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Department of Biodiversity,
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WARM UP AND COOL DOWN

The warm up is important to:

- prepare the body for activity and
- reduce the possibility of injury and soreness.

The warm-up should incorporate all areas of the body, take five to 10 minutes and be of light intensity.

The cool down includes exercises that gradually allow your heart rate, breathing and muscles to return to normal. It is important as it:

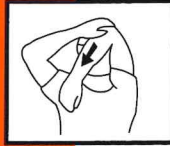
- allows the body to remove waste from working muscles,
- reduces the possibility of dizziness and fainting, and
- speeds up the recovery from strenuous exercise and minor injuries.

STRETCHING

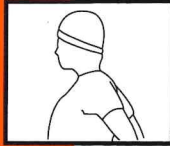
Stretching is important to aid recovery and reduce muscle soreness. Regular stretching will assist by increasing joint range of movement, muscle elasticity and ability to cope with rough terrain. Suggested stretches to be performed before and after exercise are shown overleaf.



SHIN STRETCH: Feet apart, point back foot downwards and lean forward. Stretch until felt in shin.



TRICEPS STRETCH: Place bent arm behind head, grasp elbow with other hand and push down. A stretch down back of arm is felt.



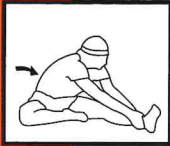
SHOULDER STRETCH: Grasp hands behind back and raise upwards. A stretch is felt in the upper shoulder and back.



TRUNK STRETCH: Feet shoulder width, lean to the side and reach up and over your neck.



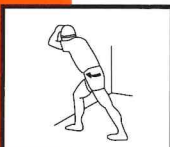
BACK STRETCH: On floor, cross one leg over the other. Push against the crossed leg with the opposite elbow and turn head over shoulder.



HAMSTRING STRETCH: Sit with one leg outstretched and the other tucked in so your foot is flat against your leg. Reach towards your toes.



QUADRICEPS STRETCH: Stand upright against a wall for support and pull your right heel towards your buttocks with your left hand.



CALF STRETCH: Leaning against a wall bend front leg and keep back leg straight. Slowly push your hips forward.

NB: Hold all stretches for up to 10 seconds.

REMEMBER ALWAYS TRAIN WITH CARE

The information provided in this brochure is only a general guide. Individual fitness and health requirements should be discussed with your doctor.

FITNESS FOR FIRE



WHY DO I NEED TO BE HEALTHY AND FIT?

You may be required to respond to bush fire emergencies and perform a variety of strenuous tasks over long periods in arduous conditions.

Maintaining your health and fitness is an essential part of personal and team safety in fire management activities and will assist you to cope with fatigue, stress, sustained fireline activity and hot conditions.

All personnel who perform fire roles are required to demonstrate an appropriate fitness level.

HOW WILL HEALTH AND FITNESS BE DETERMINED?

Health

Before taking part in the Department's fire fitness training and assessment program, you must complete a medical assessment.

This is carried out by a doctor who determines your medical classification and identifies your specific medical restrictions or requirements.

Fitness

Two levels of fitness assessment measuring cardiovascular fitness, strength and muscle endurance are used to establish an individual's physical capacity to perform fire related tasks.

Personnel who will be working outside the fire zone complete the Light or Walk Test, while people deployed within the fire zone complete the Moderate or Field Test.

- The light walk test is a 1.61 kilometre hike over flat terrain in 16 minutes.
- The moderate field test is a 3.22 kilometre hike, with a 11.3kg pack, over flat terrain in 30 minutes.

Both tests are to be completed in a long sleeve shirt and long pants. Comfortable walking shoes or sneakers are recommended.

FITTING A BACKPACK

Discomfort or even injury can result from wearing poorly designed or incorrectly fitted backpacks. It is essential that backpacks used for training and assessment be well designed, properly fitted and adjusted.

To fit a back pack correctly, stand upright, slip on the shoulder straps, and adjust the waist belt snugly so the hips take most of the weight. Tighten the shoulder straps to keep the backpack at a comfortable height. If available, finish by firmly fitting the chest strap.

FITNESS PROGRAM GUIDELINES

Before undertaking this training and assessment program you must complete a medical assessment to discuss your fitness program with your doctor. Your discussions should focus on your fitness program, your work with the Department and your medical and fitness history.

Remember that with any fitness program you undertake you should:

- warm up, stretch and cool down,
- never exercise if you feel unwell or are in pain,
- stop any exercise that causes you pain immediately, and see a doctor,
- start slowly and gradually increase your training as your fitness improves, and
- keep a record of what you have achieved with goals set along the way.



Check your heart rate while you are exercising. As a guide, your training heart rate should not be higher than $(220 - \text{age}) \times 0.75$

8 WEEK FITNESS PROGRAM

This fitness program is designed to develop and train cardiovascular and muscular strength and endurance, the physical traits necessary for effective fire fighting.

This program is more beneficial when combined with cross training, stretching and muscle strengthening.

CROSS TRAINING Adds variety to your exercise program whilst continuing to increase cardiovascular endurance. These activities may include jogging, cycling, swimming and dancing.

STRENGTHENING Resistance training will build up muscle strength. This can include water walking, weight training, push ups or squats.

WEEK	LIGHT	MODERATE
1 Walk	800m/ 8 mins x 2	1.6 km/15 mins x 2
2 Walk	800m/8 mins x 2	2.1 km/20 mins x 2
3 Walk	1 km/10 mins x 3	2.1km/20 mins x 3
4 Walk	1 km/10 mins x 3	3.2 km/30 mins x 3
5 Walk	1.6km/16 mins x 3	3.2km/30 mins x 3 with 7kg
6 Walk	1.6 km/16 mins x 3	3.2km/30 mins x 3 with 9kg
7 Walk	1.6km/16 mins x 4	3.2km/30 mins x 3 with 11kg
8 Walk	1.6km/16 mins x 4	3.2km/30 mins x 3 with 11kg