



Scarborough Fire Department

B. Michael Thurlow, Fire Chief

GENERAL ORDER

TO: ALL PERSONNEL

ORDER #: 17-002

DATE ISSUED: 09/26/2016

SUBJECT: TIRE FITNESS TRAINING POLICY

DATE RECORDED:

PER ORDER OF: *B. Michael Thurlow*, Fire Chief

The Scarborough Fire Department Peer Fitness Trainers and Safety Committee have worked to develop a new policy for the use of a tractor tire for wellness/fitness training that has been sanctioned by the Town's insurance carrier as outlined below:

- In general the training tire may be used by all members exercising as a step or to pound on with a sledge hammer to simulate axe work.
- Use of the training tire by personnel in any manner besides steps and pounding must follow the procedures below:
 - Department Peer Fitness Trainer, Brian Phipps, (trainer) will provide individual instruction for specific exercise plans and will approve and certify personnel to use the training tire for those plans.
 - Personnel must have knowledge of proper warm up exercises and complete those warm ups prior to working with the tire.
 - Personnel must demonstrate an adequate level of core strength, mobility and flexibility.
 - Personnel must complete one-on-one training with the trainer demonstrating proper body mechanics for the specific tire lifts.
 - Personnel will receive individual attention from the trainer working towards specific goals.
 - The trainer shall keep a list of personnel certified to use the training tire for their individual fitness program.
 - Once, in the opinion of the trainer, having achieved a satisfactory level of fitness with understanding of proper body mechanics, personnel may be certified to use the training tire for additional exercises without supervision.

