



JOB CORPS CCC ADVANCED WILDLAND FIRE PROGRAM APPLICATION

Western Programs



Eastern Program



**Job Corps Civilian Conservation Center
Advanced Fire Training Programs**

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Job Corps Civilian Conservation Center

Advanced Fire Training Programs

PLEASE READ APPLICATION IN FULL BEFORE APPLYING

Estimated Timeline: Dates to submit applications are listed below for each Center.



[Collbran - Buzzard Creek](#)
Advanced Fire 10/31/2022



[Schenck - Davidson River](#)
Advanced Fire 08/05/2022



[Trapper Creek](#)
Advanced Fire: 10/31/2022



[Weber Basin](#)
Advanced Fire Dispatch: 10/31/2022

Students will enter the Advanced Fire Management Program in ~2022 - 2023. Students will graduate ~2023 - 2024.

Application Timeline and Input Agenda: (This timeline is subject to change due to COVID-19)

- Applications **MUST** be received complete and in its entirety.
- Online interviews will be held via Zoom or Teams
- You must be complete with the Basic Trade 1 month prior to the start date of the Advanced Trade you are applying to.
- Notification/Acceptance Letters will be sent to individual students and Center Staff
- Report to Center
- Introduction to Center Life/Orientation
- Physical Training (PT), Introductions, Ethics and Conduct for Crew life, Expectations, and Standard Operating Procedures (S.O.P's)
- Set up I-9, W4, Direct Deposit forms, New Employee form, and E-Medical
- Work Capacity Test (WCT) or "Pack Test"
- Basic Fire Training NWCG S-130, S-190, L-180, D-110, IS-700, ICS 100

*All trainings will be provided and are not required to apply.

APPLICANTS PROGRAM & JOB CORPS CENTER PREFERENCE:

(Select all programs you are wishing to be considered to)

Trapper Creek (Advanced Fire)

Schenck -Davidson River (Advanced Fire)

Collbran-Buzzard Creek (Advanced Fire)

Weber Basin (Advanced Fire Dispatch)

Applicants' preference will be considered in the selection process but is **NOT** a guaranteed placement location.

Job Corps Civilian Conservation Center Advanced Fire Management and Dispatch Training Programs

Overview

The Advanced Fire and Dispatch Training Trades within the Job Corps Civilian Conservation Center is an opportunity of a lifetime where you will be pushed physically, mentally, emotionally, and spiritually to limits that you have never experience before. You will be subjected to very rigorous, harsh, and hazardous work environments while being exposed to extreme elements and weather conditions daily. The program is 100% free to participate in, but you will earn an opportunity of a lifetime while learning new skills in Wildland Fire Management. Students are expected to come into the program in excellent physical condition and willing to have their limits put to the test on a daily basis. Additionally, the programs require students work independently as well as part of a cohesive team to achieve mutual goals and the mission of the US Forest Service. Applicants need to understand, they are only as good as the people around them and their success in the program is directly related to their ability to push themselves past their limits, to work as a member of a team, and maintain a positive attitude.

When the students arrive at the Job Corp Center, they will begin a rigorous Physical Training (PT) program almost immediately. This PT program is designed to get each student into firefighting condition and begin building crew cohesion and teamwork. Students will have a short introduction to the program and an orientation to the Center along with how business is conducted on campus. Once orientation is complete, the training and classroom instruction will begin. The training will consist of numerous National Wildfire Coordinating Group (NWCG) fire courses as well as informal training in everything from leadership, team building, medical emergencies, resume building, navigating through [USAjobs](#) and job interviewing skills.

Perspective applicants do not need to possess a Red Card (basic wildland firefighter certification) to apply for these programs since you will be taught the Basic Wildland Firefighting/Dispatch Courses to all selected students. Every student will go through the Basic Fire Training.

Upon completion of the classroom training students will be made available for fire assignments across the country requiring you to be away for weeks at a time. While on assignment you will be working and living with your Crew or on your own under often highly intense and stressful conditions. Some of these situations may include camping outdoors, 16 hours of rigorous physical work, and working in steep rugged terrain. You are required to ensure that all your personal affairs are in order to eliminate any kind of logistical complications while on fire assignment.

