



Canada's Tournament Capital

FIREFIGHTER APPLICANT QUALIFICATIONS AND CHECKLIST

The following are required qualifications for the position of firefighter. Please use this checklist to confirm your qualifications and that you have attached the appropriate documents as required. Missing documentation will eliminate an applicant from further consideration.

Applicant Name: _____ Date: _____

- Canadian Citizen or legal entitlement to work in Canada
- High School graduation or equivalent.
A copy of your high school certificate must be attached to your application.
- Successful completion of an approved firefighter training program, NFPA 1001 Firefighter Level 2 Certificate (with IFSAC or PROBOARD accreditation).
A copy of your certificate must be attached to your application.
- A valid BC Driver's licence, Class 3 and 4, restricted or unrestricted, with air brake endorsement.
A copy must be attached to your application.
- A driving record that demonstrates responsible and safe driving behaviour. A record with more than six points within the previous three years will eliminate an applicant from further consideration.
A driver's abstract from the Motor Vehicle Branch dated within 30 days of the closing date of the competition must be attached.
- Valid WorkSafeBC Occupational First Aid Level III certificate **or** Primary Care Paramedic certificate **or** First Responder Level III certificate or equivalent.
A copy of your certificate must be attached to your application.

The following are qualifications for the position of firefighter, but you DO NOT have to submit the information. You will be asked for it at a later date.

- No conviction for a criminal offence related to the job of a firefighter.
- Far visual acuity. Far visual acuity shall be at least 20/30 binocular corrected with contact lenses or spectacles. Far visual acuity uncorrected shall be at least 20/100 binocular for wearers of hard contacts or spectacles as per NFPA 1582. Successful long-term soft contact lens wearers shall not be subject to the uncorrected criterion.
- Peripheral vision. Visual field performance without correction shall be 140 degrees in the horizontal meridian in each eye as per NFPA 1582.
- Normal, unaided hearing as per NFPA 1582.

Preferred Qualifications

- Work experience related to the job duties of a Firefighter.
Examples: building construction, mechanical experience, driving large or emergency vehicles, fire service including forest firefighting, first aid, nursing, paramedical experience, teaching, or instructional experience).
- Completion of Fire Services related courses (auto extrication, surface water rescue, swift water rescue, high angle/rope rescue, confined space, hazardous materials, aircraft fire crash rescue, incident command, critical incident stress, scuba diving training and certification)
A copy of your certificate must be attached to your application.
- Volunteer experience in the emergency services field (volunteer firefighting, coast guard, search and rescue).
- Community involvement.
- Successful completion of a post-secondary education program (academic, technical, or trades).
A copy of your certificate must be attached to your application.
- A demonstrated commitment to a lifestyle of fitness.

Physical Testing

- Applicants must submit written authorization from his/her physician to undertake the require fitness test. This form must be included with your application

Written Tests

- Applicants must submit a cash payment of \$100 to the testing administrator prior to commencing the written knowledge test.



PHYSICAL FITNESS TEST DOCTOR CONSENT FORM

The candidate shall have the following written authorization from his/her physician to undertake the following fitness test (not necessarily in this order).

This form must be included with your application

APPLICANT TESTING PROCEDURE

Application must be submitted on or before closing date with **ALL** required documentation enclosed.

All applications will be reviewed by the Human Resources Division and Fire Rescue Services to ensure accuracy and validity.

Testing will be completed as follows:

Job Related Swimming Requirements

Kamloops Fire Rescue is required to perform water rescues in the Thompson River and in any lake within city limits. All firefighters may be called upon to respond in one of three rescue boats to perform a rescue.

The applicant must perform the following swimming tests fully clothed and without footwear. Failure to satisfy each swimming requirement will result in immediate elimination from the hiring process.

- ✓ A three (3) minute surface support treading water exercise.
- ✓ A one-hundred (100) metre swim using the front crawl.
- ✓ A twenty-five (25) metre tow with the victim wearing a life jacket.
- ✓ A twenty (20) lb weight recovery from the bottom of the pool (approximately seven (7) feet in depth)

Job Related Physical Performance Test Requirements

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

- **Aerial Ladder Climb** - Not Timed. This evolution simulates manning ladder nozzle and tests the ability to function in situations involving height.

Wearing a turnout coat with SCBA, you must climb the aerial ladder (which is extended and unsupported) to a height of one hundred (100) feet and seventy (70) degrees, touch the top rung, print your name on the clipboard, and then return to the bottom. Safety belt and safety rope will be worn for this event.

- **Hose Carry** - Timed (60 seconds). This evolution simulates a firefighter carrying hose up a high-rise building.

You will lift and carry over your shoulder, a two and one half (2½) inch hose (folded and taped) weighing approximately fifty-five (55) lbs up to the fourth (4th) floor of a tower and set the weight down. Return back to the starting point; pick up the second (2nd) bundle of folded hose, and carry the hose over your shoulder back up to the fourth (4th) floor. You can take one or two steps at a time when going up the stairs, but you must hit every stair on the way down.

Time will start when you cross the start line, which is located twenty-five (25) feet from the training tower, and the time will stop when the second bundle of folded hose is on the fourth (4th) floor.

You will be required to wear a turnout coat, helmet, and SCBA for this event.

- **Ladder Walk** - Not Timed. This evolution simulates an attic search for fire extension, which necessitates walking across ceiling joists.

Wearing a turnout coat with SCBA, you will, without stopping or touching the ground, walk on every rung up the ladder and then back to the starting position. This ladder will be parallel to the ground, one (1) foot high and twenty (20) feet in length.

