

DIVISION OF FIRE
OFFICIAL INTRA-DIVISIONAL COMMUNICATION

DATE: October 4, 2017

TO: Fire Chief Kevin O'Connor

SUBJECT: New fitness equipment for recruit training

This letter is to inform you about an exciting opportunity we have in recruit training to acquire some much needed new exercise equipment for recruit training and the Division of Fire through a donation from CME Federal Credit Union. After discussions about our changes in physical fitness with some of the staff of CME they have generously offered to make a donation of fitness equipment to the Training Academy for recruits and Division members to further fitness goals.

The staff feels the next step in improving physical training is to work toward individual needs of recruits. Many of our training sessions are defined by the equipment we have available to train with. This makes meeting the needs of individual recruits difficult at times. When new employees begin with us, they start at different levels of physical fitness. Many of them come in needing individual training programs to help them obtain the fitness required to complete the day to day physical demands of doing practical fire training. We find many new hires just don't have the physical training knowledge or have never been taught how to properly do exercise safely, use equipment, or how often to train a muscle group.

To meet the goal of creating more individual based training, we identified the need for fitness equipment that aligned with functional movement. The staff met with the group at rogue fitness to see if they would be interested in working with us to supply the equipment we need. Rogue fitness is excited to be working with the hometown fire department and have been extremely helpful with selecting the items needed. The equipment includes many items suggested by Mt. Carmel work health. These include recovery tools, low impact equipment, and kettlebells. A full list of equipment will be provided.

CME Federal Credit Union is, and has always been a great supporter of the Columbus Division of Fire. They are as excited as we are to have them involved in moving our recruit training and physical fitness as a Division forward. I am requesting that we accept CME's equipment donation for recruit training. The donation is valued at approximately \$25,000.00. Thank you for this opportunity.

Respectfully,

Lt. Steven Chesshir C109

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Recruit training PEER fitness trainer

*Ack P/C Thomas M063
10/5/17*

*Good opportunity for us
Request information on
Accept
Community Support
Process Required to*

*Respectfully
Scott
D-18*

RECEIVED
2017 OCT 12 AM 9:43
FIRE CHIEF'S OFFICE

Scott - FYI

*Coordinate with Scott
Marburger to review the
rules and procedures are
followed.
JLL
10-12-17*