



## FIRE PARAMEDIC CANDIDATE PHYSICAL FITNESS TEST PRE-ASSESSMENT INSTRUCTIONS

### GENERAL INFORMATION:

- Testing takes place Frank Kennedy and Max Bell Centre, University of Manitoba. For access to the change rooms and facilities, please identify yourself as a Winnipeg Fire Service applicant to the Customer Service Desk staff.
- Please arrive changed into you're the appropriate attire approximately 10 minutes prior to your appointment time.
- Frank Kennedy Centre showers and change rooms are available for your use if you choose. Day use lockers are available, but you must **bring your own lock**.
- Please make sure to bring your driver's **license and /or photo ID** to the testing room in order to verify your identity.

### CLOTHING:

- Please bring the following items of clothing with you: shorts, two t-shirts with short sleeves (no sleeveless shirts for hygienic reasons), running shoes, gloves, and sweats. Your t-shirt will be wet from sweat after the treadmill test. You should change into a dry shirt and then put on sweats to keep warm during the 60-minute rest period.
- We have a good selection of firefighting boots, however getting an exact fit may not always be possible. In order to get the best fit, bring several pairs of socks (thin and thick sport socks).

### NUTRITION:

- **Do not** exercise or drink alcoholic beverages at least twelve hours prior to your assessment. In addition, please do not eat, smoke, or drink caffeine beverages at least 2 hours prior to your test.
- You should bring a water bottle or sports drink (eg Gatorade). You may want to eat a **small** snack (eg banana pr Power Bar) during the rest period between the treadmill test and the job-related tests.
- Be careful to practice in advance so that you know how much to eat and drink during 3+ hours of intermittent, extremely strenuous exercise. If you eat or drink too much you will feel sick and do poorly. If you eat too little you will get dehydrated and do poorly.
- Optimal nutrition and hydration strategies tend to be very individual. Work this out for yourself. Don't follow someone else's advice unless you have had the chance to make sure it works for you under the kind of conditions you will experience during these tests.

**PLEASE KEEP THIS INFORMATION SHEET FOR REFERRAL AND CALL US IF YOU HAVE ANY QUESTIONS**

<p><b>Contact information for test specific inquiries:</b></p> <p>Ulla Liljegren Coordinator of Fitness and Lifestyle Services Room 145 Frank Kennedy Centre University of Manitoba Winnipeg, Manitoba R3T 2N2</p> <p>Tel. 1 -204-474-6476 1-800-432-1960 ext. 6476 Fax.1-204-474-7503 <a href="mailto:liljgre@cc.umanitoba.ca">liljgre@cc.umanitoba.ca</a> <a href="http://www.recreationsservices.ca">www.recreationsservices.ca</a></p>	<p><b>Contact information for registration inquiries:</b></p> <p>Customer Service Desk Tel. 1-204- 474-6100 1-800-432-1960 ext.6100 Fax. 1-204-474-7503</p>
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