

**GFFD**

Get Fit For Duty

*“Helping firefighters become fit for duty”*



# GFFD

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## Welcome to Get Fit For Duty

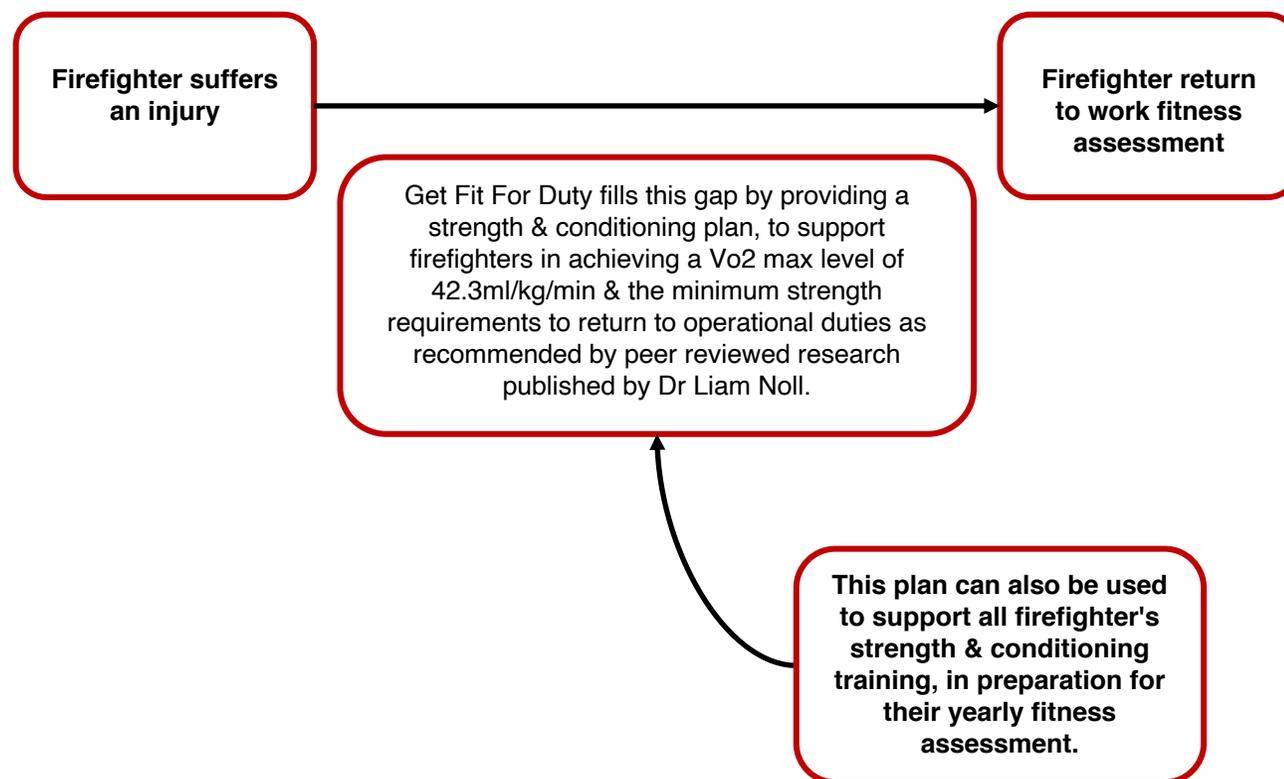
**Our Mission: To support firefighters with their strength & conditioning training.**

- Firefighters create their own personalised login and can track their own progress throughout the training plan.
- The GFFD training plan consists of 5 levels. Each level has set targets for a firefighter to achieve before progressing onto the next level in the training plan.
- It is important that a firefighter can meet the physical demands of their operational role. Failure to do so increases their risk of overexertion, leading to an **increased injury risk**.
- Subscriptions cost a service on average an investment of just **61p** per firefighter per month to support their firefighters' health & wellbeing, providing them with a strength & conditioning training plan.
- For a FREE demo video, please email [info@getfitforduty.co.uk](mailto:info@getfitforduty.co.uk)



## Overview- Purpose of the Get Fit For Duty training plan

The time between a firefighter's injury & their return to work can be increased if the incorrect training plan is provided or if no training plan is provided at all. This results in increased days absent from work & increased costs to the fire service.





## Key Features of the GFFD Training Plan

01

### Structured level training plan

The GFFD training plan contains 5 levels for firefighters to work through.

At the end of each level there is a target resistance circuit and a target cardio assessment. These two assessments determine the suitability for a firefighter to progress onto the next level.

Once a firefighter has completed all 5 levels they will have achieved the recommended requirements of the Fit For Duty screening tool.

02

### Exercise tutorial support

The GFFD training plan consists of over 80 exercises, each with an individual video exercise tutorial.

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

03

### Health & wellbeing support\*

In addition to the GFFD plan, firefighters will have access to a library of health and wellbeing support webinars.

This will provide additional support to firefighters, helping them with topics including:

- Nutritional choices
- Sleep
- Setting goals
- Motivation tips

\*This feature is exclusive to the Gold subscription plan

04

### Updated with future research

We are constantly researching to improve our understanding of how to effectively support firefighters during their strength and conditioning rehabilitation.

All updates to the GFFD training plan will be made with no additional cost. This ensures that firefighters have access to the most up to date training plan, backed by current research.



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# About the GFFD Training Plan

## The GFFD Training Plan.

The GFFD training plan contains 5 levels for firefighters to work through.

The GFFD training plan consists of 4 workouts per week. Each workout should take approximately 45mins to complete.

The GFFD training plan consists of the following workout focuses each week:

- Upper body focus workout
- Lower body focus workout
- Cardio/core focus workout
- Full body focus workout.