While students in the advanced trades can earn some privileges that basic students do not have. They are still Job Corps enrollees and are subject to the same Job Corps rules and regulations including sign in/sign out, quiet hours, dorm room inspections, etc. Advanced students are expected to perform at a higher level than basic students due in part to their prior success in the Job Corps program. Prospective advanced fire management/dispatch students should be prepared for another 10 to 11 months in Job Corps and abiding by these rules.



Job Corps Civilian Conservation Center Advanced Fire Management and Dispatch Training Programs

Because of the balance of mental and physical training, it is important that potential applicants have both the mental and physical abilities to succeed. The minimum TABE score for entry into the program is 580 in both Math and Reading. Students with TABE scores of less than 580 may still apply, but priority is given to students who meet the minimum TABE score.



Students are required to have their Center submit detailed medical information to the Job Corps CCC's Health & Wellness staff for review prior to entry into the program. This is to identify any potential issues before they pose a health or safety risk for the student or crew. **Applications submitted without the proper medical documentation will not be considered.**

Students who are selected into the Job Corps CCC Advanced Fire/Dispatch Training Programs will gain the knowledge, skills, and abilities to compete for a position as a Wildland Firefighter or an Initial Attack Dispatcher. Either as a 1039 seasonal federal employee, or a permanent federal position as a Wildland Fire Apprentice. The [Wildland Firefighter Apprenticeship Program](#) (WFAP) is a pathway for students, after completion of the Advanced Fire Management Career Technical Training (CTT) Program and begin full-time careers with the United States Forest Service and other Federal Land Management Agencies. The Wildland Firefighter Apprenticeship Program is an accredited educational program designed to enhance and develop students as future Fire and Aviation Managers. The intent of the program is to provide career entry firefighters with higher level education, training, and paid work experience. Upon completion of the Apprenticeship Program, the apprentice will achieve and receive a senior Wildland Firefighter certification.

While enrolled in the Advanced Fire Management CTT, students will receive the standard Job Corps stipend every two weeks in addition to a completion payment upon graduation from the course. **No other financial benefits are guaranteed.** When you get ordered as part of a crew or as a dispatcher in support of a wildland fire or other incident, students will be hired on as Administratively Determined (AD) employees and will be paid an hourly wage that varies depending on their qualification. Going out on a fire assignment may or may not happen. Therefore, students should be prepared to subsist on the Job Corps stipend or other savings for the duration of their stay. Going out on fire assignments are dependent on the severity and duration of the fire season across the country, as well as the students remaining in good standing.

If you have any question regarding this information, you are encouraged to contact the Job Corps Civilian Conservation Center's Advanced Training Point of contact. (See below on page 8)

Student Information for Prospective Advanced Fire Management Candidates

After completing the initial training along with passing the pack test, each crewmember will earn their Red Card. From this point forward students will learn how to function as a crewmember on a fully functional Type 2 Initial Attack (IA) Crew, Type 2 Crew, Type 6 Fire Engine Crew, Initial Attack (IA) Module, or as an Expanded Dispatch Recorder or Initial Attack Dispatcher.

In addition to passing a medical review, students need to understand that **wildland firefighting and field work demands a high level of muscular and cardiovascular fitness to preform safely in physically demanding environments.** Western wildfire conditions require crewmembers work in steep, uneven terrain, extreme temperatures, at high altitudes and in thick smoke while maintaining a reserve work capacity to meet unforeseen emergencies. **This level of fitness is critical for wildland firefighters.** Students who have never hiked outdoors through steep, uneven terrain are encouraged to try this at a fast, steady pace with a heavy pack prior to applying. If you find this is too difficult or unpleasant, wildland fire may not be an appropriate career path.

