



8th - 9th September 2010

De Havilland Conference Centre, Hatfield, Herts

Keynote speakers include:

Grampian Fire and Rescue Service - Tackling the Obesity Challenge

Graham Poll - Ex Premiership and FIFA Referee. FA Cup Final and World Cup Finals referee.

Dave Thomas - Multi award Winning International Memory Champion and Best Selling Author.
Featured guest on the 'Oprah' Winfrey Show



www.hertsdirect.org/fire

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FireFit Package Options

Hertfordshire Fire and Rescue Service are pleased to announce the following package options for FireFit Conference 2010. Please indicate your preference by ticking the package you wish to reserve and we will invoice accordingly.

Early bird booking rates apply to all bookings received by April 30th 2010.

Conference 2 day / 2 Night Package

Includes Bed and Breakfast on Tuesday 7th and Wednesday 8th September in the standard room accommodation, conference delegate on Wednesday 8th and Thursday 9th September and the gala Dinner on Wednesday 8th.

Conference 2 day / 1 Night Package

Includes Bed and Breakfast on Wednesday 8th September in the standard room accommodation,

conference delegate on Wednesday 8th and Thursday 9th September and the Conference Dinner on Wednesday 8th.

Conference 2 day Package (No Accommodation)

Conference delegate on Wednesday 8th and Thursday 9th September and the Conference Dinner on Wednesday 8th.

Day Delegate with Gala Dinner - Wednesday 8th only

Day Delegate without Conference Dinner

Conference Dinner Options

Please select your menu options for the conference dinner on Wednesday 8th September if applicable

Starters

1. Fan of Smoked Duck Breast with an apple, walnut and bacon salad
2. Flaked Poached Salmon with tomato, peppers and dill served with a saffron dressing
3. Roast Butternut squash with pumpkin seeds, cherry tomatoes and fresh thyme.

Mains

1. Pan Fried corn fed Chicken in a Dijon mustard sauce with dauphinoise potatoes
2. Fillet of Beef on a vegetable and potato rosti with a wild mushroom sauce
3. A rice cake topped with marinated grilled pepper served with a parmesan crisp

Desserts

1. Profiteroles filled with a chocolate mousse served with baileys cream
2. Baby pineapple filled with kiwi fruit, mango and grapes in minted syrup
3. Traditional Cheese board

Accommodation

Accommodation is provided on-campus in 3 star rated, individual rooms which are equipped with single bed, internet connection, fridge, desk, wardrobe and shower / toilet cubicle. If you wish to be 'grouped' together in adjoining rooms with some of your colleagues please let us know and we will endeavour to ensure that happens. For a virtual tour of the accommodation please visit www.conferencehertfordshire.co.uk and click on the de Havilland Campus.

For those who prefer we have reserved a number of rooms at a local hotel which can be booked but will incur an extra charge. Please indicate on the booking form if you require hotel accommodation instead of an on campus room.

Enquiries

For all enquiries relating to exhibitors for FIREFIT 2010 please contact Sean Comerford on 07824 837483 or via sean.comerford@hertscc.gov.uk

For further information on the FireFit Conference 2010 please go to; <http://www.firefitsteeringgroup.co.uk>

Conference Programme

Wednesday 8th September

0700 – Fitness/Activity Sessions (Various)

0830 – Registration

0900 – Intro and housekeeping – AM Compere

AM Chair – DCO Mark Yates

0910 – Welcome

0920 – Welcome – FireFit Chair – CFO Paul Hancock

0930 – FireFit Strategic Input – CFO Ian Hayton

0945 – John Henderson, Police Service Northern Ireland – Functional Testing and its challenges

1030 – Tea/Coffee – Exhibition Hall

1100 – Richard Stevenson – FireFit Update on Fitness Standards and Research

1130 – Grampian FRS – Tackling Obesity

1200 – Ian Hammett – VO2 max standards in FRS two years on

1230 – Lunch and Exhibition

PM Chair – CFO Paul Hancock

1400 – How the Armed Forces have reduced training injuries by 25%

1430 – Mr Phil Sheard, Consultant Orthopaedic and Spinal Surgeon

1515 – Tea/Coffee – Exhibition Hall

1545 – Simon Oddie, HM Prison Service – Motivation to Exercise

1630 – Close Day 1

1700 – Fitness/Activity Sessions (Various)

1900 – Pre Dinner Drinks

1930 – Conference Dinner with guest speaker: Graham Poll – Ex FIFA and Premier League Referee
The psychology of recovering from career setbacks.

Thursday 9th September

0700 – Fitness/Activity Sessions (Various)

0900 – **Day 2 Chair – CFO Ian Hayton**

0915 – Dave Thomas – Motivational Speaker and best selling author

1000 – FSSAA / FFC Challenge Launch – Andy Fry CFO Suffolk Find the Healthiest Station in the UK

1030 – Tea/Coffee – Exhibition Hall

1100 – Tony Roscoe, HFRS – Personal Safety

1130 – HR Input – Case Study

1230 – Close Conference – FireFit Chair – followed by Lunch

These are subject to change