



ADAM A. HOUSE  
Fire Chief

# Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200 · Mather, California 95655 · Phone (916) 859-4300 · Fax (916) 859-3700

Grant Goold  
Board President  
Division 2

Ted Wood  
Board Vice President  
Division 4

Jennifer Sheetz  
Board Secretary  
Division 5

Cinthia Saylors  
Board Member  
Division 1

Robert Webber  
Board Member  
Division 3

D'Elman Clark  
Board Member  
Division 6

Brian Rice  
Board Member  
Division 7

Gay Jones  
Board Member  
Division 8

John Costa  
Board Member  
Division 9

## BOARD OF DIRECTORS - REGULAR MEETING AGENDA

**Thursday, August 8, 2024 – 6:00 PM**  
**Sacramento Metropolitan Fire District**

**10545 Armstrong Avenue**  
**Board Room – Second Floor**  
**Mather, California**

**&**

**Remotely Via Zoom**  
**Webinar ID: 827 3461 0232 #**

**Passcode: metro2101**

**Phone: 1 (669) 444-9171 or 1 (669) 900 6833**

**Passcode: 838771796 #**

<https://us06web.zoom.us/j/82734610232?pwd=SFILQ1Znd25RSmlhdXZVQVh4d1VWZz09>

*The mission of the Sacramento Metropolitan Fire District is to provide professional and compassionate protection, education and service to our community.*

The Public's health and well-being are the top priority for the Board of Directors of the Sacramento Metropolitan Fire District and you are urged to take all appropriate health safety precautions. To view the meeting via the Zoom Application, please click on the link above.

Members of the public seeking to attend and to address the Board who require reasonable accommodations to access the meeting, based on disability or other reasons, should contact the following person at least forty-eight (48) hours in advance of a Regular meeting to make arrangements for such reasonable accommodations:

**Marni Rittburg**  
**Board Clerk**  
**(916) 859-4305**  
[rittburg.marni@metrofire.ca.gov](mailto:rittburg.marni@metrofire.ca.gov)

The Board will convene in open session at 6:00 p.m.

Serving Sacramento and Placer Counties



## Sacramento Metropolitan Fire District

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REGULAR BOARD MEETING

THURSDAY, AUGUST 8, 2024

- CALL TO ORDER
- ROLL CALL
- PLEDGE TO FLAG

### METRO CABLE ANNOUNCEMENT:

This meeting of the Sacramento Metropolitan Fire District will be cablecast on Metro Cable 14, the local government affairs channel on the Comcast and AT&T U-Verse cable systems. This meeting is also webcast at [metro14live.saccounty.gov](http://metro14live.saccounty.gov). Today's meeting replays at 6:00 p.m. on Monday, August 12, 2024 and again at 1:00 p.m. on Wednesday, August 14, 2024, on Channel 14. This meeting can also be viewed at [youtube.com/metrocable14](https://youtube.com/metrocable14).

### PUBLIC OPPORTUNITY TO DISCUSS MATTERS OF PUBLIC INTEREST WITHIN DISTRICT JURISDICTION INCLUDING ITEMS ON OR NOT ON AGENDA:

*The Board of Directors of the Sacramento Metropolitan Fire District appreciates and encourages public interest and welcomes questions and opinions at its meetings. Public members wishing to address the Board are requested to first be recognized by the presiding officer and identify themselves for the record. The presiding officer may, in the interest of time and good order, limit the number of public member presentations. Speakers' comments will be limited to three (3) minutes (Per Section 31 of the Board of Directors Policies and Procedures).*

*In accordance with Section 31 of the Board of Directors Policies and Procedures, members of the Public requesting their written comments be read into the meeting record must be present or have a representative present to read their comments during the time allotted.*

### CONSENT ITEMS:

*Matters of routine approval including but not limited to action summary minutes, referral of issues to committee, committee referrals to the full Board, items that require yearly approval, declaration of surplus equipment, and other consent matters. The Consent Agenda is acted upon as one unit unless a Board member requests separate discussion and/or action.*

### CONSENT ITEMS

Page No.

- |   |    |
|---|----|
| 1. Action Summary Minutes   | 6  |
| <b>Recommendation:</b> Approve the Action Summary Minutes for the Regular Board Meeting of July 11, 2024.   |    |
| 2. Purchase Approval – Fire-Dex TECGEN51 Single-Layer Garments  | 10 |
| <b>Recommendation:</b> Approve the purchase of Fire-Dex TECGEN51 Garments from Municipal Emergency Services, Inc. using Sourcewell agreement #010424-MES for the Metro Medic Program. |    |



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REGULAR BOARD MEETING

THURSDAY, AUGUST 8, 2024

- |    |  |           |
|----|--|-----------|
| 3. | <b>Purchase Approval – Storage Area Network (SAN)</b>  | <b>12</b> |
|    | <b>Recommendation:</b> Allow the District to procure the SAN from Dell Marketing L.P. using the NASPO ValuePoint Master Agreement #23026, participating addendum #7-23-70-55-01. |           |
| 4. | <b>Joint Proclamation Commending Supervisor Sue Frost</b>  | <b>14</b> |
|    | <b>Recommendation:</b> Approve the joint Proclamation with Rio Linda Elverta Recreation and Park District commending Supervisor Sue Frost.                                       |           |

### PRESENTATION ITEMS:

- |    |  |           |
|----|--|-----------|
| 1. | <b>Health &amp; Safety Division &amp; Metro Fire Cancer Task Force</b> | <b>15</b> |
|    | <i>(Battalion Chief Anthony Peck)</i>                                  |           |
|    | <b>Recommendation:</b> Receive presentation.                           |           |
| 2. | <b>Health &amp; Wellness Program</b>                                   | <b>39</b> |
|    | <i>(Health &amp; Wellness Program Manager Patrick Gallagher)</i>       |           |
|    | <b>Recommendation:</b> Receive presentation.                           |           |

