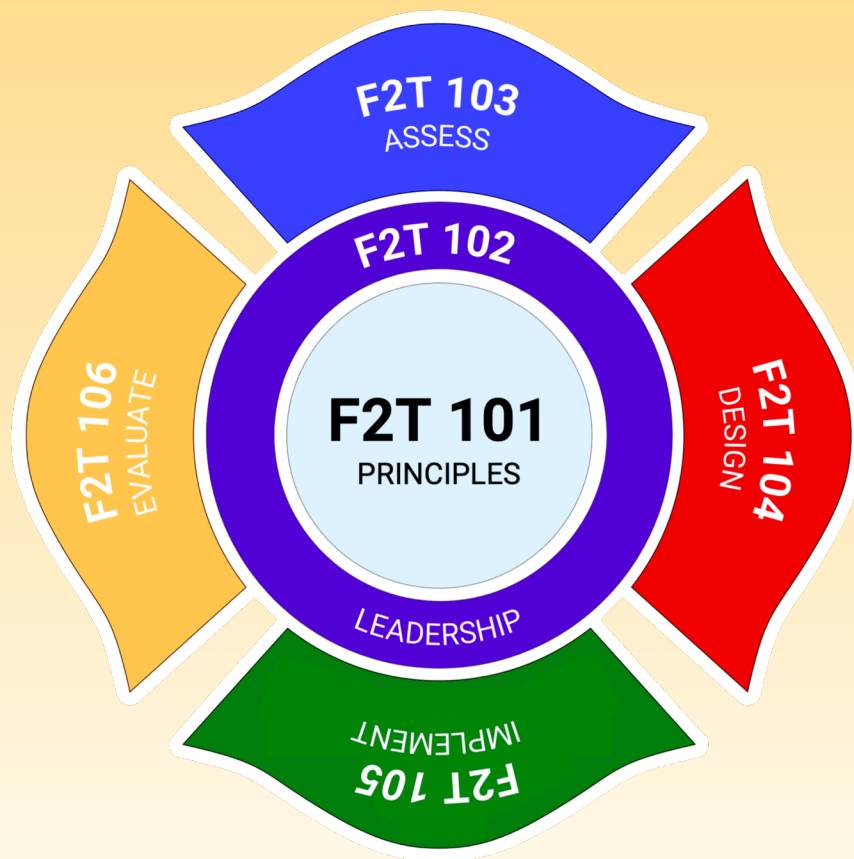




F2T EDUCATION

The **F2T** Program aims to make wellness- and fitness-related education **ACCESSIBLE TO EVERY FIRE FIGHTER**. In-person, virtual (live sessions on Zoom) and online (access on own time) options will be made available to address the diverse needs and interests of the fire service, while accommodating the mission of more fire fighters, more active, more often. Central to the **F2T** curriculum is a series of 6 courses, each of which reflect a distinct component of the **F2T** philosophy – **PRINCIPLES, LEADERSHIP, ASSESS, DESIGN, IMPLEMENT, EVALUATE**. To complement this core curriculum, the **F2T** Program also includes courses (≥ 4 hours), workshops (1-3 hours) and webinars (1 hour) that can be accessed by anyone. New options will be made available every month.



F2T COURSES

1. F2T 101: Fitness Principles and Practice (In-Person / Virtual)

This course introduces an integrated approach to the physical preparation of fire fighters for WORK, LIFE and PLAY. The central tenet is that every fire fighter, regardless of age, experience, fitness or job status, needs the CAPACITY to meet the DEMANDS of their life. The framework and principles taught will help students establish exercise recommendations for peers with diverse needs and interests. It is taught using interactive small and large group activities, case studies and hands-on exercise sessions.

Open to everyone; 32 hours; 32 CECs

2. F2T 102: Building an F2T Program (In-Person / Online)

Building a wellness program begins with genuine, passionate, and influential leadership from all levels. The program must be comprehensive, evidence-based, and relevant to the unique demands of each participating fire fighter. It needs to be accessible, inclusive, designed to inspire cultural change, and must place an emphasis on collaboration and communication between all parties. This course will overview a series of steps to facilitate buy-in, inform members, and empower a change in behavior.

Open to everyone; 16 hours; 16 CECs

3. F2T 103: Mobility and Fitness Assessment (In-Person / Virtual / Online)

To make exercise matter, we must understand what motivates fire fighters to be active – health, fitness, performance, quality of life, etc. We must also recognize that every fire fighter is unique and needs the capacity to meet the demands of their life. The same exercise program will not be appropriate for every fire fighter. Through a combination of lectures and hands-on activities, participants will improve their ability to assess the mobility, physical literacy and fitness of fire fighters with varying interests.

Open to everyone; F2T 101 recommended; 16 hours; 16 CECs

4. F2T 104: Advanced Exercise Program Design (In-Person / Virtual / Online)

This course will lay out a step-by-step process to design comprehensive exercise programs for any fire fighter. Participants will learn to interpret information regarding fire fighters' interests, barriers, motivation, opportunities, and capabilities. The design of exercise programs that suit a range of activity levels and training environments will be emphasized. A series of resources to assist with the design and implementation of these exercise programs will be made available to all participants.

