



International Association of Fire Fighters Fit to Thrive Program Instructor Application

In order to apply to be a Fit To Thrive (F2T) Program Instructor, please complete the form below and email the required materials in one email to F2T@iaff.org. Incomplete applications will not be accepted.

First Name:

Last Name:

Email:

IAFF Member Number:

IAFF Local Name and Number:

Home Address:

Home or Cell Phone:

Work Phone:

Date and location you attended the IAFF F2T 101 / Peer Fitness Trainer (PFT) certificate course:

Your application must include:

- This completed form
- Proof of attendance at an IAFF F2T 101 PFT course after March 2015, and successfully passing the post-course exam
- A cover letter explaining your interest in becoming a Fit To Thrive Program instructor
- A brief (1-page) resume highlighting all relevant experience
- A video of you instructing the *Small Steps* → *Big Change* teach back module and the *Key Features* practical module (i.e. brief demonstration) from the current F2T 101 / PFT curriculum to show command of a classroom AND a practical/hands-on session
- Two letters of recommendation which reflect your potential as an instructor:
 - A letter of recommendation from your local president
 - A letter of recommendation from a fire department official

Applicants to become an IAFF Fit To Thrive Instructor must meet the following qualifications:

- Is a fire fighter, EMS personnel or civilian with expertise in health and fitness
- Authorization from the IAFF Local President
- Has teaching/training experience and is able to lecture and facilitate practical sessions from prepared materials
- Successfully completed the IAFF F2T 101/PFT certificate course

All instructors are appointed by the IAFF General President and work as independent contractors to the IAFF. The IAFF General President retains the right to cancel appointments at any time for any reason. Instructor appointments are reviewed annually and are renewable consistent with IAFF priorities and budget requirements.