



## LEAST RESISTANCE TRAINING CONCEPTS

PROCEDURE GUIDE No. 20-94

### HYDRATION AND NUTRITION

Issue Date: 1-17-2020



This Procedure Guide supersedes all previous guides in order to comply with the latest Lyon County, state and national training and operations standards.

#### **Discussion:**

Training exercises and field operations can be labor intensive, take considerable time, and responders can be exposed to heat or cold over long periods. Dehydration and lack of nutrition can add to fatigue and impact the welfare of members, along with their ability to function reliably and safely. Ensuring that members remain properly hydrated, and when applicable, are provided with some nutrition (typically energy or protein bars) are required elements during training activities and Incident Action Plans.

#### **1. Safety Policy:**

- 1.1 Safety is the overarching priority in all responses. No procedure or protocol provided in any Procedure Guide shall supersede the use of sound judgment as may be appropriate to maximize incident safety.
- 1.2 The welfare of all responders is a critical safety priority and steps shall be taken as appropriate to prevent or mitigate stress resulting from dehydration or lack of nutrition.

#### **2 Responsibilities: Chain of Command:**

- 2.1 Each response shall have an Incident Commander (IC) who will direct the activities being undertaken.
- 2.2 A qualified Safety Officer shall enforce applicable safety policies.
- 2.3 The IC or Safety Officer shall be responsible to see that hydration and nutrition needs are properly assessed and addressed. These responsibilities may be delegated.
  - 2.3.1 These responsibilities shall include ensuring that the “cold box” is stocked and that it, along with the “Nutrition” cache, is deployed to the location of training or an incident.
  - 2.3.2 In cold weather, a flat of bottled water can be substituted for the “cold box.”