

**400.8A Guidelines for ongoing fitness for police officers and fire fighters.**

The board of trustees of the fire and police retirement system established by [section 411.5](#), in consultation with the medical board established in [section 411.5](#), shall establish and maintain protocols and guidelines for ongoing wellness and fitness for police officers and fire fighters while in service. The board of trustees may change the protocols and guidelines at any time the board so determines. The protocols and guidelines shall be established by the board of trustees for the consideration of cities covered by [this chapter](#) and may be applied by a city for the purpose of determining continued wellness and fitness for members of the city's police and fire departments. However, the protocols and guidelines shall not be applied to members of a police or fire department of a city who are covered by [chapter 20](#) except through the collective bargaining process as provided under [chapter 20](#). The medical board established in [section 411.5](#) shall provide to cities and fire and police departments assistance regarding the possible implementation and operation of the protocols and guidelines for ongoing wellness and fitness provided by [this section](#). For purposes of [this section](#), “*wellness and fitness*” means the process by which police officers and fire fighters maintain fitness for duty.

[2000 Acts, ch 1077, §85](#)