



# PHYSICAL ENDURANCE TEST

## Physical Fitness Standards—Organizational Validation Wildland Fire Fighter (FFT2)—Arduous (Pack) Test



This document will verify to the issuing agency, the Nebraska Forest Service, hereafter known as the IQS Agency, that the following individual has successfully completed fitness testing as required for the issuance of an Incident Qualification Card (Red Card) for firefighting on state and federal lands in Nebraska or throughout the United States; this being determined by each individual per the Wildland Fire Fighter Personal Information form.

This document will also serve as a instrument to hold all parties noted below as accountable for any and all information supplied to the IQS Agency or the State Fire Marshal Training Division, thus requesting that a Incident Qualification Card be issued to the noted individual at the level qualified, and that said card will be signed and dated by the Certifying Manager of the IQS Agency.

The Nebraska Forest Service and State Fire Marshal Training Division assume no liability for validating any level of physical testing performed nor for validating the successful completion of any test. Those parties attesting to the successful completion of the physical fitness testing shall assume all liability for any and all actions and outcomes now and until such time that the Individual Qualification Card (Red Card) becomes inactive, and this assumption of liability shall be noted and verified by the signatures as listed below.

(Please Print)

I, \_\_\_\_\_ (name) \_\_\_\_\_, from \_\_\_\_\_ (full mailing address) \_\_\_\_\_, with the Incident Qualifications number or personal identification account number of \_\_\_\_\_ (first initial, first four of last name, last four of SSN) \_\_\_\_\_, and a member of the \_\_\_\_\_ (organization or department) \_\_\_\_\_, do hereby verify that I have successfully completed the Arduous (Pack Test). The PASS score for the test shall be considered verified by all signatures as listed below.

Individual: \_\_\_\_\_ (signature) \_\_\_\_\_ Date: \_\_\_\_\_

Organization Official: \_\_\_\_\_ (signature and title) \_\_\_\_\_ Date: \_\_\_\_\_

In April 2006, the National Wildfire Coordinating Group-Incident Operations Standards Working Team published, through the National Interagency Incident Management System, the Wildland and Prescribed Fire Qualifications System Guide. Within this guide, known as PMS 310-1 and NFES 1414, is the description of the Arduous fitness standard and the skill position qualifications for Fire Fighter (FFT2).

**Physical Fitness Levels.** Personnel must meet established physical fitness levels for wildland fire assignments. Agencies may determine the method of evaluating the physical fitness level of their personnel. However, the testing method should be a measurable evaluation process.

**Arduous:** Duties involve field work requiring physical performance calling for above-average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended periods of time. Requirements include running, walking, climbing, jumping, twisting, bending and lifting more than 50 pounds; the pace of work typically is set by the emergency situation.

**Fire Fighter (FFT2):** Required training is the S-130, S-190, L-180 and I-100 courses. The Physical Fitness as is listed is the Arduous fitness test.