### ACTION ITEMS:

- |    |  |           |
|----|--|-----------|
| 1. | <b>Disclosure of Material Expenditure – Excess General Liability Insurance – Vantage Risk Specialty Insurance Company and Westchester Surplus Lines Insurance Company</b>  | <b>48</b> |
|    | <i>(Brad Svennungsen, USI Insurance Services)</i>  |           |
|    | <b>Recommendation:</b> Authorize payment of \$284,776 to Vantage Risk Specialty Insurance Company and \$199,137 to Westchester Surplus Lines Insurance Company for Excess General Liability Insurance.                     |           |
| 2. | <b>Adopt Resolution – Contract Award to Ready Rebound, Inc. for Rapid Intervention Injury Management and Navigation Services</b>   | <b>50</b> |
|    | <i>(Health &amp; Wellness Program Manager Patrick Gallagher)</i>   |           |
|    | <b>Recommendation:</b> Adopt Resolution approving a contract award to Ready Rebound Inc. and authorize the Fire Chief or his designee to execute and administer an agreement materially similar to the attached agreement. |           |

### REPORTS:

1. **PRESIDENT'S REPORT —** *(President Goold)*
2. **FIRE CHIEF'S REPORT —** *(Chief House)*  
**OPERATIONS REPORT —** *(Deputy Chief Mitchell)*  
**ADMINISTRATIVE REPORT —** *(Out-of-Class Deputy Chief Johnson)*  
**SUPPORT SERVICES REPORT —** *(Deputy Chief Bailey)*



## Sacramento Metropolitan Fire District

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REGULAR BOARD MEETING

THURSDAY, AUGUST 8, 2024

3. **SMFD – FIREFIGHTERS LOCAL 522 REPORT** – *Captain Sean Scollard, Local 522 Vice President*)

4. **COMMITTEE AND DELEGATE REPORTS**

*All Committee Meetings will be held at the Sacramento Metropolitan Fire District Board Room, 10545 Armstrong Avenue, Mather, California unless otherwise specified.*

- A. **Executive Committee** – *(President Goold)*  
Next Meeting: TBD

- B. **Communications Center JPA** – *(AC Greene)*  
Next Meeting: August 13, 2024 at 9:00 AM

- C. **Finance and Audit Committee** – *(Director Jones)*  
Next Meeting: August 22, 2024 at 5:30 PM

- D. **Policy Committee** – *(Director Costa)*  
Met Today  
Next Meeting: September 12, 2024 at 5:30 PM

## BOARD MEMBER QUESTIONS AND COMMENTS

### CLOSED SESSION:

The Board will convene in closed session to meet on the following matters:

1. **CONFERENCE WITH LEGAL COUNSEL – PENDING LITIGATION – Pursuant to California Government Code Section § 54956.9(d): One Case**  
1. Anthony Benelisha and the Sacramento Metropolitan Fire District  
Claim No. 23-173286  
Colin Connor of Lenahan, Slater, Pearse & Majernik, LLP
2. **Public Employee Performance Evaluation: Fire Chief**  
Pursuant to Government Code Sections 54957(b)(1) and 54954.5(e)

### CLOSED SESSION REPORT OUT

### ADJOURNMENT

### NEXT BOARD MEETING(S):

*Unless specified differently, all meetings of the Board are held at Sacramento Metropolitan Fire District at 10545 Armstrong Avenue, Mather, CA*

- Regular Board Meeting – August 22, 2024 at 6:00 PM



## Sacramento Metropolitan Fire District

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REGULAR BOARD MEETING

THURSDAY, AUGUST 8, 2024

Posted on August 5, 2024, by 4:30 p.m.

A handwritten signature in blue ink that reads "Marni Rittburg".

Marni Rittburg, CMC, CPMC

Clerk of the Board

\*\* No written report

\*\* Separate Attachment

### DISABILITY INFORMATION:

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Clerk of the Board at (916) 859-4305. Notification at least 48 hours prior to the meeting will enable the District to make reasonable arrangements to ensure accessibility to this meeting.



ADAM A. HOUSE  
Fire Chief

# Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200 • Mather, CA 95655 • Phone (916) 859-4300 • Fax (916) 859-3702

## ACTION SUMMARY MINUTES – REGULAR MEETING

### BOARD OF DIRECTORS SACRAMENTO METROPOLITAN FIRE DISTRICT

Thursday, July 11, 2024

Held at the following locations:

10545 Armstrong Avenue – Board Room  
Mather, California  
&  
Remotely Via Zoom

### CALL TO ORDER

The meeting was called to order at 6:01 pm by President Goold. Board members present: Costa, Clark, Goold, Jones, Saylor, Sheetz, and Webber. Board members absent: Rice and Wood. Staff present: Chief House and Board Clerk Rittburg.

### PUBLIC COMMENTS

Public comments were not received.

### CONSENT ITEMS

Moved by Director Webber, seconded by Jones and carried unanimously by members present to adopt the consent calendar as follows:

#### 1. Action Summary Minutes

**Recommendation:** Approve the Action Summary Minutes for the Regular Board Meeting of June 13, 2024.

**Action:** Adopted the Action Summary Minutes.

#### 2. Adopt Resolution – Station 50 Dedication for Mark W. Ball

**Recommendation:** Adopt Resolution dedicating Station 50 to Mark W. Ball.

**Action:** Adopted Resolution 2024-099.

### PRESENTATION ITEMS

#### 1. Revenue Measure Feasibility Study Update

(Chief Development Officer Jeff Frye & Capital Public Finance Group, LLC)

**Recommendation:** Receive presentation.

**Action:** Chief Development Officer Jeff Frye introduced the item and provided background information. Mr. Frye then introduced consulting partners Cathy Dominico with Capitol PFG, Curt Below with FM3 Research, and Jeremy Hauser with Team

CivX. After the presentation and Board discussion, Board consensus was to move forward with preparing a resolution ordering a General Obligation Bond Measure to be on the November 2024 ballot to be considered by the Board at the July 25, 2024 Board meeting.

**2. Board of Directors Compensation Comparison Study**

*(General Counsel John Lavra)*

**Recommendation:** Receive comparison study and provide direction.

**Action:** None, item was postponed.

## **ACTION ITEMS**

**1. Adopt Resolution – MIH Program Expansion Grant Award Acceptance**

*(Battalion Chief Scott Perryman)*

**Recommendation:** Adopt Resolution accepting a grant award from the County of Sacramento and delegate authority to the Fire Chief or his designee to execute all required documents to administer the funds awarded. Staff further recommends adopting a Resolution to amend the FY 2024/25 Preliminary Budget for Grant Fund 212G to include the funds awarded.

**Action:** Moved by Director Jones, seconded by Webber, and carried unanimously by members present to adopt **Resolution 2024-100** Accepting a Grant Award from the County of Sacramento Through The FY 2021 State and Local Fiscal Recovery Fund and the Transient Occupancy Tax Community Services Projects Fund.

**Action:** Moved by Director Clark, seconded by Jones, and carried unanimously by members present to adopt **Resolution 2024-101** Adopting a Budget Amendment to the Mid-Year Budget for Grants Fund 212G for the Fiscal Year 2024/25.

## **REPORTS**

**1. PRESIDENT'S REPORT - (President Goold)**

President Goold stated that he has been talking with Chief House and others on looking at a way to integrate our men and women in the military into our recruitment efforts in the future.

**2. FIRE CHIEF'S REPORT — (Chief House)**

Good evening, President Goold, Directors, Colleagues, and Members of the Public.

I want to highlight the exceptional work done by our members during the week of July 4th, especially considering the extreme heat in our area.

- Sacramento Regional Fire/EMS communication center reported to us that the total amount of 911 calls for all of Sacramento on the 4<sup>th</sup> of July 2024 were 45% higher at 1,465 calls, a substantial rise from the 1,011 calls in 2023 our crews did outstanding work. Huge kudos to CRRD and all of our staff.
- In addition, due to our focused efforts and drive on external engagement and relationships over the past year a pre-positioning request that Cal OES supported and funded. This included up-staffing our second helicopter, second dozer, a fully staffed

water tender with two personnel, an additional command officer (B12), and a fully staffed OES Type 3 engine from 0800 on July 1 through 0800 on Monday, July 8.

The resources provided through this preposition were beneficial to our operational area as a whole and had a substantial positive impact on Metro's community specifically.

### **OPERATIONS REPORT – (Deputy Chief Mitchell)**

AC Keeley, B-Shift Commander, gave the Operations report for DC Mitchell and also highlighted the outstanding work done by our members over the July 4<sup>th</sup> holiday and week with excessive temperatures that started on July 1<sup>st</sup>. The resources provided by our relationships with Cal OES were instrumental in us maintaining coverage throughout the City and County during the peak call volume hours of the 4<sup>th</sup> of July. At one point, we had such significant draw down in the region despite the fact that we implemented a new Dispatch level called "Grass Limited" response which sent just one Engine to the report of a grass fire. Typically, a grass fire would get a Battalion Chief and other resources ranging from Type 1 to Type 3 resources based on risk. At one point, he was informed by the communications center that the entire system only had one Type 1 engine remaining. We know July 4<sup>th</sup> is our super bowl week with excessive call volumes and as a District we are nimble and able to adjust. Today we are dealing with a structure fire and 112 degrees and a significant emergency at a mobile home park due to lack of power.

### **ADMINISTRATIVE REPORT – (Deputy Chief Bailey)**

No Report

### **SUPPORT SERVICES REPORT – (Deputy Chief Wagaman)**

No Report

### **3. SMFD – FIREFIGHTERS LOCAL 522 REPORT (Captain Sean Scollard, Local 522 Vice President)**

Captain Scollard introduced Local 522 President Trevor Jamison who came to hear the General Obligation Bond Measure presentation. We need to be able to fix our fire stations so that we can respond to those extremely taxing days like July 4<sup>th</sup>. We are supportive of the measure and we need 100% support from the Board. We have to work together on this. President Goold responded stating that we as a Board are 100% in to seeing this measure be successful. We have to do this to maintain services and it is in the community's best interest. Sean Scollard stated this District is adaptable but Firefighters are not the type to ask for help, we are prideful. We don't want to show the tiles falling off the walls at some of our stations and other living conditions. We must have the resources to support our members.

### **4. COMMITTEE AND DELEGATE REPORTS**

*All Committee Meetings will be held at the Sacramento Metropolitan Fire District Board Room,  
10545 Armstrong Avenue, Mather, California unless otherwise specified.*

#### **A. Executive Committee – (President Goold)**

No Report

**B. Communications Center JPA – (AC Greene)**

No Report

**C. Finance and Audit Committee – (Director Jones)**

No Report

**D. Policy Committee – (Director Saylors)**

No Report

**BOARD MEMBER QUESTIONS AND COMMENTS**

Director Saylors expressed gratitude for all of the positive work the members are doing in the District. We are moving in positive directions improving our members lives'. Stay stay and keep the faith.

Director Webber thanked Jeff Frye and his rock star team for the excellent presentation tonight.

Director Costa thanked everyone for the hard work and great presentation tonight.

Director Jones echoed the sentiments of her fellow Directors and that she feels that we have had a plate tectonic shift to a super positive future.

Director Goold was made aware that a law enforcement officer lost his life today in the City of Vacaville and I would like to close tonight with our thoughts and prayers for his family and that agency. A moment of silence was observed for fallen Officer Matthew Bowen.

To view the video of the meeting, please visit the Metro Fire Website or our YouTube channel:

<https://metrofire.ca.gov/2024-07-11-board-meeting>

[https://www.youtube.com/channel/UC9t-uKlc\\_oOUGNrmogdQ\\_QA](https://www.youtube.com/channel/UC9t-uKlc_oOUGNrmogdQ_QA)

**ADJOURNMENT**

The meeting was adjourned at 8:34 p.m.

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Grant Goold, President

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Jennifer Sheetz, Secretary

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Marni Rittburg, CMC, Board Clerk



ADAM A. HOUSE  
*Fire Chief*

# Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200 • Mather, CA 95655 • Phone (916) 859-4300 • Fax (916) 859-3702

**DATE:** August 8, 2024

**TO:** Board of Directors

**SUBJECT:** Purchase Approval – Purchase of Fire-Dex TECGEN51 Single-Layer Garments From Municipal Emergency Services for Metro Medic Program

## TOPIC

Staff requests Board approval for the purchase of Fire-Dex TECGEN51 garments from Municipal Emergency Services, Inc. (MES) using Sourcewell agreement #010424-MES. These garments would be issued to all Metro Medic Program (MMP) members as well as establish a stock of garments during the 24-25 fiscal year.

