



General Order

Department of Fire & EMS
G.O. 6-2-26

Subject: Firefighter “Safety Stand Down”

Date: June 11, 2026

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Safety Stand Down 2026 takes place June 14-20 with a focus on Firefighter **FITNESS: Fit to Serve, Fit for Life**. Fitness is a critical component in keeping responders healthy, safe, and ready to serve their community. The theme highlights the importance of fitness to keep you serving at your best today and prepare you for a healthy and fit future.

This is a national initiative with sponsors through the major fire service organizations including the IAFF, IAFC and NVFC. CCDFEMS will be participating with an interactive program placed on the LMS and assigned to all personnel. The content for each of the seven days is focused as follows:

Sunday- Foundations
Monday- Intentional
Tuesday- Technique
Wednesday- Nutrition
Thursday- Evaluation
Friday- Sleep
Saturday- Success



Our goal with this program is to provide each of you with a greater awareness of your personal fitness. We are offering you specific tools to focus you on a pathway to healthier living. A healthier lifestyle should become our goal!