



FRIDAY, FEBRUARY 7TH

## Hour 1

### The Hydration Solution

Megan Lautz, MS, RD, CSCS, TSAC-F

1. Understand the science of optimizing hydration status.
2. Recall realistic strategies for improving hydration on shift and on the fireground.
3. Review the use of electrolyte products in various fire department settings, including which products to use based on the scenarios.

### Creatine in the Public Safety Population

Joel Leudke, MS, LAT, ATC, CSCS & Andrew Jagim, PhD, CSCS, CISSN

1. Describe the general benefits of creatine as it relates to performance and recovery.
2. Recognize the potential impact creatine supplementation on the public safety population.
3. Explain how creatine could have an impact on the physiological demands, and recovery from these demands, in the public safety population.

## Hour 4

### \*Building a Business in Tactical

Megan Lautz, MS, RD, CSCS, TSAC-F

1. Identify opportunities for civilian and sworn business owners in the first responder wellness space.
2. Emphasize the importance of building relationships and cultural competency before building products and services.
3. Discuss pricing, product opportunities, and common practices when working with departments.

## Hour 2

### A Multi-Faceted Approach to Combating Wellness-Decay in Law Enforcement

Nathan Edwards, PhD, TSAC-F

1. Explain the complex physical and mental demands faced by law enforcement officers (LEOs) and how these contribute to wellness-decay over their careers.
2. Analyze how factors such as physical fitness, nutrition, stress management, recovery, and sleep interact to impact the overall health and performance of LEOs.
3. Evaluate the effectiveness of evidence-based, multi-faceted training approaches borrowing from sport science and medicine in addressing the dynamic needs of LEOs compared to traditional training methods.
4. Design evidence-based strategies to implement in law enforcement training academies that empower LEOs to set and achieve personal health goals, aiming to combat wellness-decay throughout their careers.

### Silent Struggles: Advancing Concussion Management and Mental Health Support for Law Enforcement Officers

Jaclyn Caccese, PhD, FACSM

1. Identify the prevalence and mechanisms of concussions and their impact on mental health (e.g., PTSD, depression) in law enforcement officers (LEOs).
2. Evaluate the effectiveness of existing concussion management strategies in sports and military settings and their applicability to the law enforcement context.
3. Analyze the unique occupational challenges of LEOs that complicate concussion recognition, reporting, and recovery.
4. Apply a law enforcement-specific concussion management framework, including graduated return-to-duty protocols and mental health resources, to improve officer outcomes.
5. Design a comprehensive plan for concussion education and implementation strategies tailored to law enforcement organizations, incorporating multidisciplinary stakeholders.

## Hour 6

### Fitness, Injury Risk & Occupational Performance: Now and into the Future

Rob Orr, PhD, MPHTY, BFET, APAM, TSAC-F

1. Explain the role of aerobic and muscular fitness on trainee and serving personnel occupational performance.
2. Outline the second-order effects of poor fitness on occupational outcomes, like use of force application.
3. Describe the strategic organizational impacts of poor recruit and officer fitness and how to adapt to a post COVID, recruit-pool poor environment.

## Hour 3

### PPE and Firefighter Preparedness-A Brief Review

Annette Zapp, MA, CSCS\*D, CISSN

1. Comprehend the physiological impact of wearing a firefighter turnout ensemble.
2. Accurately evaluate risks vs. rewards of using firefighter turnout gear in various training scenarios.
3. Synthesize a plan to systematically and safely challenge firefighter fitness and performance while keeping them safe from unnecessary exposure to biomechanical impediments and carcinogens.

### Assessing Firefighters Readiness to Return to Duty Following Injury

Liam Noll, PhD

1. Evaluate the usefulness at a department level of the fit for duty test.
2. Analyze the results of the fit for duty study.
3. Explain the tests in the fit for duty program.

## Hour 5

### Support for a Direct Access Care Model to Reduce Injury and Time Loss in Career Firefighters

Phillip Gribble, PhD, ATC, FNATA

1. Explain the differences in direct access care vs traditional workers' compensation models for addressing musculoskeletal injuries.
2. Summarize the advantages in addressing injury rates that a direct access care model provides to the career firefighter service.
3. Summarize the advantages in addressing health care costs that a direct access care model provides to the career firefighter service.

### \*Embedding Athletic Training Care within a Law Enforcement Agency

Kate Brubaker, ATC

1. Understand how to measure how much of an impact an embedded athletic training (AT) room has for a law enforcement agency through patient visits, injury rates, and treatment services provided.
2. Analyze the most common injuries, conditions, and treatment types for deputies reporting to an AT room for targeted injury mitigation and treatment strategies.
3. Evaluate the need for an AT room within a law enforcement agency from quantitative data and cost-benefit.

