FIRE FIGHTER TRAINING &TESTING

Medical Doctor: Please complete the information required below and provide this page to the firefighter at the end of appointment.

Firefighter: Return this form to your supervisor prior to taking either the:
A) Medium Level Pack Test **or;**
B) Canadian Physical Performance Exchange Fitness Standard for Type I Fire Fighters (WFX-FIT) Test.

Firefighter Name: _____

Medium Level Pack Test This test involves wearing a 11.34 kg (25 pound) vest and walking 3.22 km (2 miles) in 30 minutes or less.

____ On the basis of the medical evaluation, this employee should be permitted to proceed with the medium level pack test.

____ Employee **NOT CLEARED** for Medium Level Pack training and Test.

_____ _____
Medical Doctor Signature Date

WFX-FIT This test is a continuous circuit with 4 components to be completed in under 14:30 minutes. The components are:
1. carrying a medium pump (28.5 kg) on the back for 160 m while traversing a 1.22 m high x 35 degree angle ramp every 20 m.
2. carrying a medium pump in the hands 80 m without traversing the ramp.
3. picking up and carrying a hose pack (25.0 kg) on the back for 1 km while traversing the ramp every 20 m and
4. dragging a weighted sled with a required pull force of 18.5 kg for 80 m on level ground to simulate advancing charged hose.

____ On the basis of the medical evaluation this employee should be permitted to proceed with physical fitness training and subsequently, the WFX-FIT Test.

____ Employee **NOT CLEARED** for WFX-FIT Test.

_____ _____
Medical Doctor Signature Date

Medical Doctor Name and Mailing Address (Please Print)