

## Wellness

### **We are committed to physical, nutritional and mental health.**

The Adams County Fire Rescue Wellness-Fitness program is a comprehensive program that encompasses general physical fitness, functional firefighting technique, diet, mental fitness, as well as in-depth programs that scan heart functions and the status of each firefighter's cardio respiratory system.

Each firefighter undergoes comprehensive and objective job specific evaluations on at regular intervals. These evaluations utilize the NFPA 1500 standards and consist of blood work, muscular strength, endurance and cardiac health.

The Wellness-Fitness program supplies the employees with a workout facility complete with weights, cardio and stretching equipment, as well as Peer Fitness Trainers to assist fellow employees with questions regarding their health and job specific workouts and diet plans.

The program has the support of the Fire Chief, the Division Operations Chief, as well as IAFF and local physicians.

## Empowerment

### **We are committed to including our members in setting best practices within the organization.**

ACFR fosters a community of diversity and inclusion. All members are trained to set an example within our district and to each other. We are empowered to support our customers within our designated job description and expected to voice our thoughts on how we can improve upon our district's performance by requesting, support, resources, and innovative ideas. Decisions for changes are made at the appropriate level of command.

## Accountability

### **We are committed to honest and ethical behavior both on and off duty.**

## Respect

### **We are committed to respecting each other and the people we serve.**

We value those that came before us and will aspire to make the organization better for those who follow. Our founders held true to the support of our community as an organization; we respect this through our work in Public Education and outreach to our community.

## Excellence

### **We are committed to delivering the highest possible service to our internal and external customers.**

## Attitude

### **We are committed to creating a positive and productive work environment.**

## Communication

**We are committed to providing effective and responsive means of communication throughout our organization and community.**

## Family

**We are committed to acceptance and unity and value the input and opinions of our members.**

## Recognition

**We are committed to learning from our past, while recognizing our member's contributions, measuring our present, and responding to the needs of our citizens and our organization's future.**