

Equipment Package A – Kettlebells (KB)

This package contains:

- 3 X 26 lb kettlebells
- 3 X 35 lb kettlebells
- 3 X 44 lb kettlebells

If an exemption is granted, the base course fee will be reduced by \$520 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 9 KBs with a similar weight distribution to those in the base equipment package. Acceptable weights range from 18-60 lb.
- 2) KBs are single piece cast iron or steel construction (non-adjustable). Vinyl or rubber coatings are acceptable. No plastic.
- 3) KBs are free of significant damage affecting their durability, total weight, usability and safety.
- 4) Record and submit 1 continuous video that shows all 9 KBs in a single frame and a close-up of each KB. Weight of each KB must be clearly displayed.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_kettlebell.mp4).

Examples of Acceptable KB



Examples of Unacceptable KB



The IAFF may deem any equipment unsuitable for use during the course regardless of documentation or evidence provided

Equipment Package B – Dumbbells (DB)

This package contains:

- 6 X 15 lb dumbbells (3 sets)
- 6 X 30 lb dumbbells (3 sets)
- 6 X 50 lb dumbbells (3 sets)

If an exemption is granted, the base course fee will be reduced by \$1020 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 9 sets of DBs with a similar distribution to those in the base equipment package. Acceptable weights range from 15-60 lb.
- 2) DBs are single rigid unit and non-adjustable (no all-in-one or separable handles and plates). Solid metal or metal handle with rubberized ends are acceptable. No plastic.
- 3) DBs are free of significant damage affecting their durability, total weight, usability and safety.
- 4) Record and submit 1 continuous video that shows all 9 DB pairs in a single frame and a close-up of each pair. Weight of each DB must be clearly displayed.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_dumbbell.mp4).

Examples of Acceptable DB



Examples of Unacceptable DB



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Equipment Package C – Bumper Plates

This package contains:

- 6 X 10 lb bumper plates (3 sets)
- 6 X 25 lb bumper plates (3 sets)
- 6 X 45 lb bumper plates (3 sets)

If an exemption is granted, the base course fee will be reduced by \$885 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 9 sets of weight plates with a similar weight distribution to those in the base equipment package. At least 3 sets must be 45-50 lb.
- 2) Weight plates are solid construction metal, rigid rubber, or a combination of the two. Olympic style bumper plates are acceptable.
- 3) 45-50 lb plates are 450 mm (18 inch) in diameter, and all plates have standard 50 mm (2 inch) openings in the center.
- 4) Weight plates are free of significant damage affecting their durability, total weight, usability and safety.
- 5) Record and submit 1 continuous video that shows all weight plates in a single frame and a close-up of each individual plate. Weight of each plate must be clearly displayed.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_weightplates.mp4).

Examples of Acceptable Plates



Examples of Unacceptable Plates



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Equipment Package D – Resistance Bands

This package contains:

- 6 X 1/2” red bands (30 lb resistance)
- 6 X 1/2” blue bands (50 lb resistance)
- 6 X 1 1/8” green bands (65 lb resistance)
- 6 X 1 3/4” black bands (100 lb resistance)

If an exemption is granted, the base course fee will be reduced by \$385 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 24 resistance bands with similar resistance/thickness to those in the base equipment package.
- 2) Bands are closed loop and at least 36” in circumference.
- 3) Bands are free of significant damage affecting their durability, usability and safety.
- 4) Record and submit 1 continuous video that shows all resistance bands laid on the ground in a single frame and a close-up of each individual band. The thickness of each band must be clearly displayed.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department’s name and the equipment type (i.e. departmentname_bands.mp4).

Examples of Acceptable Bands



Examples of Unacceptable Bands



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Equipment Package E – Exercise Benches

This package contains the following:

- 3 X exercise benches

If an exemption is granted, the base course fee will be reduced by \$905 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 3 stand-alone exercise benches. Benches must not have add-ons such as barbell racks or other attachments.
- 2) Benches are able to lie flat (i.e. parallel to the ground). Benches are not required to be adjustable.
- 3) Bench frames are metal and pad is fully upholstered. No plastic or wooden frames.
- 4) Benches are free of significant damage affecting their durability, usability and safety.
- 5) Record and submit 1 continuous video that shows all 3 benches in a single frame and a close-up of each individual bench. Demonstrate that each bench is securely attached to its respective frame.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_benches.mp4).

Examples of Acceptable Benches



Examples of Unacceptable Benches



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Equipment Package F – Medballs

This package contains the following:

- 3 X 10 lb medballs

If an exemption is granted, the base course fee will be reduced by \$275 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 3 MBs weighing between 6 and 20 lb.
- 2) MBs are stitched fabric or hard rubber exterior. Soft rubber exterior (slam balls) and MBs with handles are not acceptable (i.e. MB must have a solid spherical exterior and must retain its shape during use).
- 3) MBs are free of significant damage affecting their durability, total weight, usability and safety.
- 4) The host must submit 1 continuous video clearly displaying all MBs in a single frame and a close-up of each individual MB. Weight of each MB must be clearly displayed.
 - I. The video is to be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_medball.mp4).

Examples of Acceptable MB



Examples of Unacceptable MB



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Equipment Package G – Barbells

This package contains the following:

- 3 X 20 kg barbells
- 6 X barbell collars (3 sets)

If an exemption is granted, the base course fee will be reduced by \$1010 USD

To be considered for an exemption, the host department must meet the following requirements:

- 1) Possess a minimum of 3 barbells (and accompanying collars) that meet the following criteria:
 - I. Minimum 72"/180 cm in length and single piece construction
 - II. Olympic style with freely rotating sleeves (where the plates are loaded)
 - III. 2" sleeve diameter
 - IV. 45lb or 20kg in weight
 - V. Knurling/grip intact (no smooth/extremely worn bars)
- 2) 1" bars, lightweight 'training' bars, and 'easy-curl' bars are not acceptable.
- 3) Barbells are free of significant damage affecting their durability, total weight, usability and safety.
- 4) Submit 1 continuous video clearly displaying all barbells and collars in a single frame and a close-up panning shot of each individual bar. Demonstrate that the sleeves are able to rotate freely.
 - I. The video must be submitted alongside all other course request documentation.
 - II. The file name must include your department's name and the equipment type (i.e. departmentname_barbell.mp4).

Examples of Acceptable Barbells



Examples of Unacceptable Barbells



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