

RIO RANCHO FIRE RESCUE

EFFECTIVE DATE: 07-01-2007 REVISED DATE: 04.11.2011

CONTROL NUMBER: RRFRTRN.019

FIREFIGHTER PHYSICAL ASSESSMENT MEDICAL CLEARANCE

Dear Applicant:

In order to participate in the Rio Rancho Fire Rescue selection process, it will be necessary for you to obtain a medical clearance from your doctor to perform the exercises listed on this form.

То:	Rio Rancho Fire Personnel and F 2810 Southern I Rio Rancho, NM	Recruiting Blvd.	
Regarding Applicant:(Type or print full name)			
I have reviewed the elements of the fitness screening process (as listed on the reverse side of this form) and have determined that it is safe for the above named applicant to participate in this process.			
Physici	an Name:	(Type of print full name)	
Signatu	ıre:		
Addres	S:		
Phone	Number:		
Date:			

Medical Clearance Must be Signed by Medical Provider no More Than 30 Days Prior to Test Date

To be paid for by applicant.



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THE EVENTS

Work Capacity Test (WCT)

REQUIREMENT: 3-mile hike with 45 lb pack in 45 minutes.

PROCEDURE: The test consists of a three-mile hike with a 45 pound pack over level terrain. A time of 45 minutes, the passing score, approximates a step test score of "45." Successful completion of this test demonstrates you have the capacity to perform prolonged arduous work under adverse conditions, while maintaining an energy reserve to meet emergencies. Pack Test scoring is designed to be non-discriminatory (gender, ethnicity, age, height, weight, etc.)

NOTE: No jogging or running is permitted. Candidate will be given only one warning. A second infraction and the test will be terminated.

AERIAL LADDER CLIMB

REQUIREMENT: Climb an aerial ladder 65feet from the platform to the top while wearing a jacket, helmet, and air pack rated for structural firefighting. Upon reaching the top the candidate will look down, locate the instructor, and identify the piece of equipment selected by the instructor. PROCEDURE: The candidate will proceed to the platform of the aerial apparatus, proceed up the aerial ladder as required, identify the selected piece of equipment, and return to the platform. This is not a timed event. The candidate is required to complete this event in a timely manner, and at no point ascending or descending will the candidate stop and rest. If this requirement can't be completed ask for assistance, **SAFETY FIRST.**

PHYSICAL CHALLENGE

REQUIREMENT: The candidate will complete all stations of the physical challenge in a timely, safe, and efficient manner while wearing a jacket, helmet, and air pack rated for structural firefighting.

1. HOSE DRAG

REQUIREMENT: The candidate must extend one hundred (100) feet of five (5) inch hose with a hydrant fitting attached from the hose bed of the designated apparatus twenty five (25) feet from the tailboard of the designated apparatus.

PROCEDURE: the candidate will approach the rear step (Tailboard) of the designated apparatus and step up onto the tailboard approximately eighteen (18) inches and with both hands take hold of the designated hydrant fitting. From here the candidate will step down from the tailboard while holding the fitting attached to the five (5) inch hose and proceed while walk or run to a point one hundred twenty five (100) feet from the tailboard.

2. SIMULATED ROOF VENTILATION/FORCIBLE ENTRY

REQUIREMENT: Move a one hundred sixty five (165) pound sled a distance of five (5) feet, using a nine (9) pound sledge (shot) hammer.

PROCEDURE: While standing on the Kaiser Force machine, the applicant must strike the target area in the demonstrated manner, as quickly as possible, and with enough force to move the sled the required distance of five (5) feet.

NOTE: The candidate is not permitted to place their hands above the indicated white tape on the sledge hammer and not permitted to raise sledge hammer above the height of their head. In addition, the candidate is not permitted to "pull or drag" the sled. If any of the infractions occur, candidate will be given one warning. Second infraction will result in termination of the test.



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3. LADDER HANDLING

REQUIREMENT: The candidate will remove a twenty four (24) foot aluminum extension ladder from a rack, carry it twenty five (25) feet and place it on a second rack.

PROCEDURE: The candidate must remove the ladder from the rack, about seventy two (72) inches high, carry it twenty five (25) feet and place it on the second (2nd) rack, without allowing the ladder to touch the ground at any time.

NOTE: You will be disqualified if the ladder touches the ground.

4. VICTIM RESCUE

REQUIREMENT: Drag a one hundred sixty five (165) pound dummy a distance of one hundred (100) feet.

PROCEDURE: The candidate must, while walking backward, drag a 165 pound rescue dummy 100 feet to the finish line as quickly as possible. You may not pick up and carry the dummy. NOTE: Candidate is not permitted to use "webbing" or "rope" to pull the dummy. In addition, if the candidate drops the dummy more than three times, the test will be terminated.

5. HOSE HANDLING

REQUIREMENT: Candidate must extend a charged two and one half (2 1/2) inch hoseline approximately fifty (50) feet, and discharge water when hose line is extended. PROCEDURE: The candidate will approach 100 feet of 2 1/2" inch attack hoseline, this line will be bent in half. You will be required to pick up the nozzle and extend this hoseline so it reaches the timers.

At the end of the Modified Combat Challenge, all of the recorded times for the candidates will be placed in order from fastest to slowest and the candidates will be ranked.