

# *Saratoga Springs Fire & Rescue*



*Jess L. Campbell – Fire Chief*

## ***Annual Red Card Pack Test Policy***

***Established April 13<sup>th</sup>, 2012***

All wild-land firefighters must meet minimum levels of fitness requirements for the type of duties they are assigned. NWCG Red Card certification is a requisite condition of employment with Saratoga Springs Fire & Rescue within 6 months of employment.

Saratoga Springs Fire & Rescue tests to the “arduous level”. This involves field work calling for above-average endurance and superior conditioning required to perform arduous duty. Testing wild-land firefighters for work capacity is important for several reasons:

- Personal safety and health
- Coworker safety
- Improved operations

About Arduous Work Wild-land firefighting demands a high level of fitness to safely perform physically demanding work in difficult environments. Firefighters, strike team leaders, line scouts, and others assigned arduous duty must be prepared to work in steep terrain; and in extreme temperatures, altitude, and smoke-while maintaining reserve work capacity to meet unforeseen emergencies.

While at work, firefighters are mandated to train for arduous-level work capacity for 90 minutes per shift and strongly encouraged to continue to uphold such standards on their respective days off.

Items needed:

- Adequate footwear that will cover and protect feet and ankles while testing.
- Comfortable clothing.
- An approved pack that must weigh 45 lbs.
- An accurately measured, safe, and level course will be established by the Fire Chief.

### **Taking the Test**

- Testing will be monitored by the Fire Chief and /or their designee, and any problems should be brought to the attention of the test monitors.
- No jogging or running is permitted in the weighted pack test.

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- The test is Pass/Fail only for walking 3 miles in 45:20 minutes; or running without the weighted vest, the distance of 1 ½ miles in 11:20 minutes.
- Choose your own pack that weights can be added to; or an approved 45 lb. weighted vest will be provided.
- Packs will be weighed before and after testing.

Personal health, physical fitness, and work capacity all work towards making conditions safer you as a firefighter and the people you protect.

I \_\_\_\_\_; promise to maintain the highest levels of integrity and trust at all times; and, while in the course of conducting the Minimum Company Physical Standards fitness requirements of the job of Firefighter for Saratoga Springs Fire & Rescue. I further understand that this process is a requisite of the job of Firefighter and is a condition of employment for Saratoga Springs Fire & Rescue. If I am unsuccessful in passing this process under the required time allotted and standards to be performed; I will immediately be released from duty and will be given three weeksøtime to further prepare myself physically and mentally for this process.

At such time that will be scheduled by the Fire Chief, I will be re-tested if necessary under the parameters set forth earlier with respect to time and / or distance and time. If unsuccessful again, I will be terminated; as this is both a safety and minimum industry physical fitness standard required by the department of Saratoga Springs Fire & Rescue. By signing this, I clearly understand what is required of me in my needing to be capable of successfully completing and fulfilling the minimum physical fitness standards as set forth.

Signed: \_\_\_\_\_

Witnessed: \_\_\_\_\_

Date: \_\_\_\_\_

Red Card Pack Test: **Run 1 ½ miles in 11:40** Result: \_\_\_\_\_

**Walk 3 miles with 45 lb. vest in 45:20 minutes.** \_\_\_\_\_

(20 seconds added to both for elevation)