



**21st Annual**

# Health, Fitness & Safety Symposium

and

## Fire Surgeon's Certification Course

**June 23-25, 2009**  
**Arizona Biltmore Resort**

Pre-Symposium at **Athletes' PERFORMANCE**  
**June 22, 2009**



Included with your admission to the Symposium is a ticket to the Arizona Diamondbacks game on Tuesday, June 23 vs. Texas Rangers at 6:40 p.m. at Chase Field

*Be one of the first 100 people to register and get entered into a drawing to win an autographed item from the Arizona Diamondbacks.*

**PRE-SYMPOSIUM WORKSHOPS**



Athletes' Performance applies a multi-faceted methodology that generates results. The team of specialists will provide you with the tools you need to perform at your highest level. Every

Athletes' Performance program places major emphasis on the educational components of training. Only by understanding our specific training methods and how each applies to your sport can you truly achieve greater success.

ACE CE Credits will be available.

Transportation provided - 12:00 departure from AZ Biltmore

**Incident Safety for Today's Fires** (workshop at the Arizona Biltmore)

The death and injury of firefighters continues to be the most serious challenge facing the fire service. Many of these line of duty deaths and severe injuries occur during structural firefighting operations. The person we call upon to initiate the Incident Management System (IMS) is the Incident Commander (IC). The IC must play the command and control role for the overall incident. The IC completes their operational and safety responsibility to both the customer and the firefighters by performing the eight functions of command. This workshop will discuss the IC's role in fireground safety by using the functions of command and 11 safety considerations.

**FIRE SURGEON'S CERTIFICATION COURSE**

Join the Phoenix Fire Department and its team of clinicians for this one-of-a-kind education for Fire Department health and wellness clinicians. Participants will undergo a variety of instructional lectures and hands-on training. This course is designed to provide the physician, physician's assistant, and/or nurse practitioner, with a base knowledge in the occupational medical support of a firefighter. It familiarizes them

with the science of fire fighting, the physical demands placed on firefighters, and the occupational hazard firefighters face through home study, lecture, and hands-on training. Furthermore, this course will improve the medical practitioner's ability to effectively and efficiently treat the illnesses, injuries and exposures that firefighters frequently experience.

CME's pending.

**PREMIER SPONSOR**



[www.iaff.org/hs/fts](http://www.iaff.org/hs/fts)

Stop, Drop, Control® is a high blood pressure community outreach program developed as a partnership between the International Association of Fire Fighters (IAFF) and Novartis, a global leader in the treatment of cardiovascular diseases for over 40 years.

# 21<sup>ST</sup> ANNUAL HEALTH, FITNESS & SAFETY SYMPOSIUM JUNE 23-25, 2009


## Monday, June 22, 2009 - Pre-Symposium Activities

- 11:00 a.m. - 5:00 p.m. **Early Registration**  
 12:00 - 4:30 p.m. **Pre-Symposium at Athletes' Performance**  
 1:00 - 4:00 p.m. **Incident Safety for Today's Fires**  
 Steve Kreis, Executive Assistant Chief, PFD,  
 Todd Harms, Assistant Chief, PFD

