use (no copyright)
  - Image and/or text should fit with 11" x 11" box
  - F2T and/or IAFF must be integrated in some way
- Suggest a t-shirt color for your design by setting it as the background of your image/text.
- Authorize your design as original and grant permission to F2T and the IAFF to use with the broader community (with acknowledgement).

## GRADING CRITERIA

- ✓ Design is original
- ✓ Design captures 'more fire fighters, more active, more often' sentiment
- ✓ Design is without copyright
- ✓ Design criteria met
- ✓ Background color specified
- ✓ Authorization provided to use

## SUBMISSION GUIDELINES

Submissions should include the original design file and a .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.



# DESIRE TO LEARN

Self-Assessment and Reflection



## THE CHALLENGE

Reflecting on growth achieved within specific domains can help to plan your personal and professional development.

Complete the self-assessment at the link [HERE](#). You will be asked to assess your abilities with respect to 10 roles. You must also comment on perceived strengths and areas that you would like to improve. Finally, you will need to have someone you trust and respect complete the assessment on your behalf to illustrate their perception of your abilities.

## INSTRUCTIONS

- Review the self-assessment [HERE](#) by reflecting on your ability to serve in the following roles:
  - Author, Creator, Teacher, Mentor, Leader, Collaborator, Guide, Ambassador, Student, Manager.
  - You will be asked to describe your knowledge and skills with respect to each of the 10 roles as **Introductory**, **Developing** or **Advanced**.
- Choose someone whom you trust to provide genuine and constructive feedback and have them complete the self-assessment on your behalf.
  - This individual should be familiar with your work within the fire department.
  - Share an electronic copy of the assessment [HERE](#).
- Reflecting on your perceived abilities and the feedback received from your peer:
  - Describe 3 of your strengths using relevant examples.
  - Identify 3 areas that you would like to work on and your plan to do so.
  - Submit your self-assessment and that of your peer, and responses to all questions.

## GRADING CRITERIA

- ✓ Self-assessment complete
- ✓ Peer assessment complete
- ✓ Describes strengths
- ✓ Describes areas that would like to work on
- ✓ Discusses strengths with relevant example
- ✓ Discusses how will improve in specific areas
- ✓ Single survey submission

## SUBMISSION GUIDELINES

Responses to all questions (self-assessment, peer assessment, reflection) can be submitted once the Fit To Thrive member portal launches. No separate written submission will be required.

# FIRST STEPS

Oversight, Coordination and Program Evaluation



## THE CHALLENGE

Creating a suitable program implementation plan begins by gathering information regarding the initial conditions of your organization - the culture, priorities, level of interest, etc.

Complete the IAFF/IAFC Fire Department Demographics survey (link [HERE](#)) and the IAFF/IAFC Obstacles to Program Implementation survey (link [HERE](#)). Both surveys may require sourcing relevant information from multiple people within your organization.

## INSTRUCTIONS

- Download an electronic copy of the IAFF/IAFC Fire Department Demographics survey [HERE](#).
  - Review all questions and collect information from the necessary personnel so they can be answered.
  - It will be important to collect accurate information so that suitable recommendations can be made.
- Download an electronic copy of the IAFF/IAFC Obstacles to Wellness-Fitness Program Implementation survey [HERE](#).
  - Review all questions and collect responses from three distinct stakeholders – representative from management, representative from union executive, representative from general membership. **You will assume one of these roles.**
  - Contrasting the perspectives of multiple people is critical to establishing the level of agreement and potential first steps with regards to program implementation.
- Solicit permission from your department to share the data included in both surveys.

## GRADING CRITERIA

- ✓ Demographics survey complete
- ✓ Demographics data is accurate and representative
- ✓ Obstacles survey complete
- ✓ Obstacles survey data reflects the perceptions of multiple stakeholders
- ✓ Single submission
- ✓ Permission to use data in aggregate form

## SUBMISSION GUIDELINES

Responses to both surveys (demographics and obstacles) can be submitted once the Fit To Thrive member portal launches. No separate written submission will be required.