



DEFENSE LOGISTICS AGENCY
HEADQUARTERS
8725 JOHN J. KINGMAN ROAD
FORT BELVOIR, VIRGINIA 22060-6221

IN REPLY
REFER TOJ-13

APR 3 2009

MEMORANDUM FOR MR. KENNY YOUN AND MS. PATRICIA VIERS, CHIEF
NEGOTIATIONS FOR THE DEFENSE SUPPLY CENTER
COLUMBUS (DSCC) AND THE AMERICAN FEDERATION
OF GOVERNMENT EMPLOYEES (AFGE) LOCAL 1148

SUBJECT: Locally Negotiated Operating Procedure (LOCNOPS) for Article 44 between
DSCC/J-8C/J-6C/DES-C/DHRC-C/DTC and Local 1148

The subject LOCNOPS dated April 1, 2009, has been reviewed pursuant to Article 38,
Section 5 of the Master Labor Agreement between the Defense Logistics Agency (DLA) and
AFGE Council 169. The subject LOCNOPS is approved this date by both DLA Headquarters
and AFGE Council 169.

If there are any questions on this matter, you may contact Ms. Pam Molloy at
(703) 767-5401 or DSN 427-5401.

Karen D. Hilliard
for Karen D. Hilliard
Staff Director
Labor and Employee
Relations
Human Resources

Attachment

cc:
Mr. Frank Rienti, AFGE Council 169



**DES-COLUMBUS AND AFGE LOCAL 1148
LOCALLY NEGOTIATED OPERATING PROCEDURE**

FIREFIGHTERS

FIREFIGHTER PHYSICAL FITNESS AND WELLNESS PROGRAM

UPDATE #1. Revision of the Requirements section, paragraph 6 of the attachment.

SECTION A. This Procedure is under the terms of the DLA-AFGE Master Labor Agreement, Article 44. Other local procedures may cover additional matters under Article 44 concerning police officers and firefighters.

SECTION B. The Physical Fitness and Wellness Program documented in the attached Standard Operating Guideline (SOG) is established to enhance the readiness and well-being of DES-C firefighters.

SECTION C. Wherever the attached SOG identifies a particular person or office to perform a function, the parties acknowledge that this is a guide and management may sometimes designate someone else to perform that function.

For the Union:

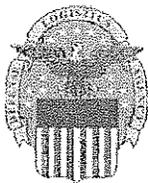
For the Employer:


PATRICIA M. VIERS
President, AFGE Local 1148


KENNY YOUN
Site Director
DES-C

30 Mar 2009
Date

1 April 2009
Date



Wellness Program

Firefighter Physical Fitness and

Purpose:

1. This Standard Operating Guideline (SOG) shall establish the Defense Supply Center Columbus Fire & Emergency Services (DSCC FES) firefighter physical fitness and wellness program.

References:

1. National Fire Protection Association (NFPA) 1583.
2. Department of Defense Instruction (DODI) 6055.06.
3. International Association of Firefighters Wellness Fitness Initiative.

Responsibility:

1. All DSCC FES Division personnel are responsible for the knowledge and compliance with this SOG. The Assistant Fire Chiefs shall have the additional responsibility of enforcement of this SOG. The Fire Chief shall maintain overall management and enforcement responsibility of the SOG program.

Requirements:

1. The Fire Chief shall establish firefighter physical fitness program monitors. These monitors shall oversee this program and ensure compliance.
2. All DSCC FES personnel shall have an initial fitness assessment prior to engaging in the physical fitness program. The assessment shall be performed by DSCC Fitness Center personnel.

3. An annual fitness assessment shall also be performed to monitor personal progress of this program.
4. All personnel shall participate in this program a minimum of 3 times a week, workload permitting. Each workout session shall consist of 20-60 minutes of activity that increases the heart rate to the training zone. (Training Zone = 60-80% of the maximum heart rate, Maximum Heart Rate= 220 minus age in years). This training time excludes warm-up and cool-down times. Warm-up and cool-down times should be no less than 5 minutes each. For example; Warm-up time= 5 minutes, Workout= 30 minutes, Cool-down= 5 minutes, Total Workout Time = 40 minutes.
5. Each member shall have a diversified workout regimen for total fitness. The regimen should consist of aerobic training, strength training and flexibility exercises.
6. Each member is free to choose their own exercise activities provided they meet the firefighter physical fitness program guidelines. **Activities such as racquetball, tennis, basketball, volleyball, and any other competitive/team sports shall not be authorized as part of the physical fitness program.**
7. Professional assistance of this program shall be conducted by the DSCC Fitness Center staff. Personnel are free to allow the Fitness Center staff to design them a personalized regimen.
8. Each member shall maintain a log of their activities. This log shall include date, time, type of training (aerobic, strength or flexibility), duration of training and any other information the member would like in this log.
9. Additionally, members shall complete a DSCC FES Form Management 300-001 for each day of fitness training. This sheet shall be turned in to the Assistant Chief of Training.

Sean L. Edwards
Fire Chief
Fire & Emergency Services
Defense Supply Center Columbus