

# EVERYONE ACTIVE

Critical Thinking and Problem Solving



## THE CHALLENGE

The F2T program aims to help more fire fighters be more active more often. This challenge involves the design of an exercise challenge that could be performed as a team by 3-10 fire fighters with different physical abilities.

The exercise challenge must accommodate limited to no access to equipment and be structured so that the group is able to work collectively to achieve a shared objective (compete against another station or department).

## INSTRUCTIONS

- Design an exercise session that can be administered as a team challenge (e.g. team must collectively complete 100 reps of a specific exercise).
- Session Objective: Your choice. Must accommodate and appeal to fire fighters with different abilities.
- Design criteria:
  - Bands and bodyweight only, at least 4 exercises
  - Between 10 and 30 minutes
  - Suitable for groups of 3-10
  - Must be structured as a challenge, whereby the team's performance can be measured (to monitor progress or compare with another team)
- Your submission must include the following:
  - ✓ Details of session in an easy to read format (exercises + reps, sets, RPE, tempo, work, and rest if applicable).
  - ✓ A Challenge Statement – 'As a team you must collectively work to...'
  - ✓ A brief description of the session so it is clear how it should be administered with groups of different sizes.

## GRADING CRITERIA

- ✓ Session details are organized
- ✓ Design criteria are met
- ✓ Challenge is clear and measurable
- ✓ Suitable for diverse abilities
- ✓ Suitable for groups of 3-10
- ✓ Description outlines how to administer for different size groups

## SUBMISSION GUIDELINES

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.