

2026 FIREFIGHTER SAFETY STAND DOWN



Safety Stand Down 2026 Activity Ideas Firefighter FITNESS: Fit to Serve, Fit for Life

Safety Stand Down 2026 takes place June 14-20. Use these activity ideas to get inspiration for how to implement Safety Stand Down in your fire or emergency service department. Find additional resources at www.safetystanddown.org.

Please note: How you implement Safety Stand Down depends on what works best for your department and your members' schedules. For instance, you could choose daily activities each day of Safety Stand Down week, weekly activities during June and July, or establishing a plan to incorporate topics into training throughout the year. Consider designating a Safety Stand Down Champion to coordinate or facilitate the activities in your department.

Activity Ideas to Get Ready for Safety Stand Down

- Register for and attend the [Safety Stand Down Roundtable Talk](#), taking place June 2 at 2pm ET, to learn more about this year's theme and how to participate. If you miss the live event, the recording will be available a few days later in the [NVFC Virtual Classroom](#).
- Encourage all personnel to take the [Safety Stand Down Sweepstakes Quiz](#) to test their knowledge of key concepts relating to this year's theme. Quiz takers can enter for the chance to win one of 200 limited edition challenge coins. Consider taking a screenshot of the quiz questions to review/discuss as a group after everyone has completed the online quiz.
- Watch the May edition of the IAFC's Safety, Health and Survival Section's [Coffee with the SHS](#), which focuses on "Are You Ready for the Job or Just Working Out?" The recording will be available after the live session takes place on May 21.
- Watch the May 21 episode of the FireRescue1 podcast [Better Every Shift](#), which focuses on "Safety Stand Down 2026: Start Your Fitness Journey Here."
- Spread the word to your department and network about Safety Stand Down, this year's theme and daily focus topics, and your department's planned activities. Include information in your department newsletter, bulletin board, intranet, training schedules, and other communication methods.
- Post about Safety Stand Down on your department's social media pages, or share content about Safety Stand Down from the social media pages of the IAFC, NVFC, IAFF, NFPA, and FDSOA. You can let your community know what your department plans to do to focus on health and safety during Safety Stand Down, how this will help strengthen your firefighters' abilities to respond, and also share photos from the week's activities.
- Review the [planning materials](#) (including the 7 daily topics) and [resources](#) available on the Safety Stand Down website to see how you can incorporate them into your department's activities for the week and beyond.

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- Take part in the NVFC's [Step Strong Challenge](#), June 1-30, as a fun way to bring attention to fitness. You can participate as individuals or create a department team. Meet fitness goals during the month for the chance to win prizes.

Activity Ideas for Safety Stand Down and Beyond

- Each day during Safety Stand Down (or the alternate training dates you select), show the daily topic intro video, distribute the daily topic infographic, and utilize the daily topic educational module to discuss why this topic is important. Access these resources on the [planning page](#).
- Develop or refresh on-duty exercise policies for your department. The IAFF is hosting a webinar on "[Considerations for Building Effective and Supportive On-duty Exercise Policies](#)" on June 18 at 1pm ET to help.
- Attend the Lexipol webinar "[From Fitness to Performance – Rethinking What it Means to Be Fit to Serve](#)," taking place June 15 at 1pm ET.
- Schedule a series of training events with invited subject matter experts to talk about critical components of this year's theme. For instance, invite a functional fitness expert to demonstrate functional exercises that firefighters can safely incorporate into their routines, a nutrition expert to talk about the nutritional needs of a firefighter, a sleep expert to discuss best practices for getting sleep with an unpredictable schedule, and a stress or mental health professional to discuss healthy ways to deal with stress.
- If your department does not have access to fitness equipment, consider ways you can provide access to your members, such as purchasing fitness equipment, identifying avenues for donated fitness equipment, or talking to a local gym or fitness center to allow for free or reduced rate access for your members.
- Does your department offer a firefighter physicals program? If not, identify options for implementing one. Local healthcare providers may be willing to provide free or reduced rate firefighter physicals for your members. If the department can't offer a firefighter physicals program, distribute copies of the [Provider's Guide to Firefighter Medical Evaluations](#) and [Provider's Guide to Female Firefighter Medical Evaluations](#) to your members so they can inform their personal healthcare providers of the special considerations needed for firefighters.
- Develop and distribute a list of resources available to help firefighters focus on fitness, nutrition, sleep, and stress. These may include resources such as the [IAFF/IAFC Fire Service Joint Labor Management Wellness-Fitness Initiative](#), the [IAFF Fit to Thrive Program](#), the [NVFC Heart-Healthy Firefighter Program](#), [Firefighter Functional Fitness](#), [Firefighter Peak Performance](#), and other national and local resources. Find more resources [here](#).
- Create a plan for offering more nutritious snack and meal choices at the station.
- Find existing training from reputable sources that you can schedule into your department's training plan throughout the year on critical Firefighter FITNESS topics. View the [Training dropdown on the resources page](#) to find some options to get started.
- Submit your department's [Safety Stand Down Success Story](#) to report how you participated in Safety Stand Down and what your department will continue to do to focus on health, safety, and training so you can inspire and motivate others.