



REPORT TO COUNCIL

City of Sacramento

915 I Street, Sacramento, CA 95814-2604
www. CityofSacramento.org

Consent
May 12, 2009

Honorable Mayor and
Members of the City Council

Title: Grant: Firefighter Wellness/Fitness Initiative

Location/Council District: Citywide

Recommendation: Adopt a **Resolution 1)** authorizing the City Manager to apply for grant funding for the implementation of the Firefighter Wellness/Fitness Initiative; **2)** accepting any federal funds awarded; **3)** establishing an operating grant, if awarded, for the Firefighter Wellness/ Fitness Initiative including revenue and expenditure budgets.

Contact: Kim Iannucci, Assistant Fire Chief, 556-6590; Ray Jones, Fire Chief 808-1601

Presenters: None

Department: Fire

Division: Training

Organization No: 12001421

Description/Analysis

Issue: The U.S. Department of Homeland Security is currently accepting grant applications for the *2009 Assistance to Firefighters Grant Program (AFG)*. The purpose of the AFG Program is to award 1-year grants directly to fire departments and nonaffiliated emergency medical services to enhance their abilities to protect first responders and the public from fire and fire-related hazards. The Fire Department is seeking grant funding for the implementation of the Firefighter Wellness/Fitness Initiative. This initiative will include the purchase of fitness equipment, training Peer Fitness Coordinators and implementing age-based Firefighter medical screenings for an anticipated first year cost of \$500,000. If the grant is awarded, the City would be required to share in the cost of the implementation with an amount equal to twenty (20) percent of the cost.

Policy Considerations: The continued response to community, industry, construction, and business for rescue services is consistent with the City Council goal of improving and expanding public safety. Applying for the AFG is consistent with City Council actions relative to state and Federal grant awards and the City's goal of establishing and strengthening community and regional partnerships.

Environmental Considerations:

California Environmental Quality Act (CEQA): Ongoing administrative maintenance activities, such as purchases of supplies, equipment or materials which are not made for purposes of a public construction project, do not constitute a "project" and are exempt from the California Environmental Quality Act (CEQA). CEQA Guidelines, Section 15061(b)(1), 15378(b)(3).

Sustainability Considerations: There are no sustainability considerations applicable to applying for or acceptance of federal funding through the 2009 AFG Program.

Commission/Committee Action: None

Rationale for Recommendation: Per the firefighter's labor contract, our firefighters have performed a mandatory annual assessment using an entrance level physical agility test. However, this test does not adequately measure a firefighter's fitness, health and wellness according to current National Fire Protection Administration (NFPA) standards for firefighters' fitness assessments. A comprehensive wellness fitness initiative recommended by the International Association of Firefighter (IAFF)/ International Association Fire Chiefs (IAFC) would bring Sacramento Fire Department to NFPA 1582 & 1583 standards and improve firefighter fitness levels thereby reducing workers' compensation claims. Grant funding would provide the opportunity to offset a significant portion of the start up cost for the comprehensive wellness fitness initiative.

Financial Considerations: The AFG program requires that successful applicants in areas serving populations more than 50,000 provide a 20% match of the costs. The grant requirements include maintaining operating expenditures for the one year grant period of performance only. The Firefighter Wellness Fitness Initiative is anticipated to have a start up cost of \$500,000; therefore City matching funds of approximately \$100,000 would be required **contingent upon receipt of award**. Funding sources in Risk Management and the Fire Department have been identified to meet the matching funds requirement. Risk Management has agreed to redirect existing funds currently utilized for the Fire Department towards the medical services. The remaining balance will be available from funds generated from the Fire Department's participation in the Joint Apprenticeship Committee (JAC) program.

Emerging Small Business Development (ESBD): If awarded, City procurement policies will be adhered to in the acquisition of goods and services related to this grant.

Background Information:

On April 15, 2009, the U.S. Department of Homeland Security opened the application period for the *Assistance to Firefighters Grant (AFG)* Program. Applications are due by May 20, 2009.

The Sacramento Fire Department has decided to apply for the AFG for the implementation of the Firefighter Wellness/Fitness Initiative. This initiative will provide better fitness equipment, Peer Fitness trainers, appropriate annual fitness assessments, and a comprehensive aged-based medical screening program for our firefighters.

It has been statistically shown that a structured health and wellness program has improved levels of fitness, and reduced injury rates, as well as, related workers' compensation claims. In addition, healthy firefighters in a healthy workplace can create a safer environment for the department and its citizens.

RESOLUTION NO.

Adopted by the Sacramento City Council

AUTHORIZATION TO APPLY FOR GRANT FUNDING FOR THE IMPLEMENTATION OF THE FIREFIGHTER WELLNESS/FITNESS INITIATIVE

BACKGROUND

- A. On April 15, 2009, the U.S. Department of Homeland Security opened the application period for the *Assistance to Firefighters Grant (AFG) Program*. Applications are due by May 20, 2009.
- B. The Sacramento Fire Department is seeking grant funding to implement the Firefighter Wellness/Fitness Initiative. This initiative will provide better fitness equipment, Peer Fitness trainers, appropriate annual fitness assessments, and a comprehensive aged-based medical screening program for our firefighters.
- C. The initiative will be a positive program with measured results to strengthen uniform Fire personnel so that their mental, physical, and emotional capabilities are resilient enough to withstand the stresses and strains of life and the workplace. This program is a commitment to the: health, safety and longevity of uniformed Fire personnel; productivity and performance of all fire crews; and cost effectiveness and the welfare of the Sacramento Fire Department.
- D. Enhancing physical fitness equipment in coordination with the American Council on Exercise (ACE) Peer Fitness Trainer program encourages safety and participation in fitness through guidance and supervision of uniformed Fire personnel exercise. The Peer Fitness Trainer Certification Program supports the International Association of Firefighter (IAFF)/ International Association Fire Chiefs (IAFC) Wellness/Fitness Initiative through an integrated, multi-level approach by providing current wellness and fitness information that addresses the specific needs of firefighters through individual fitness assessment, individual program design, program implementation and administration.
- E. The AFG program requires that successful applicants in areas serving populations more than 50,000 provide a 20% match of the costs of the proposed project. The Firefighter Wellness Fitness Initiative is anticipated to have a start up cost of \$500,000; therefore City matching funds of approximately \$100,000 would be required **contingent upon receipt of award**.
- F. Funds have been identified in the Risk Management and Fire Department to support the implementation of this program.

BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL RESOLVES AS FOLLOWS:

- Section 1. The City Manager or his designee is authorized to apply for grant funding for the implementation of the Firefighter Wellness/Fitness Initiative.
- Section 2. The City Manager, or his designee, is authorized to accept federal funds in the amount awarded.
- Section 3. An operating grant for the Firefighter Wellness/Fitness Initiative including revenue and expenditure budgets for the program shall be established in the amount awarded.