## Workout Format

Every workout from the GFFD training plan consists of the following:

**Warm up** – Exercise circuit focusing on warming up the muscles required for the upcoming workout.

**Workout** – Strength based programme on the specific focus of that day (e.g. upper body).

**Accessory work** – Extra exercises to compliment the improvement in strength and muscular endurance.

**Cool down** – Circuit focused on mobility & flexibility.

## Alternate Exercises

The GFFD training plan provides alternate exercise options for all exercises included in the workouts.

This makes the GFFD training plan more accessible to individuals. Each workout can be completed using barbells, dumbbells, kettlebells or a mixture of all three.

## End of level assessment.

At the end of each level there is an assessment for individuals to complete.

This assessment comprises of 6 strength-based exercises and 1 cardio test.

The assessment is based on the Fit For Duty screening tool developed in previous research.

Once an individual can achieve all elements of the assessment, they can move onto the next level of the plan.

Once all 5 levels have been completed, the individual would have achieved a VO<sub>2</sub> max level of 42.3ml/kg/min and the required strength levels to undertake the Fit for Duty screening tool if required to do so.



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## GFFD Training Plan – Level Focus

- Each level on the GFFD training plan has a specific focus.
- The focus for each level is listed in the image on the right.

# About the GFFD Training Plan

Level 1

- **Focus** - Re-introduction back into strength and condition training. Working on building a base level of strength and aerobic fitness

Level 2

- **Focus** – Building on the base level of strength and aerobic fitness from level 1. Introducing additional focus on muscular endurance and core exercises to build on core stability.

Level 3

- **Focus** – Continuing to build strength and aerobic fitness. Introducing single sided lifts to improve any strength imbalances.

Level 4

- **Focus** – Continuing to build strength and aerobic fitness. Additional focus on muscular endurance for upper body focus and carrying movements.

Level 5

- **Focus** – Final stage focused on achieving the required aerobic fitness level (42.3ml/kg/min) and strength requirements to pass the “Fit For Duty” return to work screening tool.



# Access to the GFFD training plan occurs in 3 easy steps

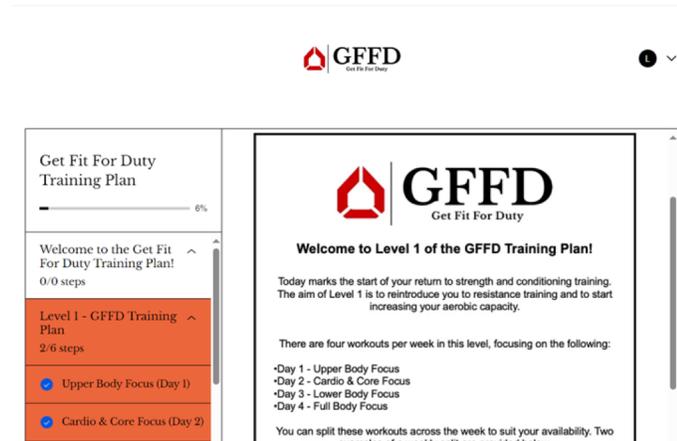
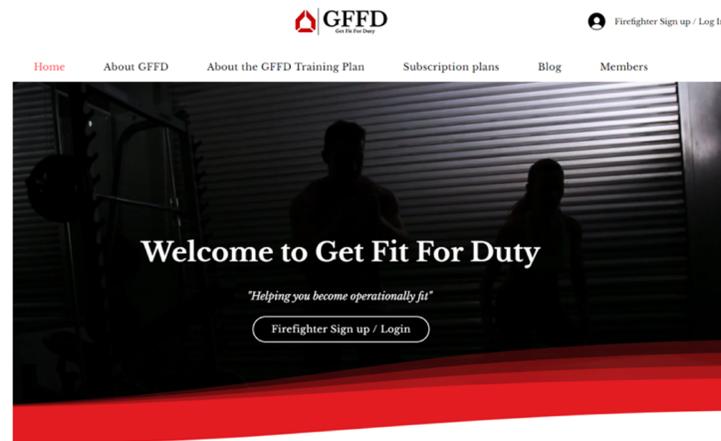
1. Fire Service agrees to one of the subscription plans.



2. Individual visits [getfitforduty.co.uk](http://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 physical rehabilitation training.





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## Subscription Plans

### Bronze

Price - £3,000 (not including VAT) per year.

Included:

- 5 Login's for Firefighters
- 1 Login for Assessor
- Access to GFFD training plan
- Access to GFFD Assessors site

### Silver

Price - £5,000 (not including VAT) per year.

Included:

- **Unlimited** Login's for Firefighters
- **Unlimited** Login's for Assessors
- Access to GFFD training plan
- Access to GFFD Assessors site

### Gold

Price - £10,000 (not including VAT) per year.

Included:

- **Unlimited** Login's for Firefighters
- **Unlimited** Login's for Assessors
- Access to GFFD training plan
- Access to GFFD Assessors site
- Access to GFFD health and wellbeing webinar series
- Online chat support for firefighters



## Breaking down to subscription cost

At Get Fit For Duty, we understand that service budgets can be tight. Therefore, we wanted to breakdown our subscription costs to show the value of the GFFD training plan for your service to help you support your firefighters with their health and fitness training.

According to the latest government statistics, the average number of firefighters per fire service is 683.

If a fire service had 683 firefighters and signed up for the 'Silver' subscription, this would enable **ALL** employed firefighters to access the GFFD training plan.

This would cost a service just **61p** per firefighter per month investment to support firefighters, providing them with a strength & conditioning training plan.

If your service has more than 683 firefighters, then it would cost even less per month to support your firefighter's health and fitness.



If you would like to know any more information, including a free video demo of the plan, 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](mailto:info@getfitforduty.co.uk)

Kind Regards,

Dr. Liam Noll