

FITNESS YORK

c/o Dr. N. Gledhill & Dr. V. Jamnik
Room 356 Norman Bethune College
4700 Keele Street
Toronto, Ontario M3J 1P3
Phone and Fax No.: (416) 736-5794
e-mail: fityork@yorku.ca

Fitness Testing in Windsor

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

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

TEST COMPONENTS:

Selected Health Assessments	Aerobic Fitness Test	Job Simulation Performance Tests
Visual Acuity (20/30 in each eye uncorrected) Depth Perception (Stereopsis Test) Colour Vision (City University Test or Farnsworth D-15 Test) Hearing (Audiometer, NFPA Standard) Normal Lung Function	Twenty Meter Shuttle Run to a minimum of Stage 6.5 with increasing test scores to Stage 10.	<ol style="list-style-type: none">1. Claustrophobia (search confined area - pass/fail)2. Acrophobia (ladder climb- pass/fail)3. Hose carry/stair climb (85 lb up & down 4 times-timed for pass)4. Ladder lift (56 lb - pass/fail)5. Rope pull (50 lb up & down 4 times – timed for pass)6. Simulated hose advance (135 lb over 50 ft – timed for pass)7. Victim drag (200 lb over 50 ft – timed for pass)8. 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 testing. To participate in the testing, the "PAR-Q+" and "Consent for Exercise Testing plus Release of Information" documents are to be completed by participants and submitted on the day of testing.

Fitness Testing will be conducted in Windsor, at the WFCU Centre located at 8787 McHugh Street on Thursday, September 7, 2017 (and POSSIBLY Wednesday, September 6, 2017 and/or Friday, September 8, 2017, depending on the number of applicants to be tested). Please email "fityork@yorku.ca" to book a testing time. Directions to the facility can be found by accessing the WFCU website at: www.wfcu-centre.com. Please enter the building through the east side entrances. Directions to the test area can be provided by the Community Centre Reception Desk located on the main floor of the facility. Parking is available at no charge to the applicant.

GENERAL INFORMATION: The testing will take approximately three hours to complete. 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 beverages containing caffeine 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 running back and forth over a 20 metre course at progressively faster speeds in which each Stage corresponding to a level of aerobic fitness with a minimum fitness requirement of Stage 6.5 and an increasing aerobic fitness score (from 1 to 8) awarded when progressing from Stage 6.5 to Stage 10,
2. my consent to perform and my requirement to pass the following simulated fire fighting tasks:
 - a) while locked in a confined area wearing a blacked-out face piece will perform a task,
 - b) climb a 40 ft. ladder, perform a task, then descend,
 - c) carry on the shoulder an 85 lb bundle of hose and nozzle up and down flights of stairs four times, for a total height of 50 ft,
 - d) raise and lower the weight of a 50 ft section of hose plus nozzle (total = 50 lb) four times for a total height of 65 ft,
 - e) advance a weighted sled (that requires the same force as dragging two sections of charged hose) a distance of 50 ft,
 - f) drag a 200 lb rescue dummy through a 50 ft obstacle course,
 - g) remove and replace a 24 ft ladder from standard height truck brackets,
 - h) simulate a forced entry by using a sledge hammer to hit and move a heavily weighted tire a distance of 12 inches
3. my consent to the tests being conducted by a qualified Exercise Physiologist who has been trained to administer these fitness assessment protocols,
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 and other muscle “pulls”,
6. my understanding that I may ask questions or request further 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 by 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