

In order to participate in the 2019 JFR season, all leaders and members must pass a 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 PARMed-X 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. If you attend a wildfire management facilitated test, this will be done for you.
2. The test will be monitored and any problems should be brought to the attention of the fitness tester.
3. No jogging or running is permitted.
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 facilitate the fitness test. This could be a fitness instructor, teacher, coach, etc. that will conduct an unbiased fitness test for you. 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.

You may also choose to attend a fitness testing session facilitated by Wildfire Management or the JFR program. A list of locations, dates and times will be posted on the JFR website ( [www.albertaJFR.ca](http://www.albertaJFR.ca) ).

Contact program staff if you have questions: [JFR.info@gov.ab.ca](mailto:JFR.info@gov.ab.ca) or 780-422-9276