# FRST STEPS

Oversight, Coordination and Program Evaluation



### THE CHALLENGE

Creating a suitable program implementation plan begins by gathering information regarding the initial conditions of your organization - the culture, priorities, level of interest, etc.

Complete the IAFF/IAFC Fire Department Demographics survey (link <u>HERE</u>) and the IAFF/IAFC Obstacles to Program Implementation survey (link <u>HERE</u>). Both surveys may require sourcing relevant information from multiple people

#### INSTRUCTIONS

- Download an electronic copy of the IAFF/IAFC Fire Department Demographics survey HERE.
  - Review all questions and collect information from the necessary personnel so they can be answered.
  - It will be important to collect accurate information so that suitable recommendations can be made.
- Download an electronic copy of the IAFF/IAFC Obstacles to Wellness-Fitness Program Implementation survey HERE.
  - Review all questions and collect responses from three distinct stakeholders – representative from management, representative from union executive, representative from general membership. You will assume one of these roles.

## **GRADING CRITERIA**

- Demographics survey complete
- Demographics data is accurate and representative
- Obstacles survey complete
- Obstacles survey data reflects the perceptions of multiple stakeholders
- $\checkmark$  Single submission
- Permission to use data in aggregate form
- Contrasting the perspectives of multiple people is critical to establishing the level of agreement and potential first steps with regards to program implementation.
- Solicit permission from your department to share the data included in both surveys.

#### SUBMISSION GUIDELINES

Responses to both surveys (demographics and obstacles) can be submitted once the Fit To Thrive member portal launches. No separate written submission will be required.

