



SURREY FIRE SERVICE Physical Fitness Testing - Medical Clearance Form

_____ has applied to take part in our fire fighter recruitment process. The physical fitness testing component is comprised of the tasks listed below. Based on this physical abilities assessment, the applicant may be employed by the Surrey Fire Department.

Please review the physical testing requirements, then indicate your recommendation for this individual's participation at the bottom of this form.

The individual will be required to perform the following simulated fire fighting tests wearing a 50 lb/23 kg weighted vest to simulate the combined weight of firefighting personal protective clothing and equipment.

- Ascend and descend a 75' (23m) aerial ladder in a controlled, safe manner.
- Retrieve an object from a dark, confined space while wearing a blacked-out face mask.
- Drag a 175 lb/80 kg steel sled a distance of 100' (30m).
- Fully raise and lower a weighted bag (80 lb/36 kg) in a controlled fashion.
- Carry a 150' (45m) bundle of folded hose (55 lb/25 kg) on the shoulder up and down four floors, two times.
- Lift and lower a 50' (30m) section of rolled hose (50 lb/23 kg) using a 5/8" (15mm) rope a distance of 30' (9m).
- Carry a hydrant kit (45 lb/20 kg) while walking on the rungs of a 14' (4m) ladder that is lying flat and raised approximately 4" (10cm) above the ground. Walk to the end of the ladder, step off and then return to the starting position (28' (8.5m) in total)
- Advance a 150' (45m) length of charged 1 1/2" (38mm) hose until the line lies fully extended behind the candidate. Approximate distance 130' (40m).
- Carry a rolled fire hose (80 lb/36 kg) a distance of 50' (15m).

Upon reviewing the physical fitness components as outlined above, and in my medical opinion,

Candidate's Name (please print) is:

_____ **Fit to perform this test**

_____ **Not fit to perform this test**

Physician's Signature

Date

Please print or stamp:

Physician's name:

Address/Phone: