



# CITY OF SACRAMENTO

## DEPARTMENT OF FIRE

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CITY OF SACRAMENTO

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FIRE ADMINISTRATION

April 2, 1986

William R. Powell  
Fire Chief

City Council  
Sacramento, California

SUBJECT: PHYSICAL FITNESS PROGRAM

Honorable Members in Session:

### SUMMARY

The Fire Department is requesting a FY 1985-86 budget augmentation of \$15,000 for a Physical Fitness Pilot Program.

### BACKGROUND

As recognized nationally, the fire service's greatest assets are the physically qualified personnel who are capable of responding to emergency service calls at a moment's notice. However, without a well-regulated and supervised physical fitness program, standards cannot be developed to ensure the maintenance of physically fit personnel for prolonged periods of peak performance as frequently required for the protection of life and property.

In past years, staff worked at developing a physical fitness program on a volunteer basis only. Now, staff recognizes it is time to proceed with a mandatory program. We see a positive attitude in our personnel that supports the need to be involved in a fitness program that promotes greater longevity. In return, the department and the community will benefit through cost savings as related to on-the-job injuries.

### PROGRAM OVERVIEW

The Physical Fitness Pilot Program will be developed with the assistance of Dr. Irvin Faria, Director of Human Performance Laboratory, Physical Education Department, California State University, Sacramento. The pilot group will consist of a cross-section of 40 Suppression personnel. The selected group will be subjected to tightly monitored graded exercise tests and body composition assessments to include:

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- . A gradually increasing treadmill or bicycle ergometer test to measure fatigue.
- . A total lung capacity test.
- . A body composition test via skinfold measurement and underwater weighing.
- . Blood chemistry test.
- . Strength test.
- . Flexibility test.

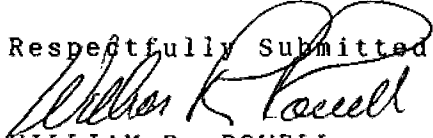
Once testing is concluded, the use of gym equipment will be integrated into physical exercise periods. All personnel will be evaluated at the beginning of the program and at the end of a six month training period. If the program proves successful then it will become available to all departmental personnel.

FINANCIAL IMPACT

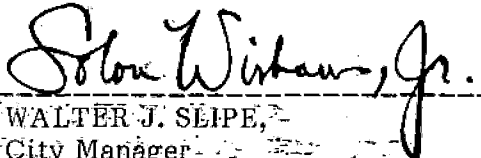
The pilot program for FY 1985-86 will cost \$15,000.

RECOMMENDATION

It is recommended that the City Council approve the attached resolution transferring \$15,000 from the General Fund Contingency Reserve to the Fire Department budget.

Respectfully Submitted  
  
 WILLIAM R. POWELL  
 Fire Chief

RECOMMENDATION APPROVED:

  
 For: WALTER J. SLIPE, Jr.  
 City Manager

April 22, 1986  
 All Districts

447-8899

# RESOLUTION NO. 86-284

ADOPTED BY THE SACRAMENTO CITY COUNCIL ON DATE OF

A RESOLUTION AMENDING THE CITY BUDGET FOR FY 1985-86  
TO AUGMENT THE FIRE DEPARTMENT PHYSICAL FITNESS  
PILOT PROGRAM BY \$15,000

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF SACRAMENTO:

1. That the Fiscal Year 1985-86 budget for the Fire Department is hereby amended to authorize a Physical Fitness Pilot Program.
2. The amount of \$15,000 is hereby transferred from the General Fund Contingency Reserve Account 1-01-7012-0000-4399 to the Fire Training and Safety Budget 1-01-2550-0000-4255 and 1-01-2550-0000-4630.

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BY THE CITY COUNCIL

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MAYOR

ATTEST:

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