

## CANADIAN FORCES FIRE MARSHALL'S FIREFIGHTER PRE-ENTRY FITNESS EVALUATION

### PHYSICIAN'S RELEASE FORM CANADIAN FORCES FIRE MARSHALL'S FIREFIGHTER PRE-ENTRY FITNESS EVALUATION

#### Medical Clearance For Testing

\* THIS FORM IS TO BE COMPLETED BY A MEDICAL PHYSICIAN \*

#### GENERAL DETAILS

The CFFM FPFE is designed so that an applicant can demonstrate that he/she has the minimum ability to perform the physical duties associated with fire paramedic services.

Standards for males and females are the same because the physical duties are the same regardless of gender.

Each test requires a maximal effort. All of the tests are completed while wearing firefighting personal protective equipment (PPE: helmet, flashhood, gloves, pants, boots, jacket and self-contained breathing apparatus – tank only) that weighs approximately 50 pounds. For safety during the treadmill test, running shoes are substituted for firefighting boots. After completing the treadmill test, applicants rest for 60 minutes before starting an orientation to the job-related performance tests. The orientation to the job-related tests consists of a "walk-through" session to practice each of the tasks. This will take approximately 30 minutes and will provide a suitable warm-up for the demanding tests that follow. Each test is followed by a rest period of 3 minutes for recovery and hydration. Applicants are not permitted to leave the testing area or remove any PPE during the rest periods.

The tests are administered by the Recreations Services at the University of Manitoba and are not medically supervised. The test procedures are described briefly below:

#### TEST DETAILS

- 1. Aerobic Endurance:** Aerobic fitness will be measured during a progressive exercise test to near exhaustion on a treadmill. After a standardized 5-minute warm-up, applicants walk at 3.5 mph and 10% grade for 8 minutes. In order to pass the aerobic fitness standard, applicants must complete the 8-min stage at 3.5 mph and 10% grade.
- 2. Equipment Carry/Vehicle Extrication:** This test assesses the strength and endurance required to lift, carry, and use heavy tools in rescue situations and must be completed safely in 225 sec or less. Applicants carry a small (18 kg) and a large (36 kg) vehicle extrication tool (the "Jaws of life") a total distance of 30 m. You will lift and hold the small tool in 3 specific positions, for 30 seconds each, that simulate the work required to remove a vehicle door.
- 3. Charged Hose Advance:** This test assesses lower body strength and power and must be completed safely (walking) in 27 sec or less. Applicants will place the hose over the shoulder and drag a charged (full of water) 44 mm hose (three 15 m lengths) for 30 m.
- 4. Bundle Pull:** This test assesses upper body strength, power, and must be completed safely in 110 sec or less. Applicants will pull a bundle of hose, three times, weighing approximately 56 kg, a distance of 15 m using a 16 mm rope, keeping the feet still.
- 5. Forcible Entry:** This test assesses muscle strength, power, and endurance, particularly in the upper body and must be completed safely in 19 sec or less. Applicants will use a 4 kg "dead blow" sledgehammer to move a forcible entry machine against 1200 psi.
- 6. Victim Rescue:** This test assesses muscle strength and endurance and must be completed safely in 57 sec or less. Applicants drag a mannequin weighing 83 kg a total distance of 30 m; backwards, with a turnaround, in a serpentine weaving course.
- 7. Ladder Climb Test:** This test assesses muscle strength, endurance, and anaerobic capacity and must be completed safely in 97 sec or less. Applicants climb a 24-foot ladder to the 10<sup>th</sup> rung and return to the floor as quickly as possible; repeating five times.

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EVALUATION  
Medical Clearance For Testing**

Applicant Name (please print clearly) \_\_\_\_\_

Is this individual taking any medication that could affect normal physiological responses to exercise?  
(Please circle)      NO      YES If yes, please explain

Is there any medical reason that this individual should not undertake very strenuous exercise?  
(Please circle)      NO      YES If yes, please explain

**I certify that this applicant has been given a medical examination and is medically fit to undertake the  
Canadian Forces Fire Marshall's Firefighter Pre-Entry Fitness Evaluation as described.**

Physician's Name (Please Print) \_\_\_\_\_

Date \_\_\_\_\_

Clinic Address  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Physician's Signature \_\_\_\_\_

Physician or Clinic Stamp

REQUIRED

**Notice Regarding Collection, Use, and Disclosure of Personal Health Information by the University:** This personal health information is being collected under the authority of The University of Manitoba Act. Where you have provided personal health information about a third party, your signature shall be deemed to include a representation on your part that you have the consent of the third party to provide their personal health information to the University of Manitoba. The information you provide will be used by the University for the purposes of determining the applicant's eligibility to complete the Canadian Forces Fire Marshall's Firefighter Pre-Entry Fitness Evaluation. This personal health information will not be used or disclosed for other purposes, unless permitted by The Personal Health Information Act (PHIA). If you have any questions about the collection of this personal health information, contact the Access & Privacy Office (tel. 204-474-9462), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg, MB, R3T 2N2.