

	Department of Public Safety	
	Standard Operating Guidelines	
	Subject:	Physical Fitness
	Section:	Administration
	Guideline Number:	201
	Effective Date:	July 3, 2025
	Revised Date:	
Signature of Approval:	Charles R. Pruitt Director 	

PURPOSE

The purpose of this policy is to provide the minimum physical fitness requirements for all Accomack County Department of Public Safety Fire Medics. This encourages personnel to be able to develop and maintain an appropriate level of fitness to safely perform their assigned duties.

SCOPE

The job of a Fire Medic is physically demanding. Above average aerobic capacity, flexibility, strength, and muscular endurance are all necessary attributes to perform the job of a Fire Medic in a safe and efficient manner. It is the responsibility of each employee to maintain physical and mental fitness equivalent with the demands of their job.

PROGRAM

All Fire Medics to include Director, Deputy Director, Battalion Chiefs and Captains are required to participate in one (1) hour of physical fitness activity each work day. This physical fitness training will be documented in the station daily log book.

ACTIVITY

The physical fitness activity may include but not limited to the following: Weight Lifting, treadmill, exercise bike, running and walking exercises.