

**Concord Fire Department
Standard Operating Guidelines
Fitness Center Membership**

14. Fitness Center Membership

PURPOSE

To establish a policy that promotes a culture of fitness. The leading cause of firefighter fatalities is myocardial infarction (MI) a.k.a. heart attack. To reduce the risk for a MI, members are encouraged to maintain good cardiovascular health.

POLICY

Any CFD personnel will be given credit for each visit to a fitness center for up to 4 visits per month. The compensation for each visit will be equivalent to the amount received to each training and will be disbursed at the end of the year.

Example:

Month	# of Visits	# of Credits
January	2	2
February	3	3
March	5	4
April	8	4
May	6	4
June	1	1
July	2	2
August	3	3
October	5	4
November	3	3
December	2	2
Total	40	32