

Firetack Fitness Test

All Firetack candidates must successfully complete the “Field Test” fitness requirement before they are eligible to work on a Firetack crew.

Before attempting the test individuals must complete the PAR-Q+ Physical Activity Readiness Questionnaire.

Field Test: Intended for those with moderately strenuous duties (requires a max $\dot{V}O_2$ of 40, lifting 25 to 50 pounds, and occasional demand for moderately strenuous activity). The two-mile test with a 25 pound pack in 30 minutes is fairly strenuous, but no more so than field duties.

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 over 40 years of age and unaccustomed to vigorous exercise, you should contact your physician, by phone or in person, before you take the test.