

Kamloops Fire Rescue 2021 Firefighter Recruitment

Physical Fitness Test – Physician Consent Form

This form must be included with your application

Firefighting can be one of the most strenuous occupations and can place heavy physical demands on the body. Firefighters need to maintain a high level of physical fitness in order to carry out their duties effectively and efficiently.

The following is presented as a guide for you to know if you will be able to complete the physical testing portion of Kamloops Fire Rescue.

Station 1: Cardiorespiratory Fitness

To assess the candidate's current cardiorespiratory fitness, they will be required to perform the Queens College Step Test, also known as the McArdle Step Test. This test is intended to be a submaximal test in nature and results obtained from the test are used for predictive measures of maximal fitness levels (VO_{2max}).

The duration of the test will last 3 minutes and requires individuals to step up and down on a box of 41.25 cm in height. Step rate for males will be 24 per minute and females will step at a rate of 22 per minute. While performing the test, individuals will follow the cadence of an electronic metronome that will be closely monitored. A 24 per minute cadence means that the complete cycle of step up with one leg, step up with the other, step down with the first leg, and step down with the last leg is performed 24 times in a minute. Each leg movement will coordinate with each beat of the metronome. After 3 minutes, the individual will stop, and a heart rate will be taken and used in the calculation of their cardiorespiratory fitness value (VO_{2max} in mL / Kg / min).

Research has shown that firefighters require an average oxygen consumption of about 34ml/Kg/min (range of 16 – 55 ml/kg/min). Given this knowledge, the benchmark for a pass for the fitness test will be a score of 34ml/kg/min. If the applicant measures 34 ml/kg/min or above (eg. 34 – 97 ml/kg/min) they pass this test. If the applicant scores below 34ml/kg/min (eg. 33.9 ml/kg/min) the applicant will fail this test.

Fail: 0 – 33.9 ml/kg/min

Pass: 34 ml/kg/min, and above.

Station 2: Victim Search & Rescue

The objective of this task is to ensure that the candidate is comfortable with low visibility in an unfamiliar working space as faced by firefighters:

- Wearing a blacked-out facemask, the applicant will search a room for a victim and remove them from that environment;
- The facemask must remain on throughout the task;
- Removing the mask before completing your task will eliminate the candidate from the testing; and
- The time limit for this station is generous, as comfort is more important than speed.

Station 3: Aerial Climb

This is a timed, pass/fail test.

The objective of this task is to ensure that the candidate is comfortable with the heights faced by firefighters:

- The candidate will be asked to climb a 92 foot aerial ladder at full extension and elevation;
- The candidate must maintain 3 points of contact with the ladder throughout the climb; and
- The time limit for this station is generous, as safety is more important than speed. The candidate will be attached to a safety line during the climb.

Station 4: Tower Climb and Hose Roll Raise

This is a two-part station. This is a time limited pass/fail test and must be completed within a prescribed time limit. Failure to successfully accomplish this test within the time limit will result in disqualification from the recruitment process.

Part 1 - Tower Climb

The objective of this task is to simulate equipment deployment in multi-story buildings experienced by firefighters. The Tower Climb will start at the base of the Tower:

- The candidate will pick up a 45.72 metre hose bundle fold of 4.45 centimetre hose. It will be placed on their right shoulder;
- They will grip the handrail with their left hand. It should remain on the rail until they reach the top of each staircase;
- The candidate will climb to the 4th floor landing of the Tower. A foot should land on each step. Steps must not be skipped;
- Reaching the 4th floor landing, the candidate is to drop the hose;
- The Candidate will descend to the starting point without skipping steps. Skipping steps will result in a fail;
- When they reach the starting point, the candidate will repeat the climb; and

- After reaching the top of the Tower the second time, the candidate must drop the hose bundle fold and move to the Hose Roll Raise location.

Part 2 - Hose Roll Raise

The objective of this task is to simulate hoisting equipment by rope to elevated buildings as faced by firefighters.

The candidate will be required to raise a hose roll, weighing approximately 22.7 kilograms to the top floor of the Tower:

- The candidate is to grasp the rope and, in a hand-over-hand fashion, raise the hose roll until it touches the top rail of the guardrail;
- In a controlled fashion, they are to lower the hose roll back to the ground. Letting the roll drop or allowing the rope to "slide" through the fingers is not permitted;
- When the roll is safely on the ground, the candidate is to move back to the hose bundle fold;
- The candidate is to pick up the hose bundle fold onto their left shoulder and grip the handrail with their right hand;
- The candidate will descend to the starting point without skipping steps. Skipping steps will result in a fail; and
- Candidate will drop the hose bundle fold onto the ground.

Station 5: Charged Hose Advance

This is a time limited pass/fail test and must be completed within a prescribed time limit. Failure to successfully accomplish this test within the time limit will result in disqualification from the recruitment process.

The objective of this task is to simulate fire hose operations faced by firefighters. The candidate will fully advance 45.72 metres of charged attack line. The hose line will be flaked out behind the starting line:

- Candidate may grip the line in any fashion;
- When told to begin, they will advance with the line; and
- They must cross the finish line with the nozzle.

Station 6: Storz Roll Carry

This is a time limited pass/fail test and must be completed within a prescribed time limit. Failure to successfully accomplish this test within the time limit will result in disqualification from the recruitment process.

The objective of this task is to simulate post-incident equipment clean-up faced by firefighters. The candidate must lift and carry a 36.29 kilogram secured roll of Storz supply line:

- Lifting the roll from the tailgate of a truck, they will carry it a distance of 7.62 metres, walk around a pylon and walk back to the truck; and
- When they reach the truck, the hose roll is to be returned to the tailgate.

Station 7: 10.67 Metre Ladder Extension

This is a time limited pass/fail test and must be completed within a prescribed time limit. Failure to successfully accomplish this test within the time limit will result in disqualification from the recruitment process.

The objective of this task is to simulate raising a ladder in a vertical manner as faced by firefighters. The task is to fully extend and lower a 10.67 metre ladder in a controlled fashion:

- The halyard cannot be wrapped around the candidate’s hands;
- As on the fire ground, the halyard must be pulled directly towards the base of the ladder;
- Candidate must follow the safety precautions, as instructed by the evaluator;
- The ladder will be considered fully extended only when the dogs have been locked at maximum height;
- Failure to lock the dogs on full extension will result in having to repeat the task;
- The evaluator will check to make sure the dogs are locked and instruct the candidate to bed the sections; and
- Bedding the sections must be done in a controlled fashion. Allowing the sections to fall will result in elimination from the Testing.

Station 8: Lane Swim

This is not a time limited test. Applicants must show they are capable of swimming 100 metres unassisted. Please ensure to bring appropriate swimming apparel for this portion of the testing.

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

You must have your physician review this document, sign and stamp below indicating that they authorize you to complete the physical fitness assessment.

I hereby authorize _____ (applicant’s name) to complete this job related physical fitness assessment.

Applicant's Name (please print)

Applicant’s Signature

Physician's Name (please print)

Physician's Signature

Date