- **Rope Pull** - Not Timed. This evolution simulates raising and lowering fire equipment during emergencies.

In a hand-over-hand manner, you will hoist and lower a rolled two and one half (2½) inch hose to the top of the fourth (4th) floor of the training tower (weight approximately fifty-five (55) lbs). You will be in a turnout coat with SCBA and gloves. Time will start when the hose comes off the ground. You must pull the rope all the way up to the top of the fourth floor (4th) and then you will lower the hose back to the ground. As soon as the hose touches the ground, you must again raise the hose to the top of the tower. The time will stop when the hose is lifted clear of the ledge. Dropping the hose or letting the rope slip through the hands is not permitted.

- **Tunnel Crawl** - Not Timed. This evolution simulates working in a confined space area.

Wearing a turnout coat with SCBA, you will crawl through a tunnel approximately twenty (20) feet in length. Once you reach the end, you will turn around and crawl back twenty (20) feet to the beginning.

- **Hose Drag** - Timed (20 seconds). This evolution simulates dragging a charged working line at a large fire from position to position.

There will be one hundred and fifty (150) feet of two and one half (2½) inch hose fully extended, attached to a fire truck, and charged with water. Static pressure on this line will be no less than eighty (80) lbs and no greater than one hundred (100) lbs. Wearing a turnout coat with SCBA, you will start at the fire truck and run to the end of the hose where the nozzle is attached. Drag the hose by the nozzle back to the fire truck and across the start line. Nozzle must be laid down and not dropped. Time will start on the word "GO" and stop when the nozzle is laid on the ground.

- **Ladder Lift** - Not Timed. This simulates and emphasizes the importance of replacing equipment in the same position as removed.

Wearing a turnout coat with SCBA you will remove a fourteen (14) foot roof ladder from the fire truck and place the ladder on the ground. The ladder is then returned to the exact position where it was taken off the fire truck.

- **Victim Rescue** - Timed (30 seconds). This simulates rescuing a downed firefighter wearing full turnout gear.

Wearing a turnout coat with SCBA you will drag a victim (approximately one hundred and sixty [160] lbs) for thirty (30) metres. You must drag the victim backwards and go fifteen (15) metres and around a cone and fifteen (15) metres back to the start line. Time will start on the word "GO" and stops when you cross the finish line.

- **Forcible Entry** - Timed (28 seconds). This simulates the critical tasks of using force to open a locked door or opening in a wall.

Wearing a turnout coat with SCBA, you will use a nine (9) lb shot mallet to drive a one hundred and sixty-five (165) lb metal weight a distance of five (5) feet. Time will start on the word "GO" and will stop when the front edge of the weight crosses the end of the sled.

Final instructions for all events will be issued at time of testing.

I hereby authorize _____ to complete this job related physical fitness assessment.

Applicant's Signature

Physician's Signature

Date



**PHYSICAL FITNESS TEST
PHYSICAL PERFORMANCE TEST WAIVER**

This form must be included with your application

IN consideration of the acceptance of my application for the position of firefighter with the City of Kamloops (the "City"), the City's agreement to allow me to participate in the physical fitness testing for the position of firefighter (the "Test"), the amount of \$1 paid to me by the City and other good and valuable consideration, the receipt and sufficiency whereof I hereby acknowledge, I hereby discharge the City and its officers, employees, servants, and agents from any and all actions, causes of actions, claims demands, and liabilities of every nature or kind whether arising at common law or in equity, by contract, by tort or under any statute or otherwise in any way related to or connected with any personal injury or injuries which I may suffer as a result of my participation in the Tests.

FURTHER, I agree that I will perform the Test in accordance with the rules for the Test, a copy of which I agree that I have received, and that I will be solely responsible to ensure that I act and govern myself so as to maintain my own safety during the Test.

THIS waiver contains the entire agreement between myself and the City with regard to the matters described and there are no agreements collateral to this waiver or any representations or warranties other than those herein contained.

THE provisions in this waiver shall inure to the benefit of the City's successors and assigns and shall be binding upon my heirs, executors, administrators, successors, and assigns.

I acknowledge that I have read over and fully understand all of the terms and conditions of this waiver. I acknowledge that I was given sufficient time to review the terms of this waiver and to seek independent legal advice before executing this document.

Name of Applicant (please print)

Signature of Applicant (date signed)

Date



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Job Related Physical Performance Test Requirements

The following nine (9) areas are key characteristics that firefighters may be called on to do in a normal shift. Read over each of the nine (9) tests and ensure you are familiar with each evolution.

Non-timed Events

- Each non-timed event must be successfully completed.
- If an unsuccessful attempt is made, a second attempt will be granted (non-time events only).

Timed Events

- Each timed event must be completed in the allotted time or less.
- A second attempt will not be granted.

- **Aerial Ladder Climb** - Not Timed. This evolution simulates manning ladder nozzle and tests the ability to function in situations involving height.

Wearing a turnout coat with SCBA, you must climb the aerial ladder (which is extended and unsupported) to a height of one hundred (100) feet and seventy (70) degrees, touch the top rung, print your name on the clipboard, and then return to the bottom. Safety belt and safety rope will be worn for this event.

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Final instructions for all events will be issued at time of testing.

Candidates must successfully complete the non-timed events and timed events prior to moving on to the written exams. For the timed events, a Fire Rescue Services average will be established prior to the event.

Written Examinations

Firefighting (Based on IFSTA Essentials - 4th Edition)