



IAFF/IAFC Wellness-Fitness Initiative

PEER FITNESS TRAINER PROGRAM

PERFORMANCE REDEFINED: PFT Assessment: Minimize Injuries...MAXIMIZE Life!

The central tenet of the Peer Fitness Trainer (PFT) program is that every fire fighter, regardless of age, experience, fitness or job status, needs the capacity to meet the demands of their life. Accomplishing this goal requires an appreciation for screening, assessment and exercise program design. PFTs who change lives have the knowledge and skills to personalize recommendations, minimize injuries and maximize life!

Keys to Success

- *Identify the WHY:* Know what motivates and inspires your clients to be physically active — health and safety, performance, quality of life, etc.
- *Screen Mobility:* Joint mobility can impact the way fire fighters move; however, so too will fitness, perception, motivation, etc. Screen to identify what is not a problem.
- *Assess Physical Literacy:* Having the mobility, control and fitness to move freely across a range of patterns, demands and environments is important. Assess to distinguish between fitness and control.
- *Assess Capacity:* Fire fighters adapt their movement behaviors in response to task, environmental and personal constraints. Challenge clients with a range of fitness-oriented demands.
- *Personalize Recommendations:* Structure training to improve or maintain clients' capacity (motivation, awareness, ability, etc.). Make your clients' exercise matter!



What to Expect

Through a series of hands-on activities, attendees will improve their ability to assess and personalize the design of exercise sessions for fire fighters with varying interests. All attendees will be provided with a series of resources to assist with the administration of the WFI protocols, the Mobility Screen and the Physical Literacy Screen, as well as with the design of movement hygiene, physical literacy and capacity-oriented exercise sessions.

By the end of the two-day workshop, attendees will have:



- Performed and implemented the WFI fitness assessment protocols (as outlined in the 4th edition of the WFI).
- Performed and implemented the Mobility Screen to identify the active and passive mobility needs of fire fighters.
- Performed and implemented the Physical Literacy Screen to establish fire fighters' ability to move with elevated demands.
- Performed and implemented a Capacity Screen to establish the movement behaviors of fire fighters.
- Performed a series of exercises that can be used to address the specific mobility, control and fitness needs of fire fighters.
- Designed movement hygiene, physical literacy and capacity-oriented exercise sessions for five clients with unique needs.
- Implemented one training session for a large group of fire fighters (based on the needs of one individual).

Two-Day Workshop Overview

This two-day course is designed for certified PFTs and Wellness Ambassadors who have an understanding of the Demands-Capacity Framework. Using a combination of teaching styles (e.g., lecture, discussion, observation, demonstration), small and large group activities, and hands-on experiences, attendees will be provided with the knowledge and skills to design personalized exercise sessions for any fire fighter.

DAY 1

8:00-9:00 a.m.	Minimize Injuries...Maximize Life! (From Assessment to Design)	Lecture (With Demonstration) <ul style="list-style-type: none">• Guiding principles to assess, design and implement
9:00-10:00 a.m.	WFI Protocols	Demonstration (Review protocols)
10:00-11:30 a.m.	WFI Fitness Assessment (Implementation)	Hands On (Exercise) <ul style="list-style-type: none">• WFI Assessment protocols• Administer and interpret• Observe and measure
11:30 a.m.-12:00 p.m.	Case Studies	<ul style="list-style-type: none">• Review example client results
12:00-1:00 p.m.	BREAK	
1:00-2:00 p.m.	Making Exercise Matter! (The Case for Mobility)	Lecture (With Demonstration) <ul style="list-style-type: none">• Guiding principles to <i>rule out</i> mobility (categorize clients)
2:00-3:30 p.m.	Mobility Screen (Implementation)	Hands On (Exercise) <ul style="list-style-type: none">• Mobility screening protocols• Administer and interpret• Observe and measure
3:30-4:00 p.m.	Case Studies	<ul style="list-style-type: none">• Review example client results
4:00-4:30 p.m.	Exercise Selection (Mobility and Control)	Hands On (Exercise) <ul style="list-style-type: none">• Addressing clients' specific needs (mobility and control)

DAY 2

8:00-9:00 a.m.	Minimize Injuries...Maximize Life! (From Assessment to Design)	Hands On (Table Activity) <ul style="list-style-type: none">• Exercise for clients with mobility and control needs
9:00-10:00 a.m.	The Case for Literacy	<ul style="list-style-type: none">• Elevating the challenge
10:00-11:00 a.m.	Physical Literacy Screen (Implementation)	Hands On (Exercise) <ul style="list-style-type: none">• Capacity screening protocols• Fitness, patterns, features• Administer and interpret
11:00 a.m.-12:00 p.m.	Case Studies (Fitness and Control)	Hands On (Table Activity) <ul style="list-style-type: none">• Addressing clients' specific needs (fitness and control)
12:00-1:00 p.m.	BREAK	
1:00-2:00 p.m.	Assessing Capacity	Lecture (With Demonstration)
2:00-3:00 p.m.	Capacity Assessment (Implementation)	Hands On (Exercise) <ul style="list-style-type: none">• Informal protocols• Fitness, movement, mindset• Administer and interpret
3:00-4:30 p.m.	Program Design (Building a Daily Movement Practice)	Hands On (Table/Exercise) <ul style="list-style-type: none">• Interpreting the assessment• Addressing clients' needs (fitness, movement, mindset)• Group considerations