## BACKGROUND

The single-layer TECGEN51 garments are the front-line Personal Protective Equipment (PPE) for MMP members, and are dual-certified to NFPA 1951 and 1977. This will be the third order of TECGEN51 garments. With this purchase, the Safety Division's goal of having two sets of garments issued to each member, in addition to having a stock of replacement garments, will be fulfilled.

## DISCUSSION

The Safety division identified the need for a specifically designed garment to protect the members of the MMP program. The Safety division, in collaboration with the Emergency Medical Services (EMS) and PPE teams, worked to develop an EMS garment that provided protection while still looking professional and not increasing the risk for heat injuries. The PPE team reviewed products from fabric and garment manufacturers and conducted a wear-test, where garments from two of the garment manufacturers were tested in the field. The TECGEN51 garments from Fire-Dex proved to best meet the needs of the District. During fiscal year 23-24, the initial purchase of those garments was placed and the orders have begun to be delivered.

This requested order will fully build out the MMP PPE program by providing MMP members with two sets of single-layer, dual-rated gear along with stock for replacements.

Sourcewell cooperative agreement #010424-MES will be utilized to purchase these garments. Sourcewell is a State of Minnesota local government unit and service cooperative that facilitates competitive public solicitations and contract award processes for the benefit of its 50,000+ participating entities across the United States and Canada. Cooperative purchasing provides participating agencies increased administrative efficiencies and the

power of combined purchasing volume that results in overall cost savings. Purchasing has reviewed the documents from Sourcewell in relation to agreement #010424 and has confirmed the District may utilize this cooperative agreement.

### FISCAL IMPACT

The proposed cost for the MMP single-layer, dual-rated PPE is \$129,709.46. This cost is included in the District FY 2024/2025 Final Budget.

### RECOMMENDATION

Staff Recommends that the Board authorize the Purchase of Fire-Dex TECGEN51 garments from MES using Sourcewell agreement #010424-MES.

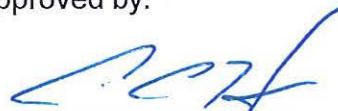
Submitted by:

*Robert Sestito*

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Robert Sestito  
Safety Specialist

Approved by:



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Adam A. House  
Fire Chief



ADAM A. HOUSE  
Fire Chief

## Sacramento Metropolitan Fire District

10545 Armstrong Ave. Suite 200 • Mather, California 95655 • Phone (916) 859-4300 • Fax (916) 859-3720

**DATE:** August 8, 2024

**TO:** Board of Directors

**SUBJECT:** Purchase Approval - Purchase of Storage Area Network (SAN) from Dell Marketing L.P.

### TOPIC

Staff requests Board approval for the purchase of PowerStore SAN from Dell Marketing L.P. using NASPO ValuePoint master agreement #23026, participating addendum #7-23-70-55-01.

### BACKGROUND

The SAN is used to store data for virtual servers, virtual PCs, email and user data. The District's current SAN will be end of life and end of support in October 2024.

### DISCUSSION

The current SAN is almost end of life and needs to be replaced. This includes the primary SAN and the replication SAN at our Disaster Recovery site. With this purchase, storage capacity will be increased and will provide the District with room for data growth. Dell Marketing L.P. is offering the PowerStore off their cooperative agreement with NASPO ValuePoint. NASPO ValuePoint is a cooperative purchasing program that facilitates public procurement solicitations and agreements using a lead-state model. Cooperative purchasing provides participating agencies increased administrative efficiencies and the power of combined purchasing volume that results in overall cost savings. The State of California Participating Addendum to NASPO ValuePoint's contract #23026 confirms that this contract is available for use by California local governments.

### FISCAL IMPACT

Funding for the SAN is included in this fiscal year.

Provider	Product	Cost
Dell	PowerStore 500T	\$ 167,628.54

### RECOMMENDATION

Staff recommends that the Board of Director's allow the District to procure the SAN from Dell Marketing L.P using the NASPO ValuePoint master agreement #23026, participating addendum #7-23-70-55-01.

Submitted by:

Mathew Roseberry  
Mathew Roseberry,  
Director of Information Technology

Approved by:

  
tybailey (Aug 5, 2024 09:31 PDT)  
Ty Bailey,  
Deputy Chief of Support Services

# PROCLAMATION

## COMMENDING SUPERVISOR SUE FROST

**WHEREAS, THE RIO LINDA ELVERTA RECREATION AND PARK DISTRICT, AND THE SACRAMENTO METROPOLITAN FIRE DISTRICT ARE DEDICATED TO THE PRESERVATION, HISTORIC INTERPRETATION, AND RESTORATION OF THE FIRE SERVICE IN GENERAL; AND**

**WHEREAS, SUPERVISOR SUE FROST HAS CONTRIBUTED TO THE DEVELOPMENT AND HAS GIVEN TIME, ABILITIES, AND RESOURCES FOR THE RESTORATION PROJECT OF RIO LINDA NUMBER TWO (2), A 1927 AMERICAN LA FRANCE TYPE 91 500 GALLON-A-MINUTE FIRE ENGINE PUMPER; AND**

**WHEREAS, SUPERVISOR SUE FROST HAS EXHIBITED EXEMPLARY LEADERSHIP, ENERGY, INITIATIVE, AND CONCERN FOR THE RESTORATION PROJECT OF RIO LINDA NUMBER TWO (2) AND THE COMMUNITY; AND**

**WHEREAS, SUPERVISOR SUE FROST HAS PLAYED A PIVOTAL ROLE IN THE COMMUNITIES WITHIN SACRAMENTO METROPOLITAN FIRE DISTRICT AND RIO LINDA ELVERTA RECREATION AND PARK DISTRICTS LONG-TERM PROJECT, RESTORATION PROJECT OF RIO LINDA'S SECOND (2<sup>ND</sup>) FIRE ENGINE; AND**

