

## Pre-Assessment Instructions

### Paramedic Physical Fitness Assessment

#### Description

The goal of the General Fitness Assessment is to provide a simple, safe, and standardized approach to assessing the major components of fitness in apparently healthy individuals and to interpret these assessments based on norms and percentiles for Canadians 15 to 69 years of age. The assessment is a strenuous fitness test that measures your capacity to perform essential physical tasks encountered in the field.

The job-related portion simulates a scenario where a Paramedic must carry equipment, perform CPR compressions, and carry and transfer a patient.

Both the General Fitness Assessment and the Job Related tests are completed simultaneously, with no time limit. All tests are either PASS or FAIL.

#### General Information

- Assessments are typically done as part of the application process of the Winnipeg Individuals must be involved in an application process of the Winnipeg Fire Paramedic Service (WFPs) to be tested
- Assessments must be booked a minimum one week prior to the test
- Testing occurs in the Frank Kennedy Centre and Max Bell Centre, University of Manitoba.
- Access to locker rooms and testing facilities will be granted to scheduled applicants by the Customer Service Representatives
- Arrive approximately 10 minutes prior to your scheduled appointment in your appropriate attire
- Daily Use lockers and shower facilities are available. Personal locks are recommended, or combination locks are available for rent at the Customer Service Desk

#### Please adhere to the following guidelines:

- ✓ Avoid a large or heavy meal but do not come with an empty stomach, please eat something light.
- ✓ Abstain from smoking for at least **2 hours**.
- ✓ Abstain from caffeine products for at least **2 hours**.
- ✓ Abstain from using short-acting bronchodilators for at least **2 hours**. (Bring your short acting bronchodilators with you in the event you will need it after the test.)
- ✓ Abstain from alcohol for at least **6 hours**.
- ✓ Abstain from using any stimulants for at least **24 hours** (i.e., products containing ephedrine, pseudoephedrine, ephedra).
- ✓ Abstain from any vigorous exercise within **24 hours**.

#### Please bring:

- Valid driver's license / and or photo ID
- Comfortable clothing (shorts, t-shirt, running shoes)
- Water or sports drink (Gatorade)

#### Registration Inquiries:

Customer Service Representatives  
145 Frank Kennedy Centre  
University of Manitoba  
Winnipeg, MB R3T 2N2  
Phone: (204) 474-6100  
Fax: (204) 474-7503

#### Test Specific Inquiries:

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