
WILDLAND FIREFIGHTER ACADEMY PHYSICAL AGILITY TEST & FIT TEST PHYSICIAN'S RELEASE

1. PACK Test Requirements

Student will complete a PACK test. This test consists of carrying a 45 lb pack and walking 3 miles on a flat track in 45 minutes or less.

2. Wildland Academy Activities:

Student activities involve field work requiring physical performance calling for above-average ability, endurance, and superior condition, including occasional demand for extraordinarily strenuous activities in emergencies, under adverse environmental conditions, and over extended periods of time; requires running, walking, difficult climbing, jumping, twisting, bending, and lifting over 25 pounds; pace of work is typically set by the emergency situation.

3. Fit Test:

Self-contained breathing apparatus will be worn in hazardous conditions while performing arduous physical work. A fit test will be conducted to ensure correct fit.

Student Name: _____

The above-named student is physically fit to participate in the above described test, and I have authorized him/her to participate in the test.

Typed/Printed Name of Physician

Signature of Physician

Address

Date

Phone Number

10/17/03

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The Firefighter I Academy Physical Agility Physician's Release form will be accepted also.