

DC Task Force Meeting

Primary Outcomes



INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS



WFI
WELLNESS-FITNESS
INITIATIVE

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

Igniting **Change**

With the next Edition of the WFI



WFI
WELLNESS-FITNESS
INITIATIVE

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

PROGRAMS are...

...structured and standardized plans with specific, predefined objectives, steps, and protocols that must be followed as designed. They often include a set schedule of activities, assessments, and criteria for success that apply universally. They are typically comprehensive, leaving little room for customization or deviation from the established framework.

Guidelines are...

...flexible and serve as a set of recommended best practices rather than strict rules. Fire departments can adapt to suit their unique conditions, constraints, and resources, which allows for customization based on factors like department size, budget, personnel needs, and local demands. Guidelines provide direction but leave room for modification.



INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

Levels of Expectations and Guidance

In the context of fire fighter wellness and fitness, **STANDARDS**, **BEST PRACTICE GUIDELINES** and **MINIMUM RECOMMENDATIONS** can be viewed as representing different levels of expectations and guidance to create, implement, and manage programs



WFI
WELLNESS-FITNESS
INITIATIVE

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

The WFI is...

Repository of Evidence

that describes the outcomes, behaviors, tactics, strategies, policies, etc. (best practice guidelines) that should be adopted to influence change

Best-Practice Guidelines

minimum recommendations, and case examples to inform the design and implementation of wellness-fitness programs for fire departments and individuals

Roadmap for Implementation

with detailed, actional steps and resources to help departments design and implement a program that aligns with best practices guidelines



INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

A dark, atmospheric photograph of two firefighters in full gear climbing a metal ladder against the side of a building. The scene is dimly lit, with smoke or steam visible in the background. The firefighters are positioned diagonally across the frame, with one slightly higher than the other. The building's facade shows some architectural details like a window frame.

The WFI will be the principal, most comprehensive and inclusive resource available to support firefighter wellness and fitness



INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

MANDATORY and NON-PUNITIVE

are policy decisions to be made within the
broader implementation context



WFI
WELLNESS-FITNESS
INITIATIVE

INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS