



### Fire Academy

College of the Siskiyous, 800 College Ave., Weed, CA 96094  
Phone: (530) 938-5512 - Fax: (530) 938-5327 – Email: [CTEInfo@siskiyou.edu](mailto:CTEInfo@siskiyou.edu)

## Medical Release Form – Fire Academy

### Instructions to Physician

The individual you are examining has been requested to obtain a Medical Clearance prior to participation in the College of the Siskiyous Fire Academy. This training academy consists of physical conditioning activities ("hands on" skills) related to firefighter training. The Physical Conditioning Program consists of physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 30 minutes per day, up to four days per week, for 16 weeks. Descriptions of the physical performance expectations of the College of Siskiyous Fire Academy are provided below.

### Physical Performance Tests

The firefighter's manipulative performance training involves heavy lifting, climbing, chopping and carrying activities while on the ground, on ladders, on stairways, on roofs, and on other elevated locations. Participation in the fire academy requires the wearing of fire resistive clothes including coat, pants and boots and a 35 lb. self-contained breathing apparatus.

### Physical Demands

A **Fire Academy Cadet** (student) is required to perform at very high activity levels involving, but not limited to:

- Walking on uneven or slippery surfaces.
- Dexterity and coordination to handle fire equipment, apparatus and large and small tools.
- Occasional lifting of objects weighing up to 50 lbs.
- Hoisting equipment weighing up to 50 lbs.
- Dragging charged hoselines weighing up to 200 lbs.
- Strength to move the weight of an average human body, weighing up to 180 lbs.
- Reaching for items above the head and below the feet.
- Climbing up and down ladders and stairs carrying hand tools and equipment.
- Entering confined spaces and other areas.
- Agility to move quickly and easily including the ability to crawl, stoop or bend with weight loading the body.
- Visual acuity sufficient to read gauges and observe conditions at emergency sites in a variety of lighting conditions, including bright light, low light and low visibility conditions.

### Physical Requirements

The work requires arduous physical exertion while wearing structural protective equipment (approx. 25 lbs.) and self-contained breathing apparatus (approx. 35 lbs.). The physical exertion involves regular and recurring:

- Running and walking
- Hiking
- Bending and lifting
- Shoveling, chopping, and throwing

- Walking or climbing over rocky areas or other uneven surfaces
- Cutting one's own path through dense vegetation and in mountainous terrain while operating hand and power tools for long durations and while carrying over 50 pounds of gear.

The work frequently involves long hours of work, and complex decision-making. This requires each fire academy cadet to have the ability to maintain situational awareness of activities nearby while also focusing on the manipulative performance assigned.

## **Medical Examination / Physical Abilities**

The fire academy cadet has demonstrated the ability to perform many of the aforementioned physical activities during prerequisite training courses. The medical examination of the fire academy cadet is similar to an evaluation that would be performed on an athlete prior to participation in a collegiate sports program. **The emphasis of the medical examination is on the respiratory and cardiovascular condition of the cadet to determine if there is a medical reason that would impede or prevent the cadet from full participation in the fire academy over a 16-week term.**

Since the cadet will be using self-contained breathing apparatus, a **spirometry test** for forced vital capacity and forced expiratory volume within one second is also required. The cadet will complete a medical history for your review.

Please complete the **Firefighter Academy Physical Worksheet** to confirm the evaluation and assessment of the fire academy cadet. If you have any questions, please call the Fire Technology Coordinator at (530) 938-5261, Monday-Thursday, 8:00 am to 5:00 pm. Thank you for your cooperation and support.

# Firefighter Academy Physical Worksheet

To be completed by physician or licensed health care professional.

Respirator/ Medical Evaluation Questionnaire Reviewed?  Yes  No

Comments / Concerns on Questionnaire:

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Medications:

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Allergies:

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Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Pulse: \_\_\_\_\_ BP: \_\_\_\_\_

Pupils:  Equal  Unequal Vision Corrected:  Yes  No

OD 20/ \_\_\_\_\_ OS 20/ \_\_\_\_\_ OU 20/ \_\_\_\_\_

Appearance	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
HEENT	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Heart	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Pulses	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Respiratory	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Abdomen	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Hernia	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Skin	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Screening Neuro Exam (inc. DTR)	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Screening M/S Exam		
Neck	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Back	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Upper Extremities	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Lower Extremities	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings
Spirometry: FEV1 and FVC 80% of predicted	<input type="radio"/> Within Normal Limits	<input type="radio"/> Abnormal Findings

I verify that \_\_\_\_\_ has been evaluated by myself according to the guidelines presented.

College of the Siskiyous Fire Academy, and Title 8, CCR\*, Section 5144. I have performed the following evaluations:

- Medical history pertaining to conditions that could affect the student's ability to wear a respirator.
- Physical examination with emphasis on respiratory and cardiovascular condition.
- Spirometry test for forced vital capacity (FVC) and forced expiratory volume in one second (FEV1).

Assessment:

- No limitations found - may fully participate.
- Limitations found – may not participate
- Limitations found – may participate after clearance obtained for \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ License Number: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital / Clinic: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Stamp: