


SEARCH AND RESCUE FITNESS – BENEFITS OF BEING FIT






- PHYSICAL PERFORMANCE
- AVAILABILITY & USABILITY
- RECOVERY & REPEATABILITY
- SAFETY AND LIABILITY
- MENTAL CLARITY
- CLUE AWARENESS
- STRESS RESISTANCE
- MULTI-TASK ABILITY
- POSITIVE MINDSET
- EMOTIONAL BALANCE
- CARE & COMPASSION
- SOCIAL INTERACTION
- TEAM-WORK ABILITY
- LEADERSHIP

SEARCH AND RESCUE FITNESS = FITNESS + REST + NUTRITION



Physical readiness (Muscular and neurological system)

-  Corrective exercises and optimal movement patterns
 - Individualized pre-search routine to 'work out the kinks' (1-10 minutes).
-  Mission-specific movement preparation
 - Weather, terrain, equipment, nature of the mission.
-  Avoiding 'overtraining'
 - Excessive muscle soreness, fatigue and lack of focus.

SEARCH AND RESCUE FITNESS – DEFINITIONS

FITNESS: "the condition of being physically fit and healthy" (Websters)


PHYSICAL FITNESS: "the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies." (CDC)

FUNCTIONAL FITNESS: "An ability to adapt to various environments and stimuli creatively and effortlessly." (Thomas Myers, Anatomy Trains)




SAR FITNESS: "physical and medical considerations that help to ensure safe performance in risky environments." (FEMA)

FITNESS: "a good physical and mental conditioning at all times to be prepared to operate under the conditions encountered on searches." (NASAR)


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Recovery/Sleep/Rest (Neurological and hormonal system)


-  Sleep quantity and quality; 7+ hrs. with complete sleep phase cycles
 - Optimally 10am-6pm, napping is good. Small improvements matter.
-  Practice good *sleep hygiene*; habits that promote a good night sleep
 - Dark, cool, quiet room. TV/phone/blue light delays optimal sleep pattern.
-  Engage in both passive and active recovery methods
 - Prayer/meditation/mindfulness. Light aerobic activity or stretching.

SEARCH AND RESCUE FITNESS – PREPAREDNESS & READINESS

 **PREPAREDNESS**

- Physical preparation
- Fitness & Body composition
- Long-term conditioning
- Weeks, months, years
- Specificity of the preparation

How well have I prepared over time for a specific demand?

 **READINESS**


- Daily state of the body systems (CNS, hormonal etc.)
- Rest, recovery, sleep, nutrition, hydration
- Days, hours, minutes 24/7
- Acute availability to respond

How 'ready' am I to perform right now?




+

= **A FIT SAR RESPONDER**

SEARCH AND RESCUE FITNESS = FITNESS + REST + NUTRITION



Nutrition/hydration (Digestive and endocrine system)

-  Eat a balanced and a clean diet, avoid processed foods and sugar
 - Supportive to the digestive health and the hormonal state.
-  Eat smaller portions, but more frequently during the day
 - Sustained energy levels with no great drops or spikes in blood sugar.
-  Drink/eat enough to stay hydrated and ready for a mission
 - Pre-mission snack and water, nutrition timing, mission conditions