**Job Corps Civilian Conservation Center
Advanced Fire Management and Dispatch Training Programs**

Advanced Fire Management Training Program

Physical Preparation - Arriving Fit for Duty:

The job of a wildland firefighter is very demanding, both physically and mentally, and it requires stamina and determination. In order to perform the job safely and efficiently, it is essential that you take your physical preparation and conditioning seriously. The more you prepare, the less likely you are to become injured during the fire season. Our physical training program is designed to enhance your fitness level as well as push you mentally and physically. Here are some simple guidelines to help you begin your preparation for the Advanced Fire Management Training Program. Remember, it takes months of hard work to perform at the level required to be a safe and fit wildland firefighter.



90 Days before Arrival:

Start training aerobically at least 5 days a week. Leave at least one day per week to rest. As you surely know, running is a major part of our training, and the sooner you start, the better off you'll be. At a minimum, run 3 times a week and at least 3 miles each time out. To improve your cardiovascular fitness, keep your runs at least 30 minutes in duration. If you are just starting to run, start slowly in order to avoid injury and soreness. Once you are ready, keep your exertion level high during the runs but not exhaustive. All crew runs are considerably hilly and are on varied terrain and distance. If you only

run 3 times a week supplement your program with other aerobic exercise (e.g., biking, swimming, or hiking). If weather is a restriction factor for your workouts, get into the gym. Training on cardio machines (e.g., treadmill, stair master) is not a perfect substitute for the equivalent exercises outdoors, but nevertheless improves your aerobic capacity. Incorporate push-ups, sit-ups, and pull-ups into your daily plan. Be sure to follow up each Physical Training (PT) session with some stretching and a cool down session.

Arrival at the Advanced Fire Management Training Program:

We expect you to arrive physically fit and ready to start training. Failure to train prior to your arrival greatly reduces your chances for success in this program. The fire management training program is fast paced from the very first day. We will only have a short period of time to prepare you for the fire season. PT will be rigorous along with the coursework so be prepared.

We also expect you to arrive with a positive attitude and to maintain a serious focus on your training.

Fire Dispatch Advanced Training Program:

Student Information for Prospective Advanced Emergency Dispatcher Candidates

Perspective applicants need to be proficient in the following areas and skills; Teamwork, basic computing with an understanding of various office computer programs, multi-tasking, organization, and the ability to stay focused in stressful situations. Students who are accepted into the Weber Basin Job Corps CCC Advanced Emergency Dispatcher program will gain the knowledge, skills, and abilities to compete for a position as a Forest Service Initial Attack/Fire Logistics Dispatcher.

A Fire Logistics Dispatcher provides a wide range of fire dispatch support functions.

Some duties of a Fire Logistics Dispatcher may include:

- Receiving fire location information
- Keeping the floor supervisor advised on fire activity
- Informing the supervisor of logistical support activities
- Processing resource orders
- Records/maintains information in communication logs
- Collects, processes and submits incident information to support intelligence activities
- Inputs data into various fire related computer applications
- Processes and interprets weather information

An Initial Attack Dispatcher serves as a coordination point with capability to assemble or obtain suppression resources including helicopters, retardant aircraft, firefighters, and fire overhead personnel.

Some duties of an Initial Attack Fire Dispatcher may include:

- Track resources in a Computer Aided Dispatching program (CAD)
- Serving as a critical communication link to the fire fighters in the field
- Provides input to be used in fire management planning
- Interprets and monitors weather information
- Keeps floor supervisor informed on fire activities
- Inputs data into various fire related computer applications
- Keeps fire managers up to date with current information for making sound decision



If you have any question regarding this information, you are encouraged to contact the Weber Basin Job Corps Civilian Conservation Center's Advanced Training Point of contacts (see page 8 below).

