



**Burnaby Fire Department Health and Wellness Program
Frequently Asked Questions**

What is the purpose of the program?

Our goal is to provide Burnaby Fire with a comprehensive program designed to prevent injury, increase health outcomes and reduce lost time from work by delivering a full continuum of health programming including, medical, therapy, injury prevention and training.

What is included in the program?

Each firefighter will receive the following each year:

1. Year-round access to the Training Centre @ Fortius
2. Injury management and support as needed
3. 3 complimentary FireFit group classes
4. Priority access to care at Fortius
5. Annual Health Screening, including:
 - a. Spirometry
 - b. VO₂max with Stress Test
 - c. Medical Assessment
 - d. Mental Health Check-In
 - e. Chest X-Ray (1-2x/5yrs)

Which portions do I need to complete on my own time, and which on-shift?

The Annual Health Screening (#5 listed above) will be booked on-shift and your Chief will let you know when you and 3 other firefighters will be heading to Fortius for assessment.

The remaining portions (#1 through #4 listed above) need to be booked with the Training Centre or Institute on your own time.

Who do I contact if I have questions or comments?

The main contact for the program is BFD@fortiussport.com or 604-292-2598.

Who do I contact if I want to book other appointments?

The Training Centre can be reached at 604-292-2502. They are open from 6am-9pm Mon-Thurs, 6am-8pm Fri, 8am-4pm Sat and Sun, and 9am-4pm Stat Holidays.

The Institute Desk can be reached at 604-292-2500 (on the phone tree press 2 and then 1). They are there to help you book appointments to see our Physiotherapists, Chiropractors, Massage therapists, and the Program Physician (for appointments other than the Medical Assessment listed above).

You can also contact BFD@fortiussport.com to book appointments, but please be aware that this email is only monitored daily between Mon-Fri from 830AM to 430PM. Urgent requests should be addressed by calling the Institute at 604-292-2500.



How do I need to prepare for the Annual Health Screening?

Your Chief will provide you with pre-testing instructions prior to your scheduled testing day. Please bring your workout gear and arrive 15 minutes early. Head to the 2nd floor, where the Fitness and Performance Centre staff will direct you to the change rooms, and then the Fortius Physiology Lab. Once in the Lab, we will begin by asking you to complete consent forms, measuring height and weight, and then we will get started with testing!

Any firefighters with medical concerns or risk factors possibly precluding them from testing, should notify us at BFD@fortiussport.com or 604-292-2598 prior to your testing day.

What should I bring to the Annual Health Screening?

Each Firefighter should bring their completed forms, as well as comfortable workout gear including shorts, t-shirt or tank top, and running shoes. Women are encouraged to wear a sports bra.

How will I receive my results?

We will compile your results and provide a summary report once we have all the information we need. A stress test requires interpretation by a cardiologist which can take a few days. Results will be sent to the email address you provide at the time of testing.

What is FireFit?

A Firefighter-specific training group, led by a Fortius Strength and Conditioning Coach. FireFit is designed with you in mind, focusing on injury prevention, mobility, strength, and conditioning. FireFit is scheduled by your shift lead around your shift, with your shift members in your training group.

How do I sign up for a FireFit session?

Each shift has a Shift Lead who will organize attendance and anyone interested in attending a class should reach out to their lead. Class sizes are a minimum of 5, maximum of 12 participants. Once a member has used up their 3 free classes they can continue to attend their shift's scheduled sessions at a drop in rate of \$15.60+GST.

Do my family members benefit from me being in the BFD Health and Wellness Program?

Yes! Family members living under the same roof are eligible for our Friends & Family Fitness and Performance Centre (FPC) monthly membership rate of \$47.25 per month. They would simply need to identify themselves at the FPC desk, and provide proof of address.

Don't forget, this is your program – we welcome your feedback!