



## Peer Fitness Trainer Certification Workshop

Hosted by

**South Montgomery County Fire Department and IAFF Local 4683**

The primary goal of the IAFF/IAFC Wellness-Fitness Initiative (WFI) and Peer Fitness Trainer (PFT) programs are as much about preparing fire fighters for the job as they are about preparing fire fighters for life - today, tomorrow, and long into retirement! The purpose of the IAFF/IAFC/ACE PFT certification program is to provide a fitness trainer standard consistent with the health and fitness needs of the Fire Service throughout the United States and Canada. Those successfully passing the certification examination will have demonstrated they possess the knowledge and skills required to design and implement fitness programs, improve the wellness and fitness of the uniformed members in their departments, and assist the broader community in achieving wellness and fitness. In order to be eligible to take the PFT examination you must be a fire fighter, EMS provider, or employed by a fire department and involved in their wellness-fitness program.

### Eligibility Requirements:

- Fire fighter/EMS provider/ FD Employee and involved in a fitness program
- Valid CPR card by the day of PFT Examination

Your IAFF/IAFC/ACE PFT certification will be valid for **two years** from examination date. Continuing Education Credits are required to maintain certification past two years. <http://client.prod.iaff.org/#contentid=4060>

**PFT Certification Process:** This 5-day (Mon-Fri) PFT workshop is offered to deliver the PFT curriculum; including both classroom instructional modules and hands-on/experiential learning exercise sessions that can be physically demanding. All participants should have no physical restrictions, and should be cleared by their physician to exercise. Attending and fully participating in each day of the PFT class is required to become a certified PFT. Missing any module, portion, and/or day(s) of the PFT class may disqualify you from certification. The PFT examination is administered during the second half of day 5 of the workshop.

**Date:** February 26 - March 2, 2018 (Monday-Friday)

**Hours:** 0800 - 1700 hours

**Location:** 500 E Oak Hill Drive, Spring, TX 77386 – Oak Ridge Baptist Church Fellowship Hall

**Tuition:** \$1,000 (Includes study materials, exam, and certification)

**Class Limit:** 25 students (filled on first come, first served basis)

At least a 90 day pre-study is highly recommended. Completion of pre-class modules (to be assigned by the IAFF) will be required prior to the start of the 5-day class. Study materials will be shipped after payment is received. Payment must be received prior to start of modules and workshop. Payment should be pre-payable to **Montgomery County ESD #8**. There will be **no refunds** for the module access, workshop, examination fees, or student manuals. Emergency medical situations prior to or during the workshop may be reviewed by IAFF.

Please submit your registration form, and direct any questions to:

**Deputy Chief Tommy Erickson**

**South Montgomery County Fire Department**

**27900 Robinson Road**

**Conroe, TX 77385**

**[mailto: tommy.erickson@mcesd8.org](mailto:tommy.erickson@mcesd8.org)**

**(o) 281.363.3473**



*South County Professional Firefighters Association - IAFF Local 4683  
and  
South Montgomery County Fire Department*

## Peer Fitness Trainer Certification Workshop Registration Form

First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last Name: \_\_\_\_\_

IAFF Local # \_\_\_\_\_

IAFF ID # \_\_\_\_\_ (must have 7-digit ID to access pre-course online study modules)

Date of Birth: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Employer: \_\_\_\_\_

Student shipping address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Mail check, cashiers check or money order payable to: **Montgomery County ESD #8**

In the check memo section include: **Peer Fitness Training Course.**

**Complete this form (all entries must be legible).  
Scan and e-mail it to  
[tommy.erickson@mcesd8.org](mailto:tommy.erickson@mcesd8.org)**