



PHYSICAL ENDURANCE TEST

Physical Fitness Standards—Organizational Validation Wildland Firefighter Fitness Testing



This document will verify to the issuing agency, the Nebraska Forest Service, hereafter known as the IQS Agency, that the following individual has successfully completed fitness testing as required for the issuance of an Incident Qualification Card (Red Card) for firefighting on state and federal lands in Nebraska or throughout the United States; this being determined by each individual per the Wildland Firefighter Personal Information form.

This document will also serve as a instrument to hold all parties noted below as accountable for any and all information supplied to the IQS Agency or the State Fire Marshal Training Division, thus requesting that an Incident Qualification Card be issued to the noted individual at the level qualified, and that said card will be signed and dated by the State Forester or Fire Program Leader.

The Nebraska Forest Service and State Fire Marshal Training Division assume no liability for validating any level of physical testing performed nor for validating the successful completion of any test. Those parties attesting to the successful completion of the physical fitness testing shall assume all liability for any and all actions and outcomes now and until such time that the Individual Qualification Card (Red Card) becomes inactive, and this assumption of liability shall be noted and verified by the signatures as listed below.

(PLEASE PRINT)

Name (Last, First, MI): _____ IQS Number: _____
(first initial of first name, first four of last name, last four of SSN)

Organization/fire department: _____ Height: _____ Weight: _____

Signature of individual: _____ Date: _____

To be completed by test administrator:

Type of test taken: National standard Local standard Date test taken: _____

Performance level needed (see pg 2 for description of recommended tests): **Arduous** **Moderate** **Light**

The PASS score for the test shall be considered verified by all signatures as listed below.

I certify that the individual named above successfully completed the test. Test result time: _____

Signature: _____ Date: _____

Name, title, organization/fire dept (please print): _____

Organization/Fire Department Official verification of test (required if test is not administered by individual's organization/fire department):

Signature: _____ Date: _____

Name, title, organization/fire dept (please print): _____

Please return to: Nebraska Forest Service, 102 Forestry Hall, Lincoln, NE 68583-0815

In June 2011, the National Wildfire Coordinating Group (NWCG) Operations and Workforce Development Committee published, through the National Interagency Incident Management System, the Wildland Fire Qualification System Guide. Within this guide, known as PMS 310-1 and NFES 1414, is the description of fitness standards and skill position qualifications for all NWCG positions. This publication states "Personnel must meet established physical fitness levels for wildland fire assignments. Agencies may determine the method of evaluating the physical fitness level of their personnel. However, the testing method should be a measurable evaluation process." This statement allows the local Authority Having Jurisdiction (AHJ) to determine physical fitness levels for local incidents. The Organization Official needs to fully understand the responsibility assumed in the signing of this document.

In addition, the NWCG has published the Work Capacity Test Administrators Guide, PMS 307. This publication contains a description of physical fitness levels and the work capacity tests used by most wildland fire agencies to determine a firefighters capacity to meet position requirements. Excerpts from this guide are found below. The full publication may be found at nwcg.gov/pms/pubs/pubs.htm.

INDIVIDUALS WHO HAVE NOT BEEN INVOLVED IN REGULAR PHYSICAL ACTIVITY ARE AT AN ELEVATED RISK FOR CARDIOVASCULAR COMPLICATIONS DURING EXERTION. THEY SHOULD NOT BEGIN TRAINING FOR A WORK CAPACITY TEST UNTIL THEY HAVE PARTICIPATED IN A GRADUAL TRANSITION FROM INACTIVITY TO REGULAR PHYSICAL ACTIVITY. PREVIOUSLY SEDENTARY INDIVIDUALS SHOULD ENGAGE IN 4 OR MORE WEEKS OF MODERATE ACTIVITY (WALKING 30 TO 60 MINUTES, 3 TO 5 DAYS PER WEEK) BEFORE THEY BEGIN MORE VIGOROUS TRAINING FOR A TEST OR THE JOB.

Nationally Accepted Work Capacity Tests

Work category	Test	Distance (miles)	Pack (pounds)	Time (minutes)
Arduous	Pack	3	45	45
Moderate	Field	2	25	30
Light	Walk	1	None	16

Studies of wildland firefighting clearly show the link between fitness and work performance. Fit workers can do more work with less fatigue and still have a reserve to meet unforeseen emergencies. They perform better in a hot environment and recover faster from adverse firefighting conditions, such as long shifts and reduced rest. In short, fitness is the most important factor in work capacity. The result is a family of job-related field tests to determine a worker’s capacity to meet NWCG 310–1 standards for wildland firefighters. Tests were developed for workers with arduous, moderate, or light duties.

Arduous — Duties involve field work requiring physical performance calling for above-average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended periods. Requirements include running, walking, climbing, jumping, twisting, bending, and lifting more than 50 pounds; the pace of work typically is set by the emergency condition.

The pack test is a job-related test of the capacity for arduous work. It consists of a 3-mile hike with a 45-pound pack over level terrain. A time of 45 minutes, the passing score for the test, approximates an aerobic fitness score of 45, the established standard for wildland firefighters. The energy cost of the test is similar to the energy cost demanded on the job. The test is correlated to measures of performance in field tasks such as working with handtools or carrying loads over rough terrain and with measures of aerobic and muscular fitness. The test’s length ensures that successful participants will have the capacity to perform prolonged arduous work under adverse conditions, with a reserve to meet emergencies.

Moderate — Duties involve field work requiring complete control of all physical faculties and may include considerable walking over irregular ground, standing for long periods, lifting 25 to 50 pounds, climbing, bending, stooping, squatting, twisting, and reaching. Occasional demands may be required for moderately strenuous activities in emergencies over long periods. Individuals usually set their own work pace.

The field test is a job-related test of work capacity designed for those with moderately strenuous duties. It consists of a 2-mile hike with a 25-pound pack. A time of 30 minutes, the passing score, approximates an aerobic fitness score of 40.

Light — Duties mainly involve office-type work with occasional field activity characterized by light physical exertion requiring basic good health. Activities may include climbing stairs, standing, operating a vehicle, and long hours of work, as well as some bending, stooping, or light lifting. Individuals almost always can govern the extent and pace of their physical activity.

The walk test is designed to determine the ability to carry out light duties. It consists of a 1-mile test with no load that approximates an aerobic fitness score of 35. A time of 16 minutes, the passing score for the test, ensures the ability to meet emergencies and evacuate to a safety zone. The instructions for the pack test also apply to the field and walk tests. Test requirements for a given position may change. Consult the latest version of NWCG 310–1 for the current requirements.

Example: Firefighter type 2 (FFT2) required training is the S-130, S-190, L-180 and I-100 courses. The Physical Fitness as is listed is the arduous fitness test.



Physical Activity Readiness Questionnaire (PAR Q)

Before you begin training, take a fitness test, or substantially increase your level of activity, answer the following questions. This Physical Activity Readiness Questionnaire (PAR Q) will help determine your suitability for testing or training.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not involved in physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult your physician before taking a fitness test or substantially increasing your physical activity.

If you answered no to all the questions, you have reasonable assurance of your suitability for fitness testing and training.