

**FireFit Annual Conference 2011**  
**Burleigh Court Hotel & Conference Centre. Loughborough, Leicestershire, LE11 3TD.**  
**28<sup>th</sup> & 29<sup>th</sup> September 2011**



<b>Day 1</b>		<b>Wednesday 28<sup>th</sup> September 2011</b>
<b>Time</b>	<b>Presentations</b>	
12.00 – 13.00	Lunch/Exhibition stands.	
13.00 – 13.15	Introduction. CFO Paul Hancock. Cheshire FRS. Paul is currently the Chair of the FireFit Steering Group.	
13.15 – 13.30	Get CFOA's views on Occupational Health In The Fire & Rescue Service. Ian Hayton. CFO Cleveland Fire & Rescue Service. Chair of CFOA's Occupational Health Network Group.	
13.30 – 14.00	Does aerobic fitness (VO <sub>2 max</sub> ) affect the performance of a fire-fighter during realistic hot fire training? Graham Rothwell BSc (Hons) Sport Science Retired Watch Manager, Manchester FRS / FireFit Steering Group.	
14.00 – 14.45	Cardiac Risk and Firefighting. What To Look Out For? Dr. James Bilzon BSc MSc PhD. Director of Sport & Exercise Medicine. University of Bath.	
14.45 – 15.15	FireFit Research Project. An update on what's happening with the Fitness Standards Project. Phil Turner Msc. Firefighter. Lancashire FRS / FireFit Steering Group.	
15.15 – 15.45	Break/Exhibition Stands.	
15.45 – 16.15	Assessing the Risks Associated with Fitness Testing. What is an Appropriate Pre-Exercise Risk Assessment? Dr John Buckley BPE, MSc, PhD, FBASES. Senior Lecturer, University of Chester. President of the British Association for Cardiovascular Prevention & Rehabilitation.	
16.15 – 16.45	<b>Workshops (2 x 30 minute sessions). Pick 2 of the 3 you wish to attend.</b> Medical Contra-Indications to Fitness Testing – The Physician - Fitness Interface. Dr. Ian Griffiths MFOM MRCP BSc (Hons). Occupational Physician, Nottinghamshire FRS.	
&	The Chester Treadmill Test. 2000 Tests and Lessons Learned. Rich Stevenson Msc PGDip BSc. Senior Health & Fitness Adviser, South Wales FRS. FireFit Steering Group	
16.45 – 17.15	The 'Fit Note' and Phased Return to Work. Implications for the Fire & Rescue Services. Dr. Nerys Williams. Deputy Director, Occupational Health. Department for Work & Pensions.	
17:15 – 18:00	Exhibition stands.	

<b>Day 2 Thursday 29th September 2011</b>	
09.00 – 09.10	Introduction. CFO Paul Hancock. Cheshire FRS / Chair of the FireFit Steering Group.
09.10 – 09.30	The proposals to reframe the beneficiary services offered by the Charity, with a focus on 'fit for work' and 'fit for life'. Dr Jill Tolfrey MSc MCSP Director of Operations at the Fire Fighters Charity, physiotherapist
09.30 – 10.00	How old can a firefighter be? The Effects of Ageing on Physical Performance. Eric Mol <a href="http://www.ixer.nl">iXeR.nl</a> ( <a href="http://www.ixer.nl">www.ixer.nl</a> ) Chair of Occupational Physiology Interest Group of the American College of Sports Medicine (ACSM).
10.00 – 10.30	Interactive Case Studies. We provide the audience with a forum to question our Experts on Fitness and Occupational Health topics. Chaired by Dr. Ian Griffiths MFOM MRCP BSc (Hons). Occupational Physician, Nottinghamshire FRS.
10.30 – 11.00	Break/Exhibition Stands
11.00 – 11.45	Failing to Manage a Capability Issue. A Legal Perspective. Chris Green Weightmans Law Practice, Birmingham.
11.45 – 12.00	Conclude CFO Paul Hancock. Cheshire FRS / Chair of the FireFit Steering Group
12.00 – 13.00	Lunch/Exhibition stands

Costs for the event are as follows;

Full delegate price £260 (2 half days, 1 night, 1<sup>st</sup> day lunch, evening meal, breakfast and 2<sup>nd</sup> day lunch all included).

Day Delegate £130 (lunch included)

Day Delegate including dinner £160 (first day lunch and evening meal)

(All above prices exclusive of VAT).