

## **INCENTIVE JOB DESCRIPTION 11/18**

**POSITION:** PHYSICAL FITNESS TRAINER (limit 6)  
**DEPARTMENT:** FIRE DEPARTMENT  
**DIVISION:** FIRE / AMBULANCE

### **JOB OVERVIEW**

Under the supervision of the Fire Chief, the Physical Fitness Trainer will provide a comprehensive yearly physical assessment of all uniform employees to maintain peak physical conditioning.

### **INCENTIVE**

The Incentive will be \$0.21 per hour added to the base pay for shift personnel (56 hour).

### **QUALIFICATIONS**

Must be a Clovis Fire Department employee. Must hold a current ACE ( American Council of Exercise) Certification.

### **DUTIES AND RESPONSIBILITIES**

- Attend training and complete CEU's for recertification.
- Provide each fire department member with a positive environment in which to improve physical fitness.
- Provide comprehensive annual physical assessment of all uniformed personnel.
- Work with the department physician to create fitness plans for personnel.
- Provide individualized fitness plans for personnel placed into mandatory fitness program.
- Track the progress of those who are on mandatory physical fitness.
- Maintain current records of the physical state of each uniformed member.
- Attend training to increase knowledge level of physical fitness and new techniques.
- Provide individualized workout plans for any member who places a request.