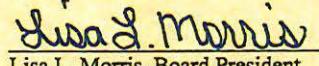
**NOW, THEREFORE, BE IT RESOLVED THAT THE SACRAMENTO METROPOLITAN FIRE DISTRICT AND THE RIO LINDA ELVERTA RECREATION AND PARK DISTRICT EXPRESS ITS HIGHEST RESPECT, DEEPEST APPRECIATION, AND SINCEREST THANKS TO SUPERVISOR SUE FROST FOR HER MANY YEARS OF TOTAL DEDICATION, DEEPEST COMMITMENT, AND SKILLED PERFORMANCE TO THE RESTORATION PROJECT OF RIO LINDA'S SECOND (2<sup>ND</sup>) FIRE ENGINE NUMBER TWO (2), AND SACRAMENTO METROPOLITAN FIRE DISTRICT AND OLD STATION 111.**

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Grant B. Goold, Board President  
Sac Metro Fire District

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Adam A. House, Fire Chief  
Sac Metro Fire District

  
Lisa L. Morris, Board President  
RLE Recreation and Park District

  
Mike Heller, General Manager  
RLE Recreation and Park District

  
Roger Mitchell, Restoration Project Manager



HEALTH & SAFETY



# FIRE CHIEF PRIORITIES

- MEMBER HEALTH AND WELLNESS
- Service Delivery
- Enhance Revenues and Financial Planning
- Culture
- External Engagement

# Health & Wellness

- Wellness Exams
- Body Scans
- Esophageal Screening
- Cancer Skin Testing
- Cardiac Blood Test
- Firehouse Exercise Equipment
- Peer Support
- Physical Therapy/Rehab/Injury Prevention



# SAFETY

- PPE Procurement
- Decontamination Bags
- Battalion Based Cleaning
- Preliminary Exposure Reduction (PER)
- Cleaner Cab Concept
- Decon 110
- Cancer Task Force

# HEALTH & SAFETY DIVISION

- Why
  - Morale Builder
  - Increased Visibility
  - Enhanced Collaboration
  - Economy of Effort
  - Promote External Engagement
  - Carry the Torch

# HEALTH & SAFETY DIVISION

- Mission
  - Provide service and guidance to promote optimal health, safety, environment, and equipment for all members and their families.

# PHASED APPROACH

- Phase 1
  - Create Health & Safety Division
  - Visit Successful Firefighter Wellness Centers/Programs
    - Off work comp faster
    - Injury Prevention
    - Early cancer detection rates
    - Cost savings
  - Coordinate Efforts With 522
  - Identify Gaps In Member Services
  - Determine Initial Goals and Objectives

# PHASED APPROACH

- Phase 2
  - Testing/Screening Research
  - Incorporate Demographic Data
  - Determine Member Schedule of Services
  - Bolster Peer Support Services
  - Enhance Physical Therapy Services
  - Funding Opportunities

# PHASED APPROACH

- Phase 3
  - Heart of the Division's Efforts
  - Implementation of Services
  - Develop Metrics/Database for Effectiveness
  - Continuous Research/Improvement

# PHASED APPROACH

- Phase 4
  - Metro Fire Health & Wellness Center
    - First of its Kind in the Region
    - Specialized Care In One Location
    - Health Care Staff
    - Expanded Professional Development Path
    - Explore Regional Opportunities

# OVERALL OBJECTIVE

To build a Health and Wellness Center for our members and their families. A place where they can go to start or get specialized care. To provide mental health through clinicians, physical therapy by a therapist, cancer screening by a provider and others treatments as needed.



METRO FIRE CANCER  
TASK FORCE

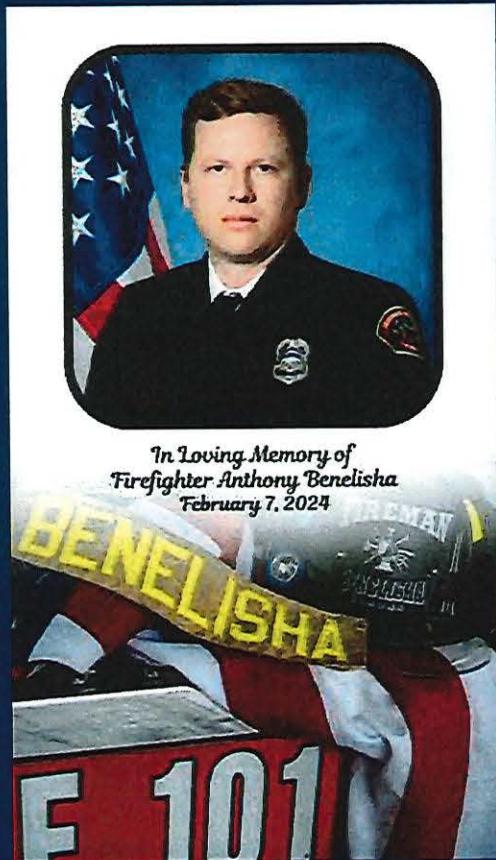


# Metro Fire Cancer Task Force



**METRO  
FIRE**  
SACRAMENTO

# WHY?



**METRO**  
**FIRE**  
SACRAMENTO

# PURPOSE

To strengthen our fight against cancer by establishing a collaborative environment which will enhance our unity of effort, keep the membership informed and create agreed upon goals.



# MISSION

To empower Metro Fire members and its leadership to stay ahead of cancer through awareness, prevention and early detection while providing compassionate support to those diagnosed.





