

JOIN THE IAFF'S F2T TEAM IN NEW YORK!

We are excited to share a unique opportunity for any F2T member who will be attending the [IAFF's Redmond Health and Safety Symposium and Barbera EMS Conference](#) in New York this August. To complement the outstanding list of workshops, presentations and seminars planned, the IAFF's F2T team will be hosting a series of morning workouts at the hotel for attendees to kick start their day.

Given the tremendous work being done by members across the F2T community we are excited to announce the launch of a contest exclusively for F2T members to help us in creating and delivering these workouts. Specifically, we are asking you to create the workout that will be delivered on the morning of Tuesday, August 22nd at the Redmond Symposium to a group of 20-30 individuals with diverse abilities alongside the IAFF's team of F2T instructors. Specific instructions/constraints for the workout are outlined below (you may choose to design either option).

One winner will be chosen from the list of submissions. In addition to having their workout delivered at the Redmond Symposium, this individual will be profiled on the F2T website (alongside their workout) and receive an F2T t-shirt and F2T credit to cover the costs of one asynchronous course, two asynchronous workshops and their certificate renewal for one cycle.

This contest is open to anyone holding an active PFT or WFA designation who will be in attendance at this year's Redmond Symposium and will be available to help with the delivery of the morning workout. Please outline the details of your workout in an organized manner so the structure can be easily understood, and submit via the Dropbox link [HERE](#) or QR code. The contest will close on Friday, August 11th at 5pm EST. A winner will be announced shortly thereafter.



For more information on the agenda, presenters, workshops and how you can attend, please visit the Redmond/Barbera 2023 webpage [HERE](#)

CRITERIA	OPTION A	OPTION B
Objective(s)	PHYSICAL LITERACY / FUN TEAM CHALLENGE	PHYISCAL LITERACY / FUN PARTNER CHALLENGE
Constraint(s)	Accommodate Diverse Abilities Bodyweight Only 2 Separate Circuits 5 Patterns (Squat, Lunge, Hinge, Push, Pull)	Accommodate Diverse Abilities At Least 1 Bodyweight Exercise At Least 1 Band Exercise At Least 1 Kettlebell Exercise
Structure	~10 Min Warm-up 30 Min Workout ~10 Min Cool Down	~10 Min Warm-up 30 Min Workout ~10 Min Cool Down
FITT	REPS Focused Reps can be cumulative or based on time taken by team members to complete	WORK Focused 30-90s Work Periods / Less than 30s Rest Periods
RPE	MOD - HIGH RPE	MOD - HIGH RPE
Exercise(s)	No Burpees or Sit-up Variations Must Involve Locomotion (e.g. Run Hop, Skip, Bear Crawl)	No Burpees or Sit-up Variations Must Involve Locomotion (e.g. Run Hop, Skip, Bear Crawl)