



## Occupational Health and Physical Fitness of Tactical Population

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### Message from the Guest Editors

Tactical athletes (e.g., law enforcement, military, firefighters) perform some of the most physically demanding jobs in our society and require an appropriate level of fitness as well as specific technical and tactical skills to achieve short- and long-term objectives and eliminate various threats. Although these professions have unique job duties and workplace exposures, tactical athletes have many things in common. A tactical athlete's occupation requires them to be physically prepared for the unknown in order to protect the public. These physically demanding occupational tasks performed by tactical personnel require a high level of cardiovascular fitness as well as muscular strength and endurance. Poor performance in these areas increases the risk of injury and can result in mission failure, loss of life, or an offender evading apprehension. Efforts should be made to base health and fitness assessments on occupational demands unique to both the environment and the requirements of each individual tactical unit.