# FUNCTIONAL BRANCHES

- Education and Awareness
- Prevention
- Early Detection
- External Engagement
- Member Care

# EDUCATION & AWARENESS

- Task Force Quarterly Newsletter
- 360 Best Practices
- Vector Solutions
- Academy/Probation/Promotional Focus
- Member Ambassadors
- Member Exposure Reporting

# PREVENTION

- Preliminary Exposure Reduction (PER) Program
- Cleaner Cab Enhancement
- Increased Research
- Decon 110
- Safety Facility Exposure Reduction
- Best Practices

# EARLY DETECTION

- Member Baseline Database
- Member Cancer Tracking
- Establish Cancer Demographics
- Screening
  - Body Scans
  - Blood Marker Testing
  - Esophageal Screening
  - Skin Testing

# EXTERNAL ENGAGEMENT

- Neighboring Agency Liaison
- Firescope Cancer Subcommittee
- Seek Partnerships/Training
- Conference/Symposium Attendance

# MEMBER CARE

- Liaison For Diagnosed Members
- Help Diagnosed Members Navigate Work Comp/Health Care System
  - Create Best Practices/Tool Box
  - Establish Lessons Learned
  - Encourage Testimonials
- Coordinate with Sunshine Committee

# TASK FORCE UPDATE

- Task Force Established on May 1st
- Member Presentation Week of May 20th
- Member Survey Completed on July 24<sup>th</sup>
- Over 20 Members Participating
- Determine Initial Goals and Objectives

QUESTIONS?

**METRO**  
**FIRE**  
SACRAMENTO



# Health and Wellness Program

**METRO**  
**FIRE**  
SACRAMENTO

# Health and Wellness Program

## Scope

- Manage the Health and Wellness Program Policy
- Manage the IIPP Policy
- Oversee 43 fitness facilities
- Provide Relative Health/Wellness info to the Membership
- Manage our Wellness Physicals Program

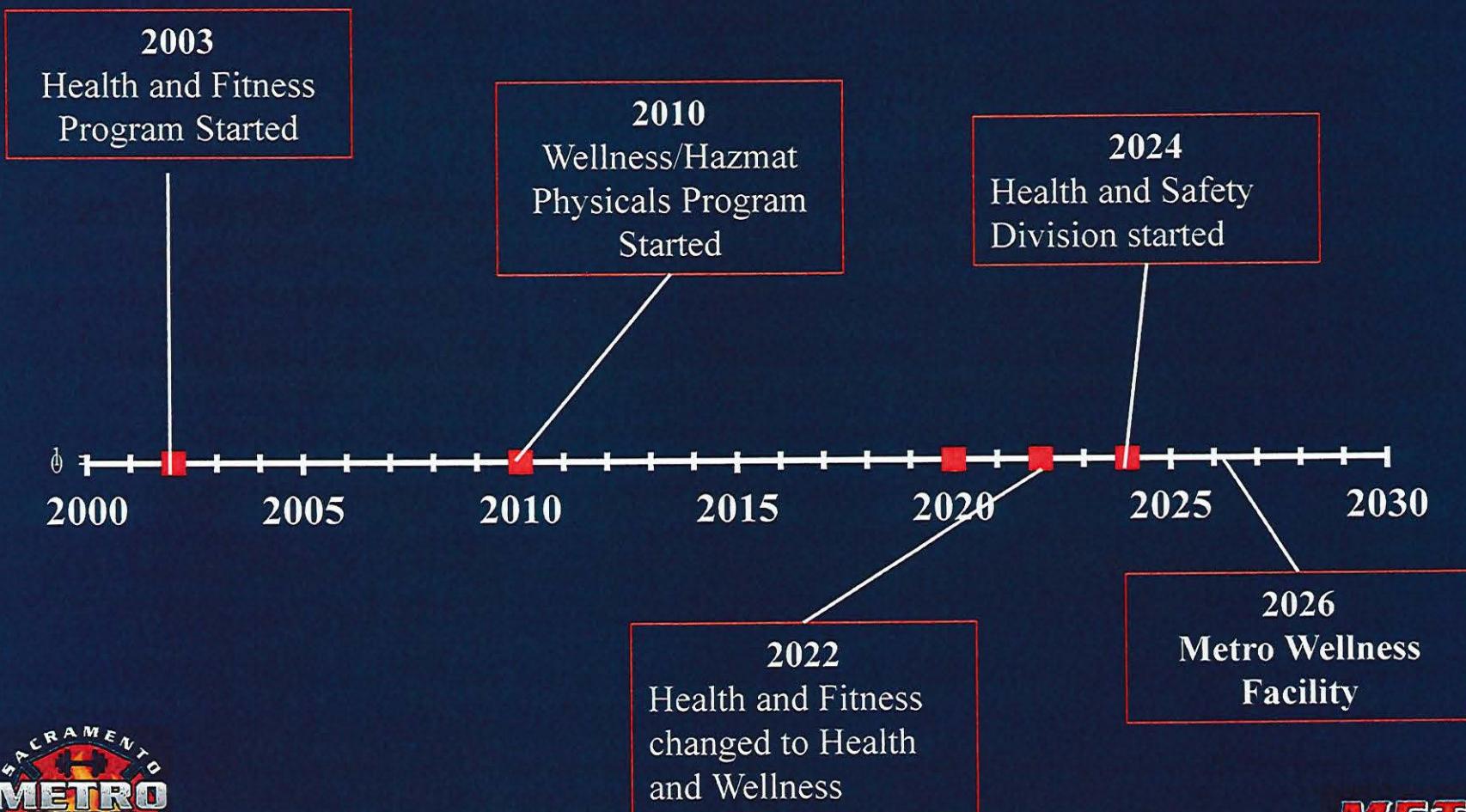


# Health and Wellness Program History

- Where we came from
- Where we are now
- Where we are going



# Health and Wellness Timeline



# Health and Wellness Today

- Academy PT
- Kaiser Physicals
- Physical Therapy
- Theta Wellness
- Assist WC process
- Health Screenings
- Mastermind Group



# Wellness Physicals

- Kaiser Occupational Medicine
  - Meets NFPA standards
  - Provides Fit for Duty feedback to the District
  - Offered every 1,2 or 3 years depending on age
  - 4 locations (Roseville, Folsom, Sacramento South Sac)
  - 3 hr appointments
  - 1-3 engines out of service



# Health and Wellness Future

- Physicals that meet the demands of the job
  - Bring together all screenings into one enhanced physical
- Provide Station Rehabilitation Modalities
  - Saunas, Cold baths, etc.
  - Sleep Enhancement techniques



# Health And Wellness Future

- Provide more Holistic Options for Recovery
  - Nutritional Education
    - Station, Home, Hospital
    - Shift nutrition
  - Sleep Education
    - Home, Work
  - Mental Health Recovery Options
    - Hydrogen Therapy, PNF pads, Binaural tones



QUESTIONS?

