

MANITOBA DEPARTMENT OF CONSERVATION PHYSICIAN RELEASE
For Initial Attack Fire Ranger Position Fitness Test and Job Responsibilities

To the Physician: RE: _____
Name of Applicant

The above named has made an application or is a returning employee for an Initial Attack Fire Ranger crew position with Manitoba Conservation. He/she is required to successfully complete the Fitness Test as described below. Manitoba Conservation requires the person to provide a Physicians release form at his/her own expense to determine whether or not he/she is fit to undergo the physical testing as outlined below and perform the job responsibilities of the position on an ongoing basis, also outlined below, as per the date of this release form. The Pack Test and Pump / Hose Test will be conducted on separate days.

PACK TEST (Arduous) – Be physically capable of a 5 km walk carrying a weighted pack of 20.83 kg. within a time of 45 minutes.

PUMP / HOSE TEST

1. **Fire Pump Carry:**
Be physically capable (without stopping) of carrying a MK3 fire pump weighing 68 pounds, a distance of 100 metres while dressed in typical fire crew gear. (Coveralls or a 2-piece outfit, hard hat with ear muffs, safety boots, web belt and work gloves.)
Note: There is no rest given between Part 1 and Part 2 of the test.
2. **HOSE DRAG & CARRY:**
This portion of the test is timed, carried out in the fire crew gear above and must be completed (without stopping) within 4 minutes and 10 seconds. Carry four 1½" x 100' coupled and packed hose in a standard department hose box worn on the back (weight 53 lbs.) over a 75 metre course four times for a total of 300 metres. Then, while still being timed the individual must drag a charged hose line over a 50 metre course four times for 200 metres.

An initial attack wildland firefighter is usually the first to arrive at a fire site to suppress a wildfire, which may occur on a multitude of varying terrain. They routinely work long, hard and stressful hours with little rest. They work in hot smoky conditions, often in very remote situations for several days on end. Heavy loads are carried long distances often over difficult terrain.

Many participants of the tests may experience maximal heart rate during the test. This indicates a brief (up to 4 minutes) but maximal stress being placed on the cardiovascular system. To minimize the chance of precipitating a major cardiovascular event, we are requesting that this person be examined to determine his/her test risk potential.

In addition to your usual examination we request your assessment of this person with respect to factors which may place him/her at risk during this maximal test:

1. Hypertension with possible causative factors
2. Diabetes Mellitus
3. Persons with known heart disease or symptomatic cardiovascular disease including angina, breathlessness, palpitations, edema, syncope, dizziness
4. Individuals with low fitness levels
5. Acute systemic infections including viral respiratory infections
6. Muscular and/or skeletal problems which may affect physical performance
7. Any other areas of concern _____

IN MY OPINION THIS PERSON IS FIT _____ / NOT FIT _____ TO UNDERGO THE INITIAL ATTACK FIRE RANGER POSITION FITNESS TEST AND PERFORM THE JOB FUNCTION ON AN ONGOING BASIS.

Initial physical examination is required, then once at age 40 and every three years thereafter,

Date of examination: _____ Dr.'s signature: _____

COMMENTS: _____

DATE: _____
(SIGNATURE OF MEDICAL DOCTOR) _____
Doctor's Stamp _____

NAME & ADDRESS OF PHYSICIAN: _____
