

**PART C: COMPLETION INSTRUCTIONS**

- Step 1: Review the form and understand the risks before completing the test. Read the JFR Fitness Test Information Sheet found online at [www.albertajfr.ca](http://www.albertajfr.ca).
- Step 2: Complete the [Physical Fitness Readiness Questionnaire](#).
- Step 3: Identify a fitness test monitor and set up test.
- Step 4: Complete the test, form and submit with the rest of your complete application package.

**PARTICIPANT** (check appropriate box)

The **PAR-Q+ Physical Activity Readiness Questionnaire** is complete according to all instructions and requirements of the form.

**TEST:** The fitness test is a two mile (3.2 km) walk with a 25 pound pack, completed in less than 30 minutes. It is fairly strenuous, but no more so than field duties. This fitness test is intended for those with moderately strenuous duties (requires a max VO<sub>2</sub> of 40, lifting 25 to 50 pounds, and occasional demand for moderately strenuous activity).

**RISKS:** There is a slight risk of injury (blisters, sore legs, sprained ankle) for those who have not practiced the test. If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test, and to cool down after the test.

If you are unaccustomed to vigorous exercise, you should contact your physician, by phone or in person, before you take the test.

**INFORMED CONSENT** (check appropriate box)

**As a condition of my participation in the above fitness test, I agree and understand that if I am injured or become ill or disabled as a result of the fitness test, I will not be entitled to damages from the Government of Alberta, government employee or any teacher, school employee, school board, coach, volunteer, contractor, etc. performing this fitness test.**

Applicant name	Applicant signature  <small>Online users check this box to affirm that you have read and agree to the expectations above.</small>	Date
Parent / guardian name, if participant is under 18 years of age.	Parent/guardian signature  <small>Online users check this box to affirm that you have read and agree to the expectations above.</small>	Date

**FITNESS TESTER EXPECTATIONS**

1. You must receive this JFR Fitness Form with the participant and informed consent section completed and signed.
2. Confirm you have a fairly flat, two mile (3.2 km) course where you can monitor the applicant.
3. Ensure the applicant has a back pack or weighted vest which weighs 25 lbs.
4. Complete the physical fitness test. The applicant must complete the test, without running or jogging, in 30 minutes or less. Record the time below.

**NOTE:** The applicant will be tested again at the beginning of their training course and if they cannot pass the fitness test at that time they will be terminated from the program.

**FITNESS TEST RESULTS**

I agree that I, \_\_\_\_\_, have conducted a fair test, in accordance with the information above.

Applicant name \_\_\_\_\_ has achieved at time of \_\_\_\_\_ minutes, \_\_\_\_\_ seconds.

Tester name	Contact email	Tester signature  <small>Online users check this box to affirm that you have read and agree to the expectations above.</small>	Date
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When the test is complete, return this from to the applicant to include with their application package. Thank you for your support of the JFR program.