



HASTINGS HIGHLANDS FIRE DEPARTMENT

Job Related Physical Fitness Test (Stage 3)

JOB RELATED PRACTICAL SKILLS

1. Confined Space

The applicant will make their way through a maze using other senses than sight. This evaluation assesses memory and tests the applicant's ability to work in confined spaces.

2. Ladder Climb

The applicant will safely climb a ladder up to the marked location. This evaluation assesses ability to climb a ladder and ability to manage working at heights.

3. Stair Climb

The applicant will safely climb a set of stairs with a 65mm (2 ½) bundle of hose over the applicant's shoulder. This evaluation assesses muscle strength, endurance, and anaerobic capacity.

4. High Volume Hose Pull

The applicant will pull a bundle of hose weighing approximately 50 kg (100 lbs.) a distance of 30 m (100') over a smooth concrete floor using a rope. During this task, the applicant is stationary and must pull the hose bundle towards them using 16 mm (5/8") rope. This evaluation assesses upper body strength, power, and endurance.

5. Forcible Entry simulation – Sledgehammer

Using a 4.5 kg (10 lbs.) sledge hammer, the applicant will strike an elevated vehicle tire safely and rapidly moving the tire approximately 1.5 feet on the tabletop. This evaluation assesses muscle strength, power and endurance, particularly in the upper body.

6. Equipment Carry

The applicant will safely carry a large 18 kg (40 lbs.) vehicle extrication tools (the "Jaws of Life") a total distance of 30 m (100'). The tool will then be returned to the starting line. This task is designed to evaluate the strength required to lift and carry tools.

7. Charged Hose Advance

The applicant will drag a charged (full of water) 45 mm (1.5 inch) hose a distance of 30m (100 feet). Three 15m (50') lengths of hose are "snaked" behind the starting line. The nozzle is held over the shoulder and the applicant advances to the finish line as quickly and safely as possible. This evaluation assesses lower body strength and anaerobic power.

8. Victim Drag

The applicant will drag a mannequin weighing 68 kg (150 lbs.) a total distance of 30 m (100 ft). The task starts with the mannequin lying "face-up" on the floor and the applicant standing. The applicant lifts the mannequin and safely walks backwards for 15m (50ft), turns around a traffic cone and returns to the start line. This evaluation assesses strength, power, and agility.

Notes:

All applicants will be walked through the physical test ahead of time and are advised to ask all questions then.

Physical testing will be performed in provided bunker gear



HASTINGS HIGHLANDS FIRE DEPARTMENT
Practical Fitness Testing

Assumption of Risks, Waiver of Claims, Release of Liability, and Indemnity Form

By signing this Form, you will waive or give up certain legal rights, including the right to sue or claim compensation. Please read carefully.

To: The Municipality of Hastings Highlands, its councillors, employees, agents, volunteers, representatives, insurers, successors and assigns (the "Releasees")

I, _____, have applied to the Municipality of Hastings Highlands for a position as a Volunteer Firefighter with the Municipality of Hastings Highlands Fire Department.

It is deemed necessary before my application is finally dealt with that I, in common with other applicants, submit myself to a series of physical fitness tests, including climbing, carrying, lifting, dragging, and other physical activities incidental to the ordinary work of a Volunteer Firefighter.

I voluntarily agree to participate in all the physical fitness tests required by the Hastings Highlands Fire Department.

I am aware that physical exertion associated with physical fitness tests and the forces exerted on the body can aggravate pre-existing conditions, physical injuries or congenital conditions. I acknowledge that I am responsible for ensuring that I am of fit condition to participate in the physical fitness tests and for determining the level and limits of my participation in the physical fitness tests at all times.

I will conduct myself in a controlled and reasonable manner at all times and will discontinue my participation in the physical fitness tests if I believe that I am at risk of becoming injured or that my health is otherwise at risk.

Assumption of Risks

I confirm that I have been provided with information regarding the physical fitness tests and am aware of the physical demands that may be involved with such tests. I am aware that participating in the physical fitness tests involves many risks, dangers, and hazards including, but not limited to: tripping, slipping and falling; being struck by equipment or objects; and the risks typically associated with exercising and physical activity, such as: fatigue and physical exhaustion, muscle strain, dehydration, light-headedness; and negligence on the part of the Releasees, including the failure on the part of the Releasees to safeguard or protect me from any of the risks, dangers, and hazards.

I am aware of the risks, dangers and hazards associated with participating in the physical fitness tests and I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, illness, disability, death, financial loss, or property damage resulting therefrom.

Waiver of Claims, Release of Liability, and Indemnity

In consideration of my being permitted to proceed with the physical fitness tests, and my application for a position with the Municipality of Hastings Highlands as a Volunteer Firefighter being considered further, I, on behalf of myself, my heirs, executors, administrators, successors and assigns, expressly agree:

- to waive any and all claims that I have or may in the future have against the Releasees, and to release the Releasees from any and all liability, for any loss, damage, injury (including death or disability), or expense that I may suffer, either directly or indirectly, as a result of my participation in the physical fitness tests, due to any cause whatsoever, including without limitation, negligence, breach of contract, breach of statutory or other duty of care owed, including under the *Occupiers' Liability Act* (Ontario), on the part of the Releasees, and including the failure on the part of the Releasees to safeguard or protect me from the risks, dangers and hazards associated with participating in the physical fitness tests;
- to not bring any claim against the Releasees for any loss, damage, injury (including death or disability), or expense that I may suffer, either directly or indirectly, as a result of my participation in the physical fitness tests; and
- to hold harmless and indemnify the Releasees for any claims or demands against the Releasees resulting from any loss, damage, injury (including death or disability), or expense to any third party resulting from my participation in the physical fitness tests.

I HAVE READ AND UNDERSTAND THIS FORM, AND ACKNOWLEDGE THAT, BY SIGNING BELOW, I AM AGREEING THAT:

- I AM ASSUMING ALL RISK OF INJURY, LOSS, OR DAMAGE WITH RESPECT TO MY PARTICIPATION IN THE PHYSICAL FITNESS TESTS;
- I AM WAIVING ANY AND ALL CLAIMS ARISING FROM ANY CAUSE WHATSOEVER AGAINST THE RELEASEES RELATING TO MY PARTICIPATION IN THE PHYSICAL FITNESS TESTS; and
- I WILL INDEMNIFY THE RELEASEES IF ANY SUCH CLAIM IS BROUGHT AGAINST THEM.

I further acknowledge and agree that my participation in and/or completion of the physical fitness tests does not constitute a representation or other indication that I will be offered a position with the Municipality of Hastings Highlands Fire Department.

Dated at Hastings Highlands, Ontario, this day of _____, 20__.

Applicant Name: (Print) _____ Applicant Signature: _____ Date: _____

Witness Name: (Print) _____ Witness Signature: _____ Date: _____