

# JFR Fitness Test

## Information Sheet

---

In order to participate in the 2026 JFR season, all leaders and members must pass this fitness test as part of the application process. You must include a completed JFR Fitness Form with your application.

The fitness requirement is a work capacity test designed to measure suitability for moderate work duty, which is defined as: field work that requires complete control of physical faculties and may include considerable walking, standing, and lifting 25-50 pounds. A minimum fitness standard will increase individual and crew safety in this work environment.

### Train for the Test

Training for the fitness test is important. Start training at least 4-6 weeks before you are scheduled to take the test. Begin by walking short distances on a regular basis, then gradually increase distance and begin to carry a weighted pack. Continue until you can meet the requirements of the test. You may want to consult a physician before you begin training if you have been inactive, have a history of injury or medical conditions.

### Required Paperwork – Pre Test

Prior to taking the test, complete the following paperwork:

1. PAR-Q: The PAR-Q+ Physical Activity Readiness Questionnaire is a double sided four page form and must be completed in its entirety. Please follow all instructions on the form. If a person answers yes to one or more of the questions on the PAR-Q, you must also complete the online PARAmex survey ([www.eparmedx.com](http://www.eparmedx.com)), which may include sign off by a physician, prior to taking the fitness test.
2. JFR fitness form: The form is intended to make you aware of the risks of the test and that neither the GoA nor the person testing you is liable for any injury/illness that may occur during the test.

### Take the Test

1. Mark out a relatively flat, two mile course in advance. This can be one stretch or laps around a smaller area. Also, choose a pack that can have weights added to make it 25 pounds.
2. Monitoring:
  - a. Crew Members: The test needs to be monitored by a teacher, coach etc. and any problems should be brought to the attention of the fitness tester.
  - b. Crew Leaders/Sub Leaders: You can time yourself but we still recommend having a friend monitor you.
3. No jogging or running is permitted. DO NOT USE A TREADMILL.
4. You may take the test wearing weather appropriate fitness clothing (runners, shorts, tshirt, etc).
5. The test is pass/fail – there is no advantage to a lower time, the final time just has to be 30 minutes or less.

### Required Paperwork – Post Test

Once you pass the test, the tester must signoff at the bottom of the JFR fitness form. Submit this completed form with your application. If you fail the test, you are allowed to take the test again. All required paperwork must be completed again. Your application will not be considered complete without a record of a passed fitness test.

### Choosing a Fitness Tester

Choose someone in your community to facilitate the fitness test. This could be a fitness instructor, teacher, coach, etc. that will conduct an unbiased fitness test for you. You can also have a parent time you, in the event you are unable to find someone else. You will be tested again at the beginning of your training course and if you cannot pass the fitness test at that time you will be terminated from the program.

Contact program staff if you have questions:

[wf.alberta-jfr@gov.ab.ca](mailto:wf.alberta-jfr@gov.ab.ca) or 780-422-9276

# JFR Fitness Test

## Part B- Fitness Test and ParQ

### Participant

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 (3.2km) **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

**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	Date
Parent / guardian name, if participant is under 18 years of age.	Parent/guardian signature	Date

### Fitness Tester Expectations

1. You must review this JFR Fitness Form with the participant and ensure the Informed Consent section is completed and signed.
2. Confirm you have a fairly flat, two mile (3.2 km) course where you can monitor the applicant (gym, school track, local sidewalks
3. etc.). DO NOT USE A TREADMILL
4. Ensure the applicant has a back pack or weighted vest which weighs 25 lbs.
5. Complete the physical fitness test. The applicant must complete the test, without running or jogging, in 30 minutes or less. Record the time below. DO NOT USE A TREADMILL

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

### Fitness Test Result

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 _____   Date _____			

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.

# PAR-Q+

## The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

### GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.		YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?		<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?		<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).		<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____		<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____		<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it <b>does not limit your current ability</b> to be physically active. PLEASE LIST CONDITION(S) HERE: _____		<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?		<input type="checkbox"/>	<input type="checkbox"/>

 If you answered NO to all of the questions above, you are cleared for physical activity.

Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

-  Start becoming much more physically active – start slowly and build up gradually.
-  Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
-  You may take part in a health and fitness appraisal.
-  If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
-  If you have any further questions, contact a qualified exercise professional.

#### PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_

 If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

#### Delay becoming more active if:

-  You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
-  You are pregnant. In this case, talk with your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at [www.eparmedx.com](http://www.eparmedx.com) before becoming more physically active.
-  Your health changes. Answer the questions on Pages 2 and 3 of this document and/or talk to your health care practitioner, physician, or qualified exercise professional before proceeding with any physical activity program.

