

Kamloops Fire Rescue 2026 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, placing heavy physical demands on the body. Firefighters need to maintain a high level of physical fitness to carry out their duties effectively and efficiently.

The following is a guide to help you determine whether you can complete the physical testing portion of Kamloops Fire Rescue.

20 M AEROBIC SHUTTLE RUN (LEGER TEST)

This test evaluates aerobic fitness. A warm-up is included in the test, and only the final portion may require maximum effort. The objective is to follow the progressively faster pacing over a 20 m course. The shuttle run consists of running back and forth over a 20 m course at progressively faster speeds, with each stage corresponding to a level of aerobic fitness, with a minimum fitness requirement of Stage 7 and an increasing aerobic fitness score (from 1 to 8) awarded when progressing from Stage 6.5 to Stage 10. You will receive a "Meets Standard" rating if you reach stage 7.0, which will require approximately seven minutes of running. The maximum stage is Stage 10.

JOB SIMULATION PERFORMANCE TESTS

There are eight job-related performance tests. The tests are designed to simulate the physical demands of a firefighter's job, which requires both muscular strength and endurance.

1. Claustrophobia (search confined area - pass/fail)

Wearing a blacked-out face piece, you will be guided into and locked in a confined area for a time to be determined by the tester. While you are confined, the tester will instruct you to find a series of washers. You must then call out the correct number to the tester. This test detects fear of confined areas. It is scored on a pass/fail basis and is not timed.

2. Acrophobia (ladder climb- pass/fail)

Wearing a 9.1 kg pack (simulating a self-contained breathing apparatus), you will climb a 12.2 m extension ladder, uncouple and re-couple a mounted hose connection, then climb down the ladder. This test assesses fear of heights (acrophobia) and manual dexterity. Please note that firehalls may also ask you to ascend to the top of a higher firefighting ladder.

Note: During the remaining tests, you will be wearing a 14.5 kg vest/backpack plus 1.8 kg weights on each ankle. These weights approximate the heaviness of the protective clothing and SCBA worn by firefighters. You will be timed when you perform all tests except the search enclosed area and the ladder lift test.

3. Hose carry/stair climb (85 lb. up and down stairs several times - timed for pass)

You will lift and carry over your shoulder a 38.5 kg bundle of hose up and down five flights of stairs (or up and down two floors twice; approximately 50 ft. in height). This test simulates carrying equipment to the staging areas of a high-rise fire. It assesses dynamic balance, muscular strength of the upper body and back, plus muscular endurance and power of the legs.

4. Rope pull (50 lb. up and down several times - timed for pass)

Using a rope, you will hoist and then lower a 22.5 kg weight in a hand-over-hand manner - height of approximately 20 m, one repetition (or two repetitions x 10 m or three repetitions x 6.7 m). This test simulates hoisting firefighting equipment to and from windows or roofs in a six-story building. It assesses manual dexterity, plus the muscular strength and endurance of the upper body and back.

5. Simulated hose advance (135 lb. over 50 ft. - timed for pass)

You will pull a 31.4 kg load, which simulates a charged hose line (a hose line that is ready to discharge water), a distance of 15 m. This test assesses leg power and muscular strength of the upper body.

6. Ladder lift (56 lb. - pass/fail)

You will remove and replace a 25.5 kg ladder from brackets mounted 1.93 m above the floor. This test simulates the demands involved in numerous firefighting activities (i.e. pike poling, removing ladders from aerial beds, etc.) which require working at or above chest/shoulder height. It assesses muscular strength and endurance of the upper body and back.

7. Victim drag (200 lb. over 50 ft. - timed for pass)

You will drag a 91 kg "victim" a distance of 15 m while weaving in and out of traffic cones placed every 3 m. This simulates rescuing a downed firefighter wearing full turn-out gear. It assesses upper body, back, plus lower body muscular strength, agility and dynamic balance.

8. Forced entry (pass/fail)

In this test, you are required to move a heavily weighted tire a distance of 12 in. (30.5 cm), until the tire contacts the wall, by hitting the tire repeatedly with a 10 lb. (4.5 kg) sledgehammer. This task simulates a forced entry through a door or wall and requires upper body strength, upper body endurance, and motor ability. The height of the table is the

height of a door handle and also the height at which a sledgehammer or axe is normally swung during a forced entry. Moving a tire of this weight a distance of 12 in. has been documented to require the same amount of sledgehammer work as breaking through a door or wall. The tester will record the number of hits and the total time taken to complete the task. Timing begins when you first draw the sledgehammer back from the tire and ends when the tire first contacts the wall. Please be aware that the sledgehammer will rebound, so hold onto it tightly during both the hit and rebound.

SWIM TEST

Applicants will be tested on the following swim exercises:

- A five (5) minute surface support treading water exercise
- 150 m swim to a victim and tow for 25 m (victim in a life jacket)
- A 20 lb. weight recovery from the bottom of the pool (7 ft. depth)

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 and 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