**METRO**  
**FIRE**  
SACRAMENTO



## Sacramento Metropolitan Fire District

10545 Armstrong Avenue • Mather, California 95655 • Phone (916) 859-4300 • Fax (916) 859-3720

ADAM A. HOUSE  
*Fire Chief*

**DATE:** August 8, 2024

**TO:** Board of Directors

**SUBJECT:** Disclosure of material expenditure – Excess General Liability Insurance – Vantage Risk Specialty Insurance Company for \$284,776 and Westchester Surplus Lines Insurance Company for \$199,137

### TOPIC

Disclosure of material expenditure to purchase Excess General Liability Insurance for the fiscal year ending June 30, 2025.

### SUMMARY

The expenditure will be payable to both Vantage Risk Specialty Insurance Company for \$284,776 and Westchester Surplus Lines Insurance Company for \$199,137.

### DISCUSSION

USI Insurance Services provided the District's insurance brokerage services this year and managed the marketing of the District's Excess General Liability Insurance. This type of coverage provides the District additional insurance coverage in the event of a catastrophic loss in excess of our general liability insurance retention. Several carriers were contacted during marketing to provide a quote for the District's Excess General Liability Insurance including Homesite Insurance Company and HDI Global Insurance Company, who all declined to quote.

Metro Fire's Board of Directors voted in FY23/24 to switch our General Liability Insurance provider from Special District Risk Management Authority (SDRMA) to Fire Agencies Insurance Risk Authority (FAIRA). The aggregate or total insurance coverage for all agencies under SDRMA was \$50 million, whereas FAIRA is \$10 million. Because of this difference, USI Insurance Services recommended that the District purchase an Excess Policy to mitigate its overall risk should it suffer a catastrophic event in the future.

The two companies which provided the District with quotes were Vantage Risk Specialty Insurance Company and Westchester Surplus Lines Insurance Company. Each of these companies will provide the District with a self-insured retention of \$5 million. Vantage Risk Specialty Insurance Company will be the District's primary provider and in the event that this insurance were exhausted, the secondary coverage with Westchester Surplus Lines Insurance Company would be utilized. Neither company was able to provide the full \$10 million recommendation as a standalone policy which is why both companies are being recommended to carry the District's Excess General Liability Insurance needs.

## FISCAL IMPACT

The fiscal impact is \$483,913. Funds sufficient to meet this obligation are budgeted in the Preliminary Budget for 2024/2025.

## RECOMMENDATION

Staff recommends that the Board of Directors authorize payment of \$284,776 to Vantage Risk Specialty Insurance Company and \$199,137 to Westchester Surplus Lines Insurance Company for Excess General Liability Insurance.

Submitted by:

  
ty bailey (Aug 2, 2024 09:58 PDT)  
Ty Bailey  
Deputy Chief, Administration

Approved by:

  
Adam House (Aug 2, 2024 10:02 PDT)  
Adam A. House  
Fire Chief



# Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200 • Mather, CA 95655 • Phone (916) 859-4300 • Fax (916) 859-3702

ADAM A. HOUSE  
Fire Chief

**DATE:** August 8, 2024

**TO:** Board of Directors

**SUBJECT:** Contract Award Recommendation – Rapid Intervention Injury Management and Navigation Services

## TOPIC

Request to approve a contract award to Ready Rebound, Inc. to provide rapid intervention injury management and navigation services to Sacramento Metropolitan Fire District (District) employees, immediate family members of current employees, and retirees of the District.

## BACKGROUND

The District encounters numerous and frequent on-the-job injuries and ensuring injured members receive timely treatment is essential to maintain District operations and member wellness. In an effort to hasten injured employees' recovery and safe return to work in addition to reduce the District's workers' compensation related expenses, the District sought to find a firm capable of providing a service where injured members could receive assistance navigating the healthcare process. As they usher individuals through the process, this firm would be expected to aid in scheduling appointments with doctors, diagnostic testing services, physical therapy, and other medical needs with the goal of eliminating unnecessary appointments, reducing time to receive definitive care, and reducing time between appointments. The firm would also be required to work directly and collaboratively with the District's workers' compensation process, as well as injured individuals' insurance providers.

## DISCUSSION

On July 11, 2024, staff issued Request for Proposals (RFP) 24-04 to solicit proposals from qualified firms to provide rapid intervention injury management and navigation services. The RFP notification was posted on the District's website, e-procurement portal (OpenGov), and PublicPurchase. Submissions were due July 23, 2024. The District received one response. This response was submitted by Ready Rebound, Inc. Their proposal was deemed responsive and was provided to an evaluation committee comprised of three Metro Fire employees for review. The proposal was reviewed individually by each committee member using the following criteria:

- Qualifications and Experience with Providing Services of Similar Size, Scope, and Complexity
- Program Understanding & Methodology
- Past Performance
- Conformance to Specified RFP Format
- Fee Proposal

Once each evaluation committee member completed their evaluation of the proposal, the committee and Purchasing met to discuss their scores. Based upon the scores, the evaluation committee unanimously agreed to recommend Ready Rebound, Inc. for contract award.

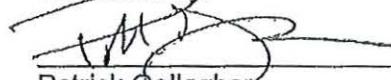
#### FISCAL IMPACT

The term of the contract is for one year with the option to extend for up to two additional 12-month periods. The cost of the proposed services is based upon a rate of \$399 per active sworn member, with the first year of service estimated at \$248,179.00. This pricing remains the same if extended for a second year and third year. If approved, funding will be added to the District's FY 2024/25 Final Budget.

#### RECOMMENDATION

Staff recommends the Board adopt a resolution to approve a contract award to Ready Rebound Inc. and authorize the Fire Chief or his designee to execute and administer an agreement materially similar to the attached agreement.

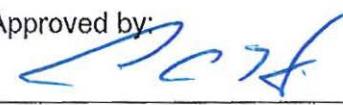
Submitted by:



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Patrick Gallagher  
Health & Wellness Program Manager

Approved by:



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Adam House  
Fire Chief

#### ATTACHMENTS:

Attachment 1: Sample Professional Services Agreement

Attachment 2: Resolution – Contract Award – Ready Rebound, Inc.



