

Fitness Committee Meeting Minutes 8/12/15 0830-0945

Members in attendance:

Chief Irwin  
Chief Hales  
Chief Valdez  
Capt. Pianalto  
Capt. Lewis  
Capt. Chacanca  
PM Cozens  
PM Carr  
FF Chalmers  
FF Loos  
FF Andersen  
FF Carter  
PM Kabanuck  
PM Bohon  
FF Hodges

1) Discussed adding additional members due to several long term members resigning from the committee and with the addition of the CPAT process requiring several members to administer.

New Members to the committee are:

P. Kabanuck (B)  
C. Bolton (A)  
L. Bohon (C)  
T. Hodges (C)

2) Discussed sending a minimum of at least 2 members per year to the Cooper Institute in Dallas for the Fire Service Fitness Specialist Class. Priority would be based on time as a committee member and previous certification or degree. Also talked about bringing the class back and presenting it to the department in a shorter version.

3) Discussed and decided on a date to get the SCBA endurance test on the calendar. Test will be the Last weeks of October. Like our Physical Assessments all members will be required to participate.

4) Discussed to 2015 Fitness Equipment Budget and what equipment has been purchased for the department. Station 1 was approved to replace the Smith machine and purchase a Concept 2 Rower. The Cable crossover was just replaced with a new Body Solid Functional trainer. Chief Irwin said he was going to check the numbers and see if any other funds are available for this year.

5) Discussed starting the Exercise Budget for 2016.

\*\*Captains, the budget for exercise equipment will now be submitted through the Fitness Committee. I need a list from Stations 4, 5, and 6. I have what Station 1 is requesting; please discuss with your guys and have 1 Captain from each station send me a request of equipment. I do not need any prices, we will use the equipment list we

We do plan on trying to purchase a Rower for each station, 4 and 6 are the only station who still need one. This has been a popular addition to our cardio equipment.

\*\*\* I need the request by August 21<sup>st</sup>!!!

6) I will be contacting YTFS to come service all the Cardio Equipment in the near future.

7) We discussed the CPAT process and member attendance at each of the sessions.

Had general discussion about encouraging members in their diet and exercise, possibility of department physician changes in the future, getting involved in local fitness events (5k, half marathons, though mudder).