## Tuesday, June 23, 2009

- 6:30 a.m. **Symposium Registration**  
 6:30 - 8:00 a.m. **Continental Breakfast**  
 8:00 - 9:00 a.m. **General Session - Opening Ceremony**  
**Sponsor Recognition:**  
 Novartis Pharmaceuticals  
 Arizona Diamondbacks  
 Athletes' Performance
- 9:00 - 10:15 a.m. **Game Face - Discover the Surprising Secret of Superior Performance** - Kathy Toon, M.A. in Sports Psychology, Division I Collegiate Coach
- 10:15 - 10:30 a.m. Break
- 10:30 - 11:30 a.m. **Cellular Fire Suppression: The Role of Antioxidants in Maintaining Health and Preventing Disease**  
 Dr. Chris Spooner, NMD
- 11:30 - 1:00 p.m. Lunch
- 1:00 - 2:15 p.m. **Workshop 1 - Lifestyle Nutrition for the Firefighter... Fueling While at Work and Play**  
 Melissa Spooner BSc., Nutritionist, 3-time Ironman Champion
- Workshop 2 - Undulation Training for Firefighters**  
 Dr. Mark Peterson, PhD, CSCS, Certified Sports Performance Coach (USAW)
- Workshop 3 - Fireground Strategic Safety Considerations**  
 Steve Kreis, Executive Assistant Chief, PFD,  
 Todd Harms, Assistant Chief, PFD
- Fire Surgeon's Course** - NFPA 1582
- 2:15 - 2:45 p.m. Break
- 2:45 - 4:00 p.m. **Workshop 1 - Lifestyle Nutrition for the Firefighter... Fueling While at Work and Play**  
 Melissa Spooner BSc., Nutritionist, 3-time Ironman Champion
- Workshop 2 - Undulation Training for Firefighters**  
 Dr. Mark Peterson, PhD, CSCS, Certified Sports Performance Coach (USAW)
- Workshop 3 - Fireground Strategic Safety Considerations**  
 Steve Kreis, Executive Assistant Chief, PFD,  
 Todd Harms, Assistant Chief, PFD
- Fire Surgeon's Course**  
 IAFF/FC Wellness Initiative      2:45 - 3:30 p.m.  
 Tiered Medical Program      3:30 - 4:00 p.m.
- 5:00 - 9:00 p.m. **MLB Game** - Arizona Diamondbacks vs. Texas Rangers, game time 6:40 p.m. **Transportation provided**

## Wednesday, June 24, 2009

- 5:30 a.m. Optional Piastewa Peak Mountain Climb, Optional Bike Ride
- 6:15 - 7:15 a.m. Optional CardioKarate
- 7:30 - 9:00 a.m. **Continental Breakfast**
- 8:00 - 11:30 a.m. **Fire Surgeon's Course at Training Academy**  
**General Session - Sustainable Training Methods: Optimizing Performance and Injury Prevention for Firefighters** - Ben Dubin, CSCS, Athletes' Performance
- 9:00 - 10:15 a.m. Break
- 10:15 - 10:30 a.m. Break
- 10:30 - 11:30 a.m. **IAFF Peer Fitness Trainer Program and News**  
 George Cruz, LA County FD, Ian Crosby, Calgary FD
- 11:30 a.m. - 1:00 p.m. Lunch
- 1:00 - 2:15 p.m. **Workshop 1 - Managing Peer Fitness Trainers in Your Department** - Ron Gemsheim, Fairfax FD  
**Workshop 2 - Fitness Programming for Firefighters**  
 Andy Arredondo, PFD  
**Workshop 3 - Fireground Tactical Safety Considerations**  
 North Shift Commanders, PFD
- Fire Surgeon's Course**  
 Heart and Lung Disease      1:00 - 1:35 p.m.  
 Occupational Cancers      1:35 - 2:15 p.m.
- 2:15 - 2:45 p.m. Break
- 2:45 - 4:00 p.m. **Workshop 1 - Managing Peer Fitness Trainers in Your Department** - Ron Gemsheim, Fairfax FD  
**Workshop 2 - Fitness Programming for Firefighters**  
 Andy Arredondo, PFD  
**Workshop 3 - Fireground Tactical Safety Considerations**  
 North Shift Commanders, PFD
- Fire Surgeon's Course**  
 Work Injury / Illness Management      2:45 - 3:20 p.m.  
 Fireground Health Issues      3:20 - 4:00 p.m.
- 5:00 - 8:00 p.m. **Networking Social** sponsored by  NOVARTIS  
 Hosted bar and appetizers

## Thursday, June 25, 2009

- 5:30 a.m. Optional Piastewa Peak Climb, Optional Bike Ride
- 6:30 - 7:30 a.m. Optional CardioKarate
- 8:00 - 9:30 a.m. **Ray's Breakfast Buffet**
- 9:30 - 10:45 a.m. **IAFF Open Forum** - Rich Duffy, IAFF, Jim Brinkley, IAFF
- 10:45 - 11:30 a.m. **Conference Closing** - Bob Khan, Fire Chief, PFD  
 Door Prize Drawing / Turn in Evaluations / Receive Certificates
- Noon - 4:00 p.m. **Tour of Fire Department Facilities**

