



Equipment Package A – Kettlebells (KB)

This package contains:

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

If a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 5) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

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 a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 5) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

Examples of Acceptable DB



Examples of Unacceptable DB



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

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 a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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 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).
- 6) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

Examples of Acceptable Plates



Examples of Unacceptable Plates



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

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 a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 5) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

Examples of Acceptable Bands



Examples of Unacceptable Bands



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

Equipment Package E – Exercise Benches

This package contains the following:

- 3 X exercise benches

If a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 6) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

Examples of Acceptable Benches



Examples of Unacceptable Benches



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

Equipment Package F – Medballs

This package contains the following:

- 3 X 10lb medballs (MB)

If a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 5) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

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 a host department already owns the necessary equipment or chooses to purchase it on their own, the following requirements must be met to be considered acceptable for the F2T101 Course:

- 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).
- 5) If a department purchases their own equipment, they may choose to provide a recently dated packing slip as proof in lieu of the videos describe in the section above.

Examples of Acceptable Barbells



Examples of Unacceptable Barbells



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