# PAR-Q+

## FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

### 1. Do you have Arthritis, Osteoporosis, or Back Problems?

If the above condition(s) is/are present, answer questions 1a-1c

If **NO**  go to question 2

1a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

---

1b. Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? **YES**  **NO**

---

1c. Have you had steroid injections or taken steroid tablets regularly for more than 3 months? **YES**  **NO**

---

### 2. Do you currently have Cancer of any kind?

If the above condition(s) is/are present, answer questions 2a-2b

If **NO**  go to question 3

2a. Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? **YES**  **NO**

---

2b. Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? **YES**  **NO**

---

### 3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm

If the above condition(s) is/are present, answer questions 3a-3d

If **NO**  go to question 4

3a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

---

3b. Do you have an irregular heart beat that requires medical management? **YES**  **NO**   
(e.g., atrial fibrillation, premature ventricular contraction)

---

3c. Do you have chronic heart failure? **YES**  **NO**

---

3d. Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? **YES**  **NO**

---

### 4. Do you currently have High Blood Pressure?

If the above condition(s) is/are present, answer questions 4a-4b

If **NO**  go to question 5

4a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

---

4b. Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? **YES**  **NO**   
(Answer **YES** if you do not know your resting blood pressure)

---

### 5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes

If the above condition(s) is/are present, answer questions 5a-5e

If **NO**  go to question 6

5a. Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? **YES**  **NO**

---

5b. Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. **YES**  **NO**

---

5c. Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, **OR** the sensation in your toes and feet? **YES**  **NO**

---

5d. Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? **YES**  **NO**

---

5e. Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? **YES**  **NO**

---

# PAR-Q+

**6. Do you have any Mental Health Problems or Learning Difficulties?** This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome

If the above condition(s) is/are present, answer questions 6a-6b

If **NO**  go to question 7

6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? **YES**  **NO**

**7. Do you have a Respiratory Disease?** This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure

If the above condition(s) is/are present, answer questions 7a-7d

If **NO**  go to question 8

7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? **YES**  **NO**

7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, laboured breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? **YES**  **NO**

7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? **YES**  **NO**

**8. Do you have a Spinal Cord Injury?** This includes Tetraplegia and Paraplegia

If the above condition(s) is/are present, answer questions 8a-8c

If **NO**  go to question 9

8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? **YES**  **NO**

8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? **YES**  **NO**

**9. Have you had a Stroke?** This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event

If the above condition(s) is/are present, answer questions 9a-9c

If **NO**  go to question 10

9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? **YES**  **NO**   
(Answer **NO** if you are not currently taking medications or other treatments)

9b. Do you have any impairment in walking or mobility? **YES**  **NO**

9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? **YES**  **NO**

**10. Do you have any other medical condition not listed above or do you have two or more medical conditions?**

If you have other medical conditions, answer questions 10a-10c

If **NO**  read the Page 4 recommendations

10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? **YES**  **NO**

10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? **YES**  **NO**

10c. Do you currently live with two or more medical conditions? **YES**  **NO**

**PLEASE LIST YOUR MEDICAL CONDITION(S) AND ANY RELATED MEDICATIONS HERE:** \_\_\_\_\_

**GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.**

# PAR-Q+

## If you answered **NO** to all of the FOLLOW-UP questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the PARTICIPANT DECLARATION below:

-  It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
-  You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
-  As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
-  If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.

## If you answered **YES** to one or more of the follow-up questions about your medical condition:

You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+** at [www.eparmedx.com](http://www.eparmedx.com) and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.

### Delay becoming more active if:

-  You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
-  You are pregnant. In this case, talk to your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at [www.eparmedx.com](http://www.eparmedx.com) before becoming more physically active.
-  Your health changes. Talk to your health care practitioner, physician, or qualified exercise professional before continuing with any physical activity program.

- You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
- The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

## PARTICIPANT DECLARATION

- All persons who have completed the PAR-Q+ please read and sign the declaration below.

- If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_

### For more information, please contact

[www.eparmedx.com](http://www.eparmedx.com)

Email: [eparmedx@gmail.com](mailto:eparmedx@gmail.com)

#### Citation for PAR-Q+

Warburton DER, Jamnik VK, Bredin SSD, and Gledhill N on behalf of the PAR-Q+ Collaboration. The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and Electronic Physical Activity Readiness Medical Examination (ePARmed-X+). *Health & Fitness Journal of Canada* 4(2):3-23, 2011.

#### Key References

1. Jamnik VK, Warburton DER, Makarski J, McKenzie DC, Shephard RJ, Stone J, and Gledhill N. Enhancing the effectiveness of clearance for physical activity participation; background and overall process. *APNM* 36(S1):S3-S13, 2011.
2. Warburton DER, Gledhill N, Jamnik VK, Bredin SSD, McKenzie DC, Stone J, Charlesworth S, and Shephard RJ. Evidence-based risk assessment and recommendations for physical activity clearance; Consensus Document. *APNM* 36(S1):S266-s298, 2011.
3. Chisholm DM, Collis ML, Kulak LL, Davenport W, and Gruber N. Physical activity readiness. *British Columbia Medical Journal*. 1975;17:375-378.
4. Thomas S, Reading J, and Shephard RJ. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Canadian Journal of Sport Science* 1992;17:4 338-345.

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.