

## Description of the Canadian Physical Performance Exchange Standard for Type 1 Wildland Fire Fighters (WFX-FIT)

The safety and wellness of firefighters is a high priority for the Canadian Interagency Forest Fire Centre (CIFFC) and its' member fire agencies.

The WFX-FIT is an unbiased, valid and reliable assessment of the ability of Type 1 WFF to meet the rigorous demands required to safely and efficiently complete the critical emergency tasks involved in wildland fire fighting in Canada.

The test circuit incorporates four (4) tasks that are the most important, frequently occurring and physically demanding tasks identified for Type 1 WFF:

- carrying a medium pump on the back;
- carrying a medium pump in the hands;
- lifting and carrying a WFX-FIT hose pack containing 4 lengths of hose; and
- advancing charged hose.

The WFX-FIT circuit is also based on the importance of working in various types of terrain as identified by the Type 1 WFF. The circuit components are identical for Type 1 WFF in all agencies because they simulate the physically demanding tasks all Type 1 WFF face. The time it takes Type 1 WFF to complete the tasks simulates the increasing difficulty of working in challenging terrains such as mountains and muskeg.

The four (4) components of the circuit simulate the tasks carried out on a fire and the physical demands necessary to carry out the fire fighting tasks.

***The test is the job and the job is the test - if you can do the job, you can do the test and if you can do the test, you can do the job.***

The components of the circuit include:

Component	Distance; # of times over 1.22 (4 ft) metre ramp
Carry Pump on Back (28.5 kg: 62.7 lbs)	160 m (524.9 ft); 4 X 40 m (131.2 ft) over ramp 8 times
Hand Carry Pump (28.5 kg: 62.7 lb)	80 m (262.4 ft); 2 X 40 m (131.2 ft) over no ramps
Hose Pack Lift & Carry on Back (25 kg: 55 lb)	1 km (3281 ft); 25 X 40 m (131.2 ft) over ramp 50 times
Advance Charged Hose (56 kg: 123.5 lb)	80 m (262.4 ft); 2 X 40 m (131.2 ft) over no ramps

WFX-FIT is completed as a timed circuit. All four (4) components must be tested together. In order to qualify for national export, Type 1 wildland firefighters will be required to meet the **national exchange standard of 14 minutes and 30 seconds.**

Agency standards have been set at 14 minutes and 30 seconds, 17 minutes and 15 seconds, 17 minutes and 45 seconds and 20 minutes 15 seconds. **The Manitoba time standard is 17 minutes and 15 seconds.**

Type 1 WFF must be physically fit in order to protect their health, to work safely, to avoid injuries, and to manage work and fatigue effectively over long periods of hard work. The adoption of this fitness standard across Canada is a significant step forward in our efforts to look out for the safety and welfare of Type 1 WFF.

## WHAT IS REQUIRED FOR THE TEST

### PLEASE READ

Photo Identification	When you as a participant arrive for the WFX-FIT testing, <b>you must provide proper photo identification.</b>
Exercise Attire	<b>Wear running shoes and exercise clothing.</b>
Smoking	<b>Do not smoke for two hours prior to the test.</b>
Food & Beverages	<b>Do not eat a heavy meal during the two hours prior to the test and refrain from drinking caffeine or alcoholic beverages prior to the test.</b>
Exercise	<b>Do not exercise vigorously in the 24 hours prior to the test.</b>
Clearance to Participate	<p>Prior to undergoing the WFX-FIT test, participants must <b>complete the PAR-Q form</b></p> <ul style="list-style-type: none"><li>• A positive (YES) answer to one or more questions requires follow-up and clearance of the candidate for participation in the WFX-FIT testing. In some cases clearance can be provided by a CSEP Certified Exercise Physiologist, but it may require a health care professional using the ePARmed-X+. The participant must provide the completed clearance form(s) to the WFX-FIT Appraiser.</li></ul>