



West Kelowna Fire Rescue Physical Fitness Test Doctor Consent Form



Applicant Full Legal Name: _____ **Date:** _____

The applicant shall have the following written authorization from their physician to undertake the following fitness tests (which will not necessarily occur in the order they appear on this form).

This form must be completed, signed and submitted to participate in the physical testing.

All applications will be reviewed by the Human Resources Department and West Kelowna Fire Rescue to ensure accuracy and validity. Testing will be conducted as set out below. Final instructions for all events will be issued at the time of the testing.

Testing will be completed as follows:

Job Related Physical Performance Test Requirements

FIREFIGHTER SKILLS

The following areas are key activities that firefighters may be called on to perform in a normal shift. Read over each of the tests and ensure you are familiar with each evolution.

Ladder Climb – Timed for Data – THIS EVOLUTION SIMULATES WORKING ON A LADDER AND TESTS ABILITY TO FUNCTION IN SITUATIONS INVOLVING HEIGHT.

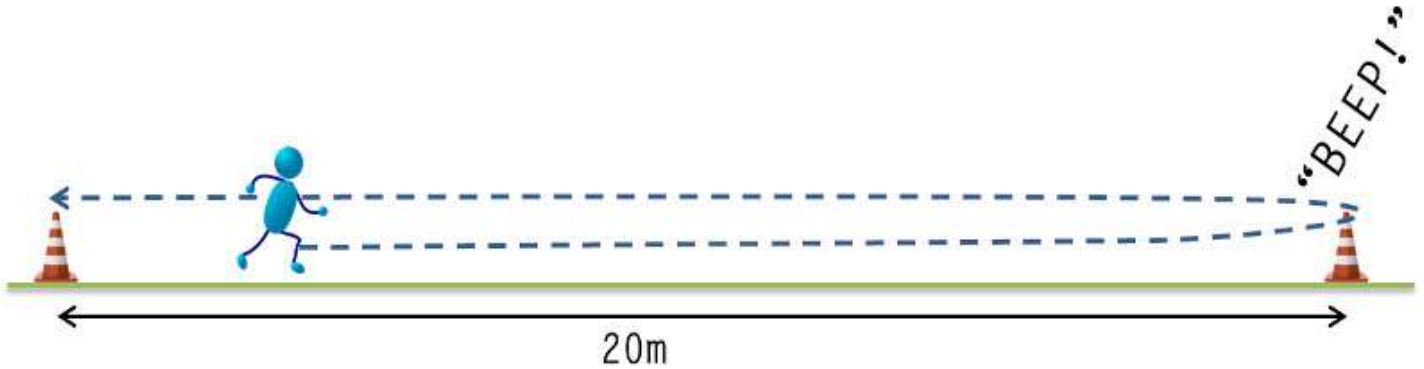
Wearing a turnout coat with SCBA, you must climb the ladder (which is extended and unsupported) to a height of one hundred (100) feet and seventy (70) degrees, touch the top rung and then return to the bottom. Harness and safety rope will be worn for this event. Candidates must not stop during this evolution.

Tunnel Crawl – Timed for Data – THIS EVOLUTION SIMULATES WORKING IN A CONFINED SPACE AREA.

Wearing a turnout coat with SCBA, you will crawl through a tunnel approximately 40' in length. Once you reach the end, you will turn around and crawl back 40' to the beginning.

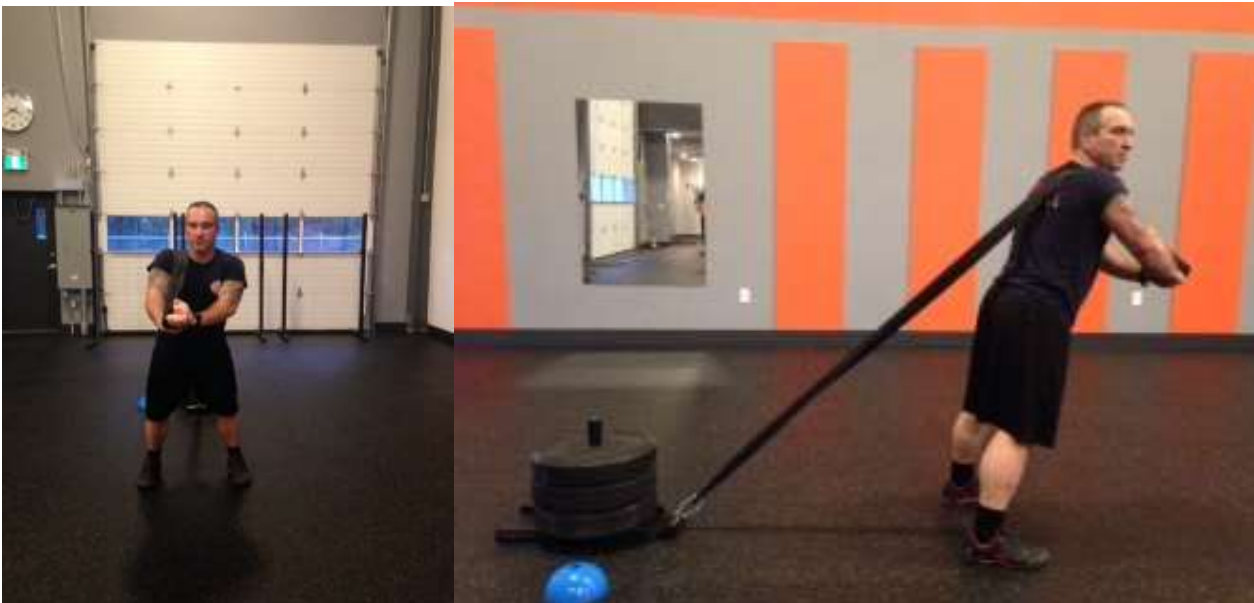
Beep Test –Timed – THIS EVOLUTION HELPS DETERMINE CARDIOVASCULAR FITNESS.

Over the course of the test, you will progress up through various levels (lasting just over a minute each), with the beeps getting faster at each new level reached. At the point where you fail to reach the line before the beep, this becomes your highest score and the test is over.



Hose Drag – Not Timed – THIS EVOLUTION SIMULATES DRAGGING A CHARGED WORKING LINE AT A LARGE FIRE FROM POSITION TO POSITION.

You will pull a sled 20 m with 140 lbs. simulating pulling a 150 ft. 2 ½” fire hose filled with water. See photograph below.



Dummy Drag – Not Timed – THIS EVOLUTION SIMULATES RESCUING AN INCAPACITATED PERSON.

You will pull a sled 20 m with 155 lbs. while carrying a 20 lb. medicine ball, simulating a 175 lb. rescue dummy. See photograph below.



I hereby confirm that I have examined this Applicant and have considered their medical history and have identified no medical or other reasons why this Applicant should not be capable of safely participating in the activities detailed in this form (regardless of order) and I hereby authorize _____ to participate in this job related physical fitness assessment.

Applicant Name

Physician's Full Name (Please Print)

Date

Physician's Signature

Date

Applicant's Full Legal Name (Please Print)

Date

Applicant's Signature

Date

DOCTORS OFFICE STAMP REQUIRED BELOW:

