



## Physical Ability Procedures

You must present valid photo identification and sign a number of forms before taking the Physical Ability Test.

Prior to your scheduled Physical Ability Test, you are required to have your personal medical provider complete a form certifying that you can safely perform the Physical Ability test as described in the attached task list. You will also be required to complete the **Waiver of Claim for Injury Form**. **It is your responsibility to bring these completed forms with you on the day of your scheduled Physical Ability Test.**

On your scheduled Physical Ability Test day, pre-exercise heart rate and blood pressure will be measured. *If pre-exercise heart rate  $\geq 110$  bpm or pre-exercise blood pressure  $\geq 160 / \geq 100$  mmHg, you will not be allowed to proceed with the Physical Ability Test. Please be advised that certain substances may elevate heart rate and blood pressure (caffeine, smoking, some over the counter cold medications) and it is recommended to avoid these substances the day of your Physical Ability Test.*

At the conclusion of the timed Physical Ability Test, you must sign the **Physical Ability Evaluation Form**. Additionally, prior to leaving the rehabilitation area, you must complete and sign the **Rehabilitation Form**. If you fail to complete and sign any of these forms you fail the Physical Ability Test. All of these forms will be provided by Clackamas Fire District #1 before each group.

The drag weight will be checked with the use of a dynamometer and documented as needed. Adjustments will be made for consistency in the weight as needed per the proctors to accommodate for condition/weather changes and variations.