FIREFIGHTER APPLICANT PHYSICAL FITNESS EVALUATION

MEDICAL CLEARANCE FOR TESTING

Applicant name: _____

The Saskatoon Fire Department Physical Abilities Test (SFD-PAT) is a job-related physical test designed to simulate actual fire ground and rescue operations. The SFD- PAT **evaluates physical work capacities of healthy, physically active applicants at maximal effort**. All of the tests are completed while wearing firefighting personal protective equipment (PPE) that weights approximately 22kg (50 lb). This ensemble includes: helmet, flash-hood, gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). The applicant is not required to breathe from the SCBA, but must carry it. For safety during the treadmill test, running shoes are substituted for firefighting boots. The tests are administered by the University of Saskatchewan - Human Performance Center and **will not be medically supervised**. Recruit medical baselines will be administered twice (pre/post-test) to monitor the health of the recruits. Heart rate monitors are required to be worn throughout the test as an added precaution.

SFD-PAT Testing will take place at #8 Station (207 Slimmon Road) and will involve seven separate events, which are described below.

JOB-RELATED PERFORMANCE TESTS

Prior to completing the job-related tests, the applicant will complete a "walk-through" session where they are allowed to practice each of the tasks. This takes approximately 20 minutes and serves to familiarize the applicant with testing procedures and provides a suitable warm-up for the demanding tests that follow. Recruits are required to successfully complete each test event in the required time limit. There is a 1 minute transition time between each event, excluding the treadmill section – this event allows for an additional 5 minute recovery period plus the 1 minute transition time. Applicants are not permitted to leave the testing area or to remove the PPE during the rest periods.

1. **75ft Aerial ladder climb - 180 second max time limit:** The applicant climbs a fully extended 75ft ladder at a 60 degree incline. A modified coupling will be placed at the top of the ladder for the applicant to attach their harness to. The recruit will unhook the safety and descend the ladder as quickly as possible. This test assesses muscle strength, endurance, and anaerobic capacity.
2. **Treadmill aerobic endurance test – 22 minute max time limit:** Aerobic fitness will be measured during a progressive, incremental exercise test to exhaustion on a treadmill. After a standardized 5-minute warm up, the participants will walk at 3.5mph with the treadmill grade increasing every 2-3 minutes. Heart rate is monitored continuously with a telemetry system. Regardless of the fitness level of the individual, the test normally involves maximal effort and is terminated when the person is too fatigued to continue to exercise. Combined with the exercise stress, the weight and heat retention properties of the PPE will result in a significant level of fatigue.
3. **Ventilation (Kaiser Machine) – 80 second max time limit:** Using a sledge hammer, the recruit will repeatedly strike a weighted steel block with a 3.6kg (8lbs) sledge hammer and move the block 1.2m (4ft) within the track. The test ends when the applicant has moved the target surface the required distance. This test assesses muscle strength, power and endurance, particularly in the upper body.

4. **Charged hose line advanced (weighted sled) – 15 second max time limit:** Using a fire hose that is attached to the weighted sled (180lbs / 81kg load), the recruit will loop the modified hose over their shoulder and drag the weighted sled in a straight line for 14m (45ft). The nozzle is held over the shoulder and the applicant advances to the finish line as quickly as possible. The test assesses lower body strength and anaerobic power.
5. **Rope pull – 180 second max time limit:** Applicants shoulder the single 50' roll of 2½" (65mm) hose and carry the high-rise kit to the top of the hose tower. The recruit will locate the rope and begin to raise the hose roll using a hand over hand method to pull the rope. The recruit must then safely lower the hose roll back to ground level in a controlled manner back in start position at base of stairs to stop thetimer. This test assesses lower body strength, upper body coordination, and endurance.
6. **150ft Rescue Dummy Drag – 75 second max time limit:** The applicant will drag a 154lb rescue dummy over 3 lengths of 50ft.The test starts with the mannequin lying "face-up" on the floor and the applicant standing. The applicant must lift the 154lb dummy, carry over the appropriate length, and safely place the mannequin back on the ground. This test assesses strength, power, and agility.
7. **Extrication – 150 second max time limit:** The applicant will be using both small and large vehicle extraction tools (the "Jaws of Life"). The applicant will remove "cutters" (30lbs) from starting position and place them on a designated tarp 10ft away and will return to the start and repeat the process with the "spreaders" (50lbs). Two hands are required to carry each tool and applicant must remain control and use of good lifting technique of the tools while handling. This test is designed to evaluate the strength required to lift, carry, and use heavy tools in rescue situations.

Is this individual taking any medication that could affect normal physiological responses to exercise?

No _____ Yes _____ If yes, please explain.

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Is there any medical reason that this indicviudal should not undertake very strenous exercise?

No _____ Yes _____ If yes, please explain.

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I certifiy that this applicant has been given a medical examination and is medically fit to undertake the Physical Fitness Evaluation described above.

Physician's name: _____ Date: _____

Address (or stamp): _____

Telephone: _____

Signature: _____