

media release

SA Metropolitan Fire Service



Firefighters' fitness challenge shows 'we are in this together'

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South Australian Metropolitan Fire Service (MFS) members at an Adelaide fire station are using fitness in 'their home away from home' to provide a morale boost to frontline service workers and remind the community it can also do its part to flatten the COVID-19 curve.

Firefighters at the Salisbury Northern Command Fire Station last week started the **#inthisogether Fitness Challenge** which asks South Australians adhering to social distancing guidelines to share their own photos and videos of them completing fitness challenges.

The C-Shift crew on its Good Friday night shift kicked off the challenge when it collectively completed 2,125 laps, or 42.2km, of the engine room – only stopping for emergency call outs.

Firefighters who were off-duty that night, or on leave, chipped in with kilometres they ran in their backyards to boost the total kilometres to 60km.

Other firefighters at the northern suburbs station have pledged to take on the challenge and it is hoped the station's four shifts can collectively click over the 100km run mark, which will hopefully inspire other crews across the state to take up their own fitness challenge.

The firefighters plan to take their fitness routines to another level by also donating one coffee for each kilometre they rack up this month to local cafés so a healthcare worker can receive a free caffeine hit.

C-Shift Senior Firefighter Tim Goodwin said it was the crew's way to help stay connected with its local community, while promoting healthy lifestyle choices and injecting some money in to the local economy.

During a time-lapse video of the 42.2km run last week, which can be viewed [here](#), the firefighters also reiterated the importance of maintaining social distancing, washing hands and staying home unless travelling to work, exercising or for essential shopping.

"We wanted to remind people that they too can help frontline services reduce the rates of COVID-19 infections in the community by simply being healthy and following the government's advice on hygiene and social distancing," Senior Firefighter Goodwin said.

"Nurses, doctors, ambulance staff and police are doing a fantastic job out there at the moment.

"We, like everyone in the community, have had to adjust to the new guidelines on group exercise as well as changes to how we go about our day-to-day operations in the fire service.

"No one is immune to this and we are all in it together, so that's we wanted to try and show that with this run."

The crew were inspired to start the fitness challenge and complete a team marathon after reading about athlete Elisha Nochomovitz, who last month ran 42.2km across six hours on his 8m long balcony during a 14-day enforced COVID-19 isolation.

For media enquiries and interviews call the MFS Media Line on (08) 8204 3770

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