



PHYSICAL ENDURANCE TEST



Physical Fitness Standards—Organizational Validation

Wildland Fire Fighter (FFT2)—Arduous (Pack) Test

This document will verify to the issuing agency, the State Fire Marshal Training Division and hereafter known as the IQS Agency, that the following individual has successfully completed the fitness testing as is required for the issuance of an Incident Qualification Card (Red Card) for firefighting on lands declared as federal property 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, thus requesting that a Incident Qualification Card (Red Card) be issued to the noted individual to be a FFT2 wildland fire fighter, and that said card will be signed and dated by the Certifying Manager of the IQS Agency.

The State Fire Marshal Training Division assumes no liability for validating any level of physical testing performed nor does the State Fire Marshal Training Division assume any liability 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 social security account number or

personal identification account number of _____—____—_____, 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 January 2000, 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).

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 and S-190 courses, with additional training that supports development, which is the I-100 course (Introduction to ICS). The Physical Fitness as is listed is the Arduous fitness test.