F2T 101 required; F2T 103 recommended; 16 hours; 16 CECs

5. F2T 105: F2T Program Implementation (In-Person / Virtual / Online)

The F2T program includes systems to help fire fighters be more active, strategies to improve fitness and performance, and resources to support behavior change. Assistance is provided with the implementation of relevant initiatives via the sharing of education and training-related resources, the mentorship of front-line ambassadors, and the distribution of best practice guidelines. Participants will improve their ability to assess their organization's needs and identify possible actions to assist the program implementation.

Open to everyone; F2T 101 recommended; 16 hours; 16 CECs

6. F2T 106: F2T Program Evaluation (In-Person / Virtual / Online)

The degree to which any wellness and fitness related initiative is successful will depend in part on the systems in place to evaluate its reach, efficacy, adoption, and impact. Factors such as budget, stakeholder engagement, professional standards, equity, inclusion, and accessibility must be considered to establish suitable recommendations. This course will introduce a series of practical tools and a comprehensive case study to help participants evaluate their own wellness and fitness program.

Open to everyone; F2T 101 and F2T 105 recommended; 16 hours; 16 CECs

F2T WORKSHOPS

1. F2T 201: Self Care and Movement Hygiene (In-Person / Virtual)

There are many factors that influence how fire fighters move, and perhaps none more important than mobility. For this reason, mobility should be one of the first pieces of information gathered to both assess a fire fighter's needs and to build a daily movement practice. This workshop will provide attendees with a series of practical tips to both assess and address their mobility needs in less than 10 minutes a day.

Open to everyone; 2 hours; 2 CECs

2. F2T 202: Building a Sustainable Exercise Program (In-Person / Virtual)

Knowing the benefits of exercise is not enough to keep many fire fighters active, perhaps because it is viewed as hard, time-consuming or not fun. This workshop will provide attendees with several example exercise sessions that can be performed with limited-to-no equipment by fire fighters with a range of backgrounds and physical activity goals.

Open to everyone; 2 hours; 2 CECs

3. F2T 203: Overcoming Obstacles to Implementation (In-Person / Virtual)

Understanding the obstacles (things that impede) and facilitators (things that help) to implementing a wellness-fitness program is a critical step to ensure long-term success. This workshop will share a series of practical tools that can be used to gather this information so that actions can be taken to address the unique needs of your organization.

Open to everyone; 2 hours; 2 CECs

4. F2T 204: Considerations for Fire Fighter Fitness Testing (In-Person / Virtual)

The need to be physically capable is not the only thing to consider when deciding on the use of an incumbent physical ability test. It is critical to appreciate the implications within the culture of the department, in addition to alternative options that may accomplish the same objectives. This workshop will explore the potential benefits to, implications of and alternatives for physical ability testing.

Open to everyone; 2 hours; 2 CECs

5. F2T 205: Eating Healthy at the Station (In-Person / Virtual)

Eat for health. Eat for life. Eat for real. The IAFF's nutrition program aims to equip fire fighters with healthy options that support a balanced lifestyle. Understanding how food works will give fire fighters the freedom to choose based on personal preferences that support individual goals. This workshop will overview the IAFF nutrition program and provide attendees with several practical tips to eat healthy at the station.

Open to everyone; 2 hours; 2 CECs

6. F2T 206: High Intensity with Bands and Bodyweight (In-Person / Virtual)

Although bodyweight and band-resisted exercises are often viewed as less challenging than free weights, your body can't tell the difference. With a little creativity and an appreciation for exercise science, your bodyweight sessions can be transformed to high-intensity activities that suit a range of objectives. This workshop will share practical tips to create high-intensity options that can be performed anywhere.

Open to everyone; 2 hours; 2 CECs

7. F2T 207: Becoming an Influential Leader (In-Person / Virtual)

Leadership may be best viewed as an approach to life that maximizes your influence on those around you. It is not necessarily associated with a specific title or position and, thus, we all have an opportunity to become influential leaders. This workshop will discuss practical strategies to improve the ability to communicate, collaborate and self-reflect.

Open to everyone; 2 hours; 2 CECs

F2T WORKSHOPS

8. F2T 208: The Benefits to Stretching Extend Beyond Mobility (In-Person / Virtual)

Although it is commonly stated that stretching can impede performance if used in advance of an activity, the evidence does not support this claim, particularly when considering the many different ways to stretch (active versus passive and static versus dynamic). This workshop will explore the many ways that stretching can be used and the benefits associated with each approach.

Open to everyone; 2 hours; 2 CECs

9. F2T 209: Exercise is the Best Medicine (In-Person / Virtual)

Exercise can be used to rehabilitate and manage existing physical, psychological and behavioral conditions; prevent the occurrence of future problems; and improve personal health and performance. This workshop will highlight the wide-ranging benefits of exercise for conditions such as cancer, diabetes and behavioral health, and provide several small steps to build a sustainable exercise program.

