

FITNESS YORK

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Fitness Testing in Toronto

Occupation Specific Fitness and Selected Health Assessments for Fire Fighter Applicants to the City of Windsor: 2017 – Testing in Toronto

The City of Windsor requires applicants for fire fighting positions to undergo the York University Fire Fighter Applicant Fitness Assessment. Below is an overview of the test components, booking information, the associated fees and instructions. Approximately 30 minutes following the completion of the testing candidates receive a certificate which provides an evaluation of the participant's performance in each of the areas assessed. The certificates are signed and certified with a corporate impression then provided to the participants on the day of the test. The fitness test results are generally accepted by fire departments for up to 6 months.

TEST COMPONENTS:

Selected Health Items	Aerobic Fitness Test	Job Simulation Performance Tests
Visual Acuity (20/30 in each eye uncorrected OR NFPA Standard, as specified by municipality) Depth Perception (Stereopsis Test) Colour Vision (City University Test or Farnsworth D-15 Test) Hearing (Audiometer, NFPA Standard) Normal Resting Lung Function	Aerobic fitness (treadmill test with direct expired air analysis)	Acrophobia (ladder climb- pass/fail) Claustrophobia (search confined area - pass/fail) Ladder lift (56 lb - pass/fail) Rope pull (50 lb - timed) Hose carry/stair climb (85 lb - timed) Simulated hose advance (135 lb - timed) Victim drag (200 lb - timed) Forced entry (pass/fail)

BOOKING INFORMATION & FEES: The cost of the occupation specific fitness and selected health assessments is \$200.00 (including HST) to be paid by **cash or by money order (payable to Fitness York)** on the day of your test. Additional certified copies of your results can be purchased for \$2.50 each on the day of your testing. The "PAR-Q+", and "Consent For Exercise Testing and Release of Information" documents are to be completed by participants and submitted on the day of testing.

Fitness Testing will take place in Toronto, Ontario at York University on Sunday, Sept 10, 2017 (and POSSIBLY on Saturday, September 9, 2017, depending on the number of applicants to be tested). Please email "fityork@yorku.ca" to book a testing time. The location of the testing facility on the university campus and the location of York University (Keele Campus) in Metropolitan Toronto may be viewed on the following web site: www.yorku.ca and clicking onto "Get to York maps/directions". Pay parking is available in the lot beside Norman Bethune College. The testing takes place in Room 120 Norman Bethune College (building number 11 on the map).

GENERAL INFORMATION: The testing will take approximately three hours. Please bring a towel, exercise clothing and running shoes (an extra top is a good idea). It is also recommended that you bring a fluid bottle (not sports drinks, which are frequently regurgitated) and a snack. It is advisable to eat a light meal up to two hours prior to the testing, but do not smoke or drink caffeine-containing beverages on the day of the test. In addition, you should not exercise heavily or consume alcohol for **24 hours** prior to the testing.

VERY IMPORTANT: On the day of the testing BRING the following documentation:

- 1) Original valid government issued photo identification, i.e. Driver's License, Health Card, or Passport**
- 2) Completed Consent for Exercise Testing and Release of Information Form**
- 3) Completed PAR-Q+ Form**

FIREFIGHTER APPLICANT FITNESS ASSESSMENT CONSENT FOR EXERCISE TESTING and RELEASE OF INFORMATION

I, the undersigned do hereby acknowledge:

1. my consent to perform a graded exercise test consisting of exercising to maximum on a motor-driven treadmill while breathing through a mouthpiece into a collecting device
2. my consent to the tests being conducted by a qualified Exercise Physiologist who has been trained to administer these job fitness assessment protocols,
3. my consent to perform the following simulated fire fighting tasks:
 - a. climb a 40 ft. ladder, uncouple and re-couple a hose fitting, then descend,
 - b. while locked in a confined area wearing a blacked-out face piece you will perform a task
 - c. raise and lower the weight of a 50 ft section of hose plus nozzle (total = 50 lb) for a total a height of approximately 65 ft,
 - d. carry on the shoulder an 85 lb bundle of rolled hose and nozzle up and down five floors, for a total of approximately 50 ft in height,
 - e. drag the weight of two sections of charged hose a distance of 50 ft,
 - f. remove and replace a 24 ft ladder from wall-mounted brackets,
 - g. drag a 200 lb rescue dummy through a 50 ft obstacle course,
 - h. forced entry, using a sledge hammer, hit and move a heavily weighted tire (positioned at door handle height) a distance of 12 inches
4. my understanding that there exists the possibility of certain changes occurring during and after the tests including abnormal blood pressure, fainting, transient light-headedness, leg cramps, nausea, and, in rare instances, heart attack or heart rhythm disturbances,
5. my understanding that there are potential risks related to the performance of the job-related tests such as straining the muscles of the back,
6. my understanding that I may ask questions or request further information or explanations about the tests.
7. my obligation to immediately inform the fitness appraiser or performance test examiner of any pain, discomfort, fatigue or any other symptoms that I incur during or after the testing,
8. my understanding that I may stop any further testing if I so desire and also that the testing may be terminated by the fitness appraiser/test examiner upon his/her observation of any symptoms of distress or abnormal response or if the task performance exceeds a maximum limit,
9. that I have read, understood and completed the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and my answers to all questions were “No”, or if I answered “Yes” to any question, I was subsequently cleared for participation in the job-fitness testing going on-line to complete the ePARmedX+ (www.eparmedx.com) or by a qualified exercise professional with advance specialized training or by my physician;

RELEASE OF INFORMATION:

I, the undersigned, have been adequately informed about the occupation-specific assessment protocol for Fire Fighters and direct that the information determined during this evaluation be provided to the **City of Windsor** for consideration in the evaluation of my application for employment as a Fire Fighter.

I hereby release all parties, including the **City of Windsor**, Gledhill Shaw Enterprises Ltd., York University and any member thereof, from liability for such disclosure or use thereof for the stated purpose.

Name of Participant (Please Print)

Signature of Participant

Signature of Witness

Date