

FIREFIGHTER FITNESS/FIREFIGHTER SAFETY

In the interest of the health and safety in the United States, the IAFF (www.iaff.org) and the IAFC (www.iafc.org) created the Peer Fitness Training Program. The certifying agency is the American Council of Exercise (ACE). You may see particulars of this program by visiting the web sites above.

The Monroe Fire Department has committed to delivering this program to its members. We are looking for fall delivery date, near mid-September and would like to invite other departments to enter into this endeavor with us. Your own members are trained by the IAFF fitness instructors. When the one week program is complete, attendees come away with 4 areas of certification with regards to exercise and nutrition. When we are successful in recruitment of at least 25 peer fitness class attendees, the IAFF will deliver the class locally. The Monroe Fire Department intends to host this class at Monroe County Community College. This will provide a means of reducing overall cost as nearby members will not be required to find lodging. Meals would be at your own expense, though we are tentatively planning to have lunch provided.

Confirmation of your member's attendance shall be sent to you when we have successfully received your check for \$700.00 per member as payment. That check shall be made out to the IAFF. It shall be sent to:

Monroe Fire Department
Attn: Steve Sell/Mike DeSloover
75 Scott St.
Monroe, MI 48161
(734) 241-1626 (ext. 7)

Please have paid registration sent to the above address by June 1st, 2008.
A list of nearby hotels will be provided

We hope to hear from you soon. Let's have a coordinated effort in the interest of firefighter safety and wellness!