# Sacramento Metropolitan Fire District

10545 Armstrong Ave., Suite 200, Mather, CA Phone (916) 859-4300 Fax (916) 859-3700

ADAM A. HOUSE  
Fire Chief

## RESOLUTION NO. 2024-XXX

### A RESOLUTION OF THE SACRAMENTO METROPOLITAN FIRE DISTRICT APPROVING A CONTRACT AWARD FOR RAPID INTERVENTION INJURY MANAGEMENT AND NAVIGATION SERVICES

**WHEREAS**, the Sacramento Metropolitan Fire District ("District") is a political subdivision of the State of California ("State") and is duly organized and existing pursuant to the State constitution and laws; and

**WHEREAS**, the District encounters numerous and frequent on-the-job injuries; and

**WHEREAS**, the District has determined that retaining the services of a firm to assist in navigating the healthcare process will hasten employees' safe return to work and reduce workers' compensation related expenses; and

**WHEREAS**, the District issued Request for Proposals (RFP) 24-04 on July 11, 2024 to solicit proposals from qualified firms to provide rapid intervention injury management and navigation services; and

**WHEREAS**, the District received one proposal which was evaluated based upon the criteria outlined in RFP 24-04; and

**WHEREAS**, the District desires to award a contract for the performance of these services to Ready Rebound, Inc. following an RFP process conducted in accordance with the District's Purchasing and Contracting Policy.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Directors of the Sacramento Metropolitan Fire District, does hereby approve a contract award to Ready Rebound, Inc. and authorize the Fire Chief or his designee to execute and administer a professional services agreement materially similar to the proposed agreement.

**PASSED, APPROVED AND ADOPTED** this 8th day of August, 2024. I, MARNI RITTBURG, BOARD CLERK OF SACRAMENTO METROPOLITAN FIRE DISTRICT HEREBY CERTIFY the foregoing Resolution was introduced and passed at a regular meeting of the Sacramento Metropolitan Fire District Board by the following roll call vote:

**AYES:**

**NOES:**

**ABSENT:**

**ABSTAIN:**

**SACRAMENTO METROPOLITAN FIRE DISTRICT**

By: \_\_\_\_\_  
President, Board of Directors

**ATTEST:**

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Marni J. Rittburg, CMC, CPMC  
Clerk of the Board



# Metro Fire

## Calendar Year 2023 Injuries

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- 123 Orthopedic Injuries
- 8 Cancer Claims
- 3 Cardiac Claims
- Of the 123 Orthopedic Injuries - 32 were surgical cases

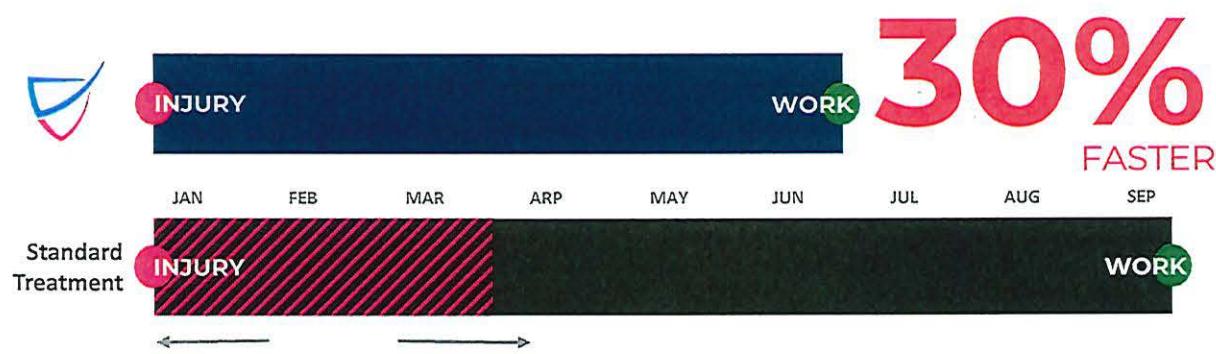


# Ready Rebound Healthcare Navigation

- Pro athletes get specialized, high-level, quality orthopedic care. We believe the same early injury detection & expedited, quality care should be available to Metro Fire.



## Rapid Intervention Injury Management & Navigation



### How:

- Personal Care Navigation – Licensed ATCs on call 24/7/365
- Immediate Access – Specialist appointments
- Speed to Diagnosis - The goal is 72 hours

Ready Rebound

## 2023 Average Times to Scheduled Appointment



Type of appointment is dependent on treatment plan



**1.12** DAYS

INITIAL



**1.05** DAYS

IMAGING



**7.03** DAYS

COMPENSABLE SURGERY

\*\*These appointment times exclude member driven delays

# Who is Covered?

MEMBER INJURIES	PROFESSIONAL STAFF
RETIRED MEMBERS	FAMILY MEMBERS

\*Covers both on and off-duty injuries



# Ready Rebound

## Benefit: Pricing & Budget Savings

Annual Cost				Breakeven Example (Fire) - Shifts/Cases					
Entity	# Sworn	\$ per Member	Cost Per Year	Avg Days to Schedule		Shifts Saved			
				Sac Metro Fire	Ready Rebound	Days Saved	Weeks Saved	Shifts Saved	Shifts Saved
Fire	622	\$399.00	\$248,178	Initial	7	1	6	0.9	1.7
				Imaging	7	1	6	0.9	1.7
				Surgery	30	7	23	3.3	6.6
Total	622	\$399.00	\$248,178				Fire Cost/Hr	\$80.62	11.0
							\$/Shift	\$1,934.88	\$21,284
							# Shifts		128.3
							# Cases		11.7

## Pilot Programs & Future Services

### Cardiology & Oncology

- Ready Rebound's Navigation Services extends 24/7/365 concierge recovery navigation to cardiac/oncology risk
- When a member discovers risk factors, one call to the navigation line will ensure they see a specialist in days, not weeks or months
  - This addresses one of the leading causes of catastrophic injuries, rising health costs, and missed shifts

\*Sac Metro Fire will be first in market for California

