

A G E N D A



Recommendation for Council Action

Austin City Council	Item ID	22507	Agenda Number	17.
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Meeting Date:	3/7/2013	Department:	Austin Fire Department
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Subject

Approve an ordinance accepting \$111,139 in grant funds for the Assistance to Firefighters Grant program from the Federal Emergency Management Agency (FEMA) and amending the Fiscal Year 2012-2013 Fire Department Operating Budget Special Revenue Fund (Ordinance No. 20120910-001) to appropriate \$111,139 for health and safety training firefighting personnel.

Amount and Source of Funding

Funding in the amount of \$111,139 is available from FEMA Fiscal Year 2012 Assistance to Firefighters Grant program. An in-kind match of \$27,784 is available from the Fire Department's Combat Operations program budget. The grant period is December 19, 2012 to December 19, 2013.

Fiscal Note

A fiscal note is attached.

Purchasing Language:	N/A
Prior Council Action:	N/A
For More Information:	Ronnelle Paulsen, Assistant Director 974-5315, Tom Dodds, Division Chief 974-0147
Boards and Commission Action:	N/A
MBE / WBE:	N/A
Related Items:	N/A

Additional Backup Information

The Austin Fire Department (AFD) has been awarded a FEMA Assistance to Firefighters Grant to protect the health and safety of firefighting personnel. The grant will fund two Peer Fitness Trainer (PFT) certification workshops; a post-certification practicum for the PFTs; and the purchase and shipping of equipment necessary to deliver this exercise model to firefighters, cadets and recruits. It will also pay for backfill when the AFD PFTs attend the two training programs.

Because firefighting is a dangerous profession that requires a high degree of physical fitness, it is a best practice to utilize certified fitness specialists to train field personnel to meet the demands of the job. The Peer Fitness Trainer Certification Workshop course teaches the basics of anatomy and physiology, nutrition, and exercise programming. Though largely academic in content, it provides a base of knowledge valuable in developing a job- and goal-specific exercise program. It provides foundational information on cardiovascular training, strength and conditioning, fitness assessment and program administration.