

(_____) FIRE DEPARTMENT

PRESENTS:

TACFIT FIRE FIGHTER: FIRST ALARM

This 2-day seminar will consist of classroom discussion and physical training. The classroom discussion topics include the origins of the TACFIT Fire Fighter physical training system, the physiological demands of firefighting, preventing sudden cardiac death in firefighters, specific and comprehensive fitness training for firefighters and firefighter nutrition. The physical training will include moderate intensity strength training, high intensity metabolic conditioning, no intensity joint mobility and low intensity compensatory movements.

When: TBA

Where: TBA

Instructors: Christian Carson - Fire Captain, CST Coach, TACFIT Division Chief

Ryan Provencher - Fire Captain, CST Instructor, TACFIT Division Chief

Kelly LaBounty - Fire Department Health & Wellness Coordinator, CST Instructor, TACFIT Field Instructor

Class Size: 24 student maximum

Contact:

Please register by:

This course includes physical training, please dress accordingly.

