



GFFD
Get Fit For Duty

INTRODUCING THE GET FIT FOR DUTY CORPORATE SUBSCRIPTION PLANS

Get Fit For Duty (GFFD) provides online strength & conditioning training plans to support firefighters in achieving the required fitness levels for operational duties.

Firefighters create their own personalised login and are able to track their own progress throughout the training plans.

All GFFD training plans follow a structured template consisting of 5 levels relevant to the training plan goal.

Each level has set targets for a firefighter to achieve before progressing onto the next level in the training plan.

Exercise Tutorial Support - The video exercise tutorials include teaching points to help increase the understanding of how to execute each exercise safely and effectively.

Subscriptions costs a service on average an investment of just **61p** per firefighter, per month to support their staff's health & wellbeing by providing them with a strength and conditioning plan



Current training plans include:

Chester Treadmill Test
Firefighter Bleep Test
Firefighter 1.5mile run
Fit For Duty Screening Tool (Return to work)
National Firefighter Selection Tests



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CORPORATE SUBSCRIPTION PLANS

*Below is listed an overview of our corporate subscriptions plans.
All subscriptions are valid for 12 months.*

Starter

The Starter package includes:

5 user logins, granting access to **ONE** of the GFFD training plans

FULL access to exercise tutorial videos

£850

Bronze

The Bronze package includes:

5 user logins, granting access to **ALL** GFFD training plans

1 login for an Assessor granting access to the assessors site.

The assessor site includes the information manual for the Fit For Duty screening tool & Marking sheet for the Fit For Duty screening tool.

FULL access to exercise tutorial videos

£3,000

Silver

The Silver package includes:

Unlimited user logins, granting access to **ALL** GFFD training plans

Unlimited logins for Assessors granting access to the assessors site.

The assessor site includes the information manual for the Fit For Duty screening tool & Marking sheet for the Fit For Duty screening tool.

FULL access to exercise tutorial videos
£5,000

Gold

The Gold package includes:

Unlimited user logins, granting access to **ALL** GFFD training plans

Unlimited logins for Assessors.

FULL access to exercise tutorial videos.

FREE access to monthly live health & wellbeing webinar with interactive Q&A.

FREE online chat support for firefighters.

£10,000

Prices not inclusive of VAT



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ACCESS TO THE GFFD TRAINING PLANS OCCURS IN 3 EASY STEPS

1. Fire Service agrees to one of the subscription plans.



2. Individual visits getfitforduty.co.uk and creates a personalised login using their service email.



3. Individual is granted membership access to the GFFD training plan within 24 hours of login creation and can begin their strength & conditioning training.





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ARE YOU READY TO JOIN GET FIT FOR DUTY?

If you would like to know any more information, a FREE DEMO VIDEO or would like to purchase one of our subscription plans to support your firefighter, then we would love to hear from you.

You can contact us via email – info@getfitforduty.co.uk