Open to everyone; 2 hours; 2 CECs

10. F2T 210: Tips to Run Your First 5k (In-Person / Virtual)

While the number of recreational runners continues to increase, it may be important to “train to run before we run to train”. Emphasizing running form will help to improve efficiency, body awareness, and cardiorespiratory endurance, and reduce the risk of injury. While there is not one “optimal” form, there are guidelines that can help runners move more efficiently. This workshop will share several practical tips.

Open to everyone; 2 hours; 2 CECs

11. F2T 211: Principles of Periodization (In-Person / Virtual)

While there are many ways to design exercise programs to improve health, fitness and performance, short-term variability may be critical to long-term success. Whether adapting the load, speed, time, or RPE, or constraining the movement patterns used, variation can promote learning. This workshop will outline a framework to build exercise programs that address a range of long-term objectives.

Open to everyone; 2 hours; 2 CECs

12. F2T 212: Avoiding the Most Common Fire Fighter Injuries (In-Person / Virtual)

Fire fighter injuries are not just a fireground problem. In fact, the most common injuries – those to the knees, back, and shoulders – occur while training, exercising, and performing station-related activities. This workshop will describe the most common fire fighter injuries and highlight a series of practical strategies that will help in developing general prevention strategies for the fire service.

Open to everyone; 2 hours; 2 CECs

13. F2T 213: Introduction to Kettlebell Training (In-Person / Virtual)

Kettlebells offer a versatile tool that can be used by anyone in any environment to achieve a range of health and fitness related objectives. From mobility to weight loss, and vertical jump height, the potential benefits of Kettlebells are infinite. This practical workshop will involve hands-on activity using a Kettlebell and provide attendees with several options that can be used by fire fighters with diverse abilities.

Open to everyone; 2 hours; 2 CECs

14. F2T 214: Making Best Use of Your Peer Fitness Trainers (In-Person / Virtual)

There is no single best way to use Peer Fitness Trainers (PFTs) within a department; but their potential influence can extend far beyond fitness testing and recruit training. As advocates for wellness and fitness they stand to influence the attitudes, choices, actions and behaviors of their peers provided that they are supported. This workshop will discuss options to increase the influence of your PFTs.

Open to everyone; 2 hours; 2 CECs

F2T WEBINARS

1. F2T 301: F2T Program Overview (Virtual)

Regular exercise is one of the best ways to prevent (and treat) many of the chronic conditions impacting fire fighters' lives. However, education and mandated fitness programs alone do not work. Emerging evidence highlights the need for behavioral solutions to improve the physical activity habits of fire fighters. The IAFF has launched FIT TO THRIVE, a comprehensive program designed to help more fire fighters be more active more often. This webinar will provide an overview of the program and how it can help.

Open to everyone; 1 hour

2. F2T 302: Making the WFI, NFPA 1582/1583 and F2T Work for You (Virtual)

The IAFF/IAFC Wellness-Fitness Initiative (WFI) provides guidelines to define wellness, outlines considerations to support wellness, establishes best practices to restore wellness and offers strategies to promote wellness. NFPA 1582 and 1583 provide further evidence in support of these guidelines. The F2T program offers education, training, support and mentorship to put these guidelines into practice. This webinar outlines a series of practical strategies to support program implementation.

Open to everyone; 1 hour

3. F2T 303: More Fire Fighters. More Active. More Often. (Virtual)

Those who exercise report fewer poor mental health days and fewer PTSD symptoms. Regular exercise lowers the risk of at least 13 cancers and improves the fitness and overall quality of life for people living with cancer. Exercise can combat the ill effects of obesity and, regardless of the type or intensity, can increase sleep quality. Unfortunately, many fire fighters are not active enough to see these benefits. This webinar will outline several practical strategies to help improve the physical activity habits of fire fighters.

Open to everyone; 1 hour

4. F2T 304: Fit for Duty vs Fit for Life (Virtual)

While fire fighters must have the physical capacity to meet the demands of the job, being physically fit is not synonymous with being physically active. In other words, the benefits to losing 30 pounds stem largely from the habits that are established to maintain weight loss over time. Likewise, becoming fit for duty will rely on the habits created to become physically active. This webinar will highlight the steps that can be taken to become fit for life and, in turn, fit for duty at any stage of a fire fighter's career.

Open to everyone; 1 hour

5. F2T 305: The Wellness-Fitness Initiative Revisited (Virtual)

To assess the extent to which members have improved well-being, we must examine the choices they make, the actions they take and the behaviors they exhibit over time. 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). This webinar will revisit the aims of the WFI and point to emerging opportunities to better address the wellness needs of fire fighters.

Open to everyone; 1 hour

6. F2T 306: Best Practice Guidelines for WFI Implementation (Virtual)

In response to the growing need for guidance to support the implementation of wellness-fitness programs, the IAFF and IAFC launched a joint labor-management initiative to establish best practice guidelines that will support the development and implementation of programs to improve fire fighter health and wellness. This webinar will share the major obstacles and facilitators identified by 200+ fire departments from across Canada and the United States with regards to WFI implementation.

Open to everyone; 1 hour