



## **TRUCKEE MEADOWS FIRE PROTECTION DISTRICT STAFF REPORT**

**Board Meeting Date: October 7, 2025**

**DATE:** September 15, 2025

**TO:** Truckee Meadows Fire Protection District Board of Fire Commissioners

**FROM:** Chris Ketrting, Deputy Chief  
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**THROUGH:** Richard J. Edwards, Fire Chief  
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**SUBJECT:** Recommendation to approve a one-year professional services agreement between Brian Fischer, DBA Fischer Health and Wellness, and Truckee Meadows Fire Protection District for the administration of a Physical Health and Wellness Program for an annual amount not to exceed \$30,000, retroactively effective July 1, 2025, and to authorize the Fire Chief to enter into future contract extensions with this independent contractor. (All Commission Districts.) **FOR POSSIBLE ACTION**

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### **SUMMARY**

Recommendation to approve a one-year professional services agreement between Brian Fischer, DBA Fischer Health and Wellness (Fisher), and Truckee Meadows Fire Protection District (TMFPD) for the administration of a Physical Health and Wellness Program for an annual amount not to exceed \$30,000, retroactively effective July 1, 2025.

### **PREVIOUS ACTION**

None

### **BACKGROUND**

Physical demands of firefighting can lead to sprains, strains, and injuries. The District engaged Fisher in October of 2024 to provide staff with strength training, physical therapy, and rehabilitation services. The district wishes to continue these services for fiscal year 2025-2026. Addressing these types of physical issues early on can reduce lost work time for employees. Brian Fischer currently provides these services to the TMFPD and the City of Sparks Fire Department. This program is in its inception, modeled after the City of Denver's program, which has reported significant decreases in workers' compensation claims and costs. TMFPD completed a one-year trial with positive feedback from staff on the program and is submitting this one-year contract for approval.

**FISCAL IMPACT**

The contractor will bill for actual hours worked on a monthly basis. The total Fiscal Year 2025-2026 cost is not to exceed \$30,000, and sufficient funds are available within the general fund.

**RECOMMENDATION**

Staff recommend that the Board approve a one-year professional services agreement between Brian Fischer, DBA Fischer Health and Wellness, and Truckee Meadows Fire Protection District for the administration of a Physical Health and Wellness Program with an annual amount not to exceed \$30,000, retroactively effective July 1, 2025, and to authorize the Fire Chief to enter into future contract extensions with this independent contractor.

**POSSIBLE MOTION**

Should the Board agree with the staff's recommendation, a possible motion would be:

*"I move to approve a one-year professional service agreement between Brian Fischer, DBA Fischer Health and Wellness, and Truckee Meadows Fire Protection District for the administration of a Physical Health and Wellness Program for an annual amount not to exceed \$30,000, retroactively effective July 1, 2025, and to authorize the Fire Chief to enter into future contract extensions with this independent contractor."*