

College of the Siskiyous

Siskiyou Joint Community College District

800 College Avenue

Weed, California 96094

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FIRE FIGHTER I ACADEMY TESTING INFORMATION

Physical Agility Test

DO NOT DRINK CAFFINATED DRINKS (COFFEE, TEA, SODA) BEFORE TESTING AS THESE WILL ELEVATE YOUR BLOOD PRESSURE AND YOU WILL NOT BE ALLOWED TO TEST FOR HEALTH REASONS. YOUR BLOOD PRESSURE WILL BE TAKEN BEFORE AND AFTER TESTING TO DETERMINE RECOVERY TIME AFTER TESTING. BRING A SNACK. TESTING MAY TAKE ALL DAY!

**!!!!!!! This is an extremely physical test !!!!!!!
Get in shape and stay in shape!**

Date: Saturday, October 24, 2009

Time: Testing Begins at 9:00 a.m.

Where: College of the Siskiyous Fire Tower (see map on back)

- Bring:**
- Signed Physician's Release Form **(No Exceptions!!)**
 - Wear comfortable clothes (Long pants, not shorts)
 - Athletic shoes or light hiking boots
(Shoes should have soft rubber traction soles and support around ankles and foot. Avoid smooth-soled court shoes.)
 - You have 6 minutes to complete the test.
 - It is a pass/fail test.

Note: Students must pass the physical agility test conducted by College of the Siskiyous in order to be eligible for Fire 50 - Fire Fighter I Academy.

No other physical agility test score will be accepted.

If you have any questions, please do not hesitate to call Debbie at 530-938-5578.

