



*Officers Section*

## **POSITION STATEMENT**

### **Wellness and Fitness Programs**

Adopted by the Volunteer & Combination Officers Section of the International Association of Fire Chiefs on June 28, 1997

**Purpose:** Health and fitness of volunteer firefighters.

**Official Position:** The VCOS takes a pro-active approach and encourages Volunteer Fire Departments to develop a practical wellness and fitness program.

**Category:** Health & Safety

**Proposed by:** VCOS Staff

**Date of Adoption:** June 28, 1997

**Date of Review:** January 2005

**Revised Date:**