# DC Task Force Meeting Primary Outcomes









## Igniting Change

With the next Edition of the WFI







#### 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.







# 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







### 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

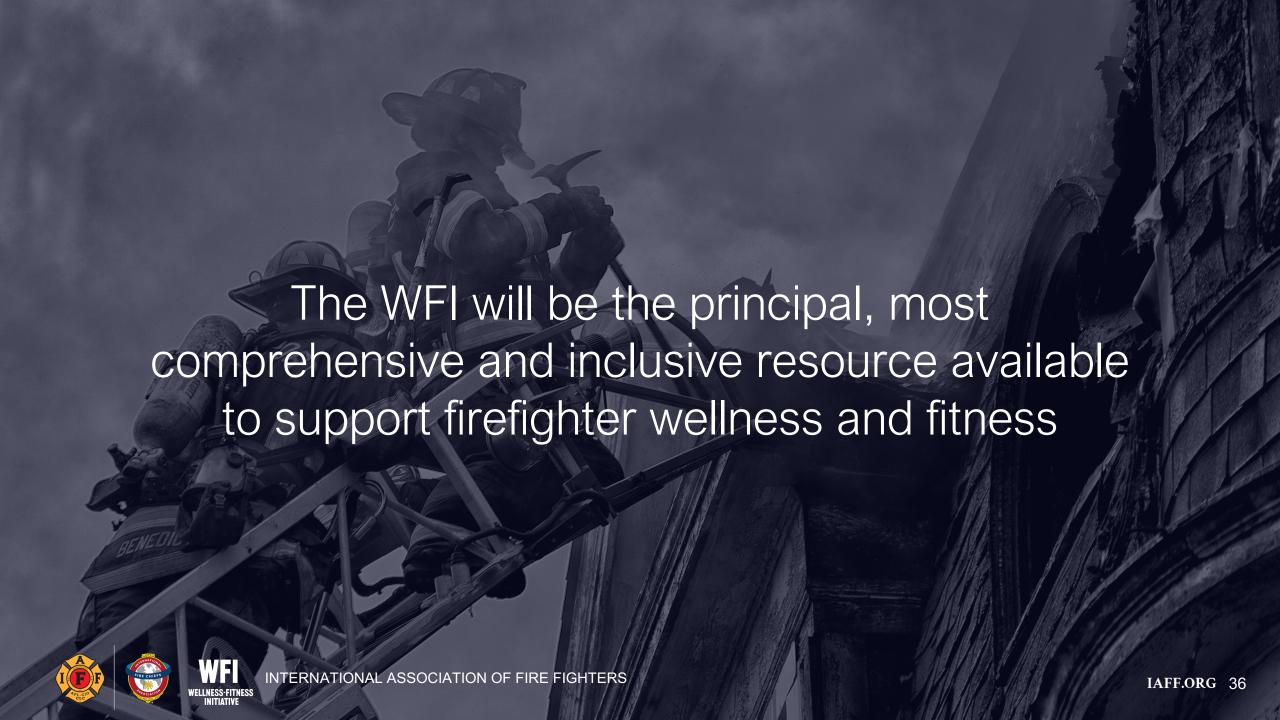
## Roadmap for Implementation

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









### **MANDATORY and NON-PUNITIVE**

are policy decisions to be made within the broader implementation context





