

United States Department of the Interior
BUREAU OF LAND MANAGEMENT
Office of Fire and Aviation
3833 S. Development Ave.
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In Reply Refer To:
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Director's Office Instruction Memorandum No.007
Expires: 9/30/00

To: All FA-100 and FA-200 Employees
From: Director, Office of Fire and Aviation
Subject: Physical Fitness Guidelines

Physical fitness plays an important role in improving fireline safety and effectiveness and general well-being and productivity. Unfit persons can quickly become a hazard to themselves as well as others. In order to maintain a level of fitness that ensures safe performance on the fireline and in other areas, a fitness conditioning program is very important.

Therefore, it is authorized that all Bureau employees holding red-carded wildland or prescribed fire positions requiring a physical fitness rating of 45 (arduous), who are available for dispatch, be provided one hour, scheduled during their regular work day, for participation in a fitness conditioning program.

All Bureau employees holding wildland or prescribed fire positions requiring a physical fitness rating of less than 45, who are available for dispatch, are authorized 30 minutes during their regular work day for participation in a fitness conditioning program.

All Bureau employees holding positions which describe their duties as arduous are authorized 30 minutes during their regular work day for participation in a fitness conditioning program.

All allocated times include showering and changing.

Use of allocated physical fitness time may not be used during a regular work day to accrue credit hours.

Participation in a fitness program is **mandatory for employees who are required to meet a rating of 45:** participation for the other referenced employees is optional.

Employee conditioning program schedules will be subject to approval, and monitored, by the supervisor. The necessity to complete scheduled and emergency work will require that schedules remain flexible.

Employees are encouraged to improve their general fitness. Before starting any physical conditioning program, employees should consult their physician. Conditioning programs should be designed with the employee's specific needs and level of current fitness and projected fitness goals in mind. The National Wildfire Coordinating Group (NWCG) identifies and recommends two publications for aerobic and muscular fitness that may assist employees in establishing goals and designing personal fitness programs. They are *Fit for Work?* (NFES No. 1595, PMS No. 304-1) and *Fitness and Work Capacity Testing* (NFES No. 1596, PMS No. 304-2).

Conditioning programs, except running, must be conducted on base. Use of a health club or other facility during work hours is **not** authorized.

Testing for fitness for red-carded employees will be conducted prior to dispatch and a currency test will be administered sometime during the fire season.

Employees may utilize the NIFC Fitness Center, located in the Smokejumper Loft. The NIFC Fitness Center is open between the hours of 6:00 AM and 6:00 PM Monday through Friday. An authorized Smokejumper Group employee must be present during use. From April 1 through September 30, the facility will be reserved for smokejumper use daily during specific times. Reserved times will be posted on the main entrance to the facility and may be seasonally adjusted as required. If you have specific questions about the NIFC Fitness Center, please call Eric Reynolds of the Smokejumper Group at 387-5426. Please reference Operations Memorandum No. 610, dated April 22, 1998, for additional information about the NIFC Fitness Center.

/s/Edward W. Shepard
Acting

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