Application Instructions

Please ensure all fields are completed legibly, and nothing is left blank. Include all documents that are listed on the document’s checklist (see below). Electronic applications are preferred. **Late and incomplete packets will not be considered.**

Application/Documents Checklist:

Student Application (Complete)	Student Conduct Profile
Professional Resume	Case Notes (ALL)
TABE Diagnostic Sheet	Copy of High School Diploma or HISSET/GED
Copy of Valid Government Issued ID	Copy of recent physical (within the last 90 days) in a sealed envelope
Job Corps Data Sheet, From ETA 652	
Student Profile, From ETA 6-40	Health & Wellness Checklist

- Ensure that all the following documents are included in the application packet before submitting.
- Submit the completed application packet to your center VDS/CTS.
- Center VDS/CTS please ensure all parts of the application are completed correctly.
- and legibly prior to sending it to the receiving centers VDS or point of contact.
- **ADDITIONALLY! All medical records must be sent by mail to the receiving Centers Medical Facility when accepted. Information for mailing and contacts will be in the Acceptance Letters.**
- **Students must travel from sending center to the receiving center once accepted.**

Advanced Training Points of Contact:

Trapper Creek	Collbran	Schenck	Weber Basin
Gary Mitchell – VDS Gary.mitchell@usda.gov 406-821-2103	Kerry Lucas – VDS Kerry.lucas@usda.gov 970-487-2060	John Kleciak – Trade Inst. John.kleciak@usda.gov 828-862-6123	Tammy Humphrey – VDS Tammy.humphrey@usda.gov 801-476-5971
William Hall – AFMO William.hall@usda.gov 406-821-2159	Chris Watkins – Trade Inst. Christopher.watkins@usda.gov 970-487-2037		Kyle Yurkovich – Trade Inst. Kyle.yurkovich@usda.gov 330-421-7239

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Student Application

Personal Information:

Last Name: _____ First Name: _____ MI: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Cell phone: _____ Email: _____

Date of Birth: _____ U.S. Citizen: Yes No

Age: _____

Valid Government ID: _____ If other please explain.

Current Center Information:

Name of Job Corps Center: _____

Address: _____

City: _____ State: _____ Zip: _____

Date Enrolled: _____

Date Completion: _____

CTT: _____

Certifications Earned:

Staff Contact: _____

Telephone: _____

Email: _____ Title: _____

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Prerequisites:

(You must have all of these by the time you begin the program)

18 Years of age or older by start of program: Yes No

Personal savings/checking account: Yes No

Current physical form current Health and Wellness Center (within 45 Days of arrival): Yes No

NFPA approved fire boots: Yes No

The boots must be at least 8" tall, all leather construction, with Vibram brand soles and no steel toe. Common brands include Wesco, Hathorn, Nick's, White's, Drew's, LaSportiva, Scarpa, Danner, Lowa, Hiix, Kenetreks, and Georgia'. These boots can be expensive, but they are an investment that will last a season or two at least. It is important not to skimp in this area. Your feet are very important and you must have good solid boots to support your feet through the long strenuous work days. Also, you must have good wool socks. Purchase these boots as soon as possible once you receive our acceptance letter to start breaking them in.

Emergency Contact Information:

Emergency Contact: _____

Relationship: _____ Telephone: _____

Do you have allergies: Yes No If yes, please list:

Fire Information If Available:

Currently Red Carded: Yes No If yes, expiration date: _____

IQCS Profile: Yes No If yes, Employee ID (from Red Card): _____

IQCS Account Manager: _____

Telephone: _____ Email: _____

Local Coordination Center: _____ Alt. Email: _____

CPR/1st Aid Qualification: Yes No If yes, expiration date: _____

Yes Yes Chainsaw : Yes No If yes, expiration date: _____

Qualification: Yes No

BLM Fitness Challenge Score: _____

* If yes to any item above include all documentation with this application.

**Job Corps Civilian Conservation Center
Advanced Fire Management Training Program**

Applicant's Autobiographical Sketch:

Tell us about yourself, what you can contribute to the Advanced Fire Management/Fire Dispatch Training Programs and what you want to gain out of your experience if selected (you may use this page or attach a separate page):

Applicant's Signature

Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Career Technical Training Instructor's Input

Student Name: _____ CTT: _____

CTT Instructor: _____ Telephone: _____

We are requesting your assistance in the selection of students for the Advance Fire Management/Fire Dispatch Training Program at Job Corps CCC. These programs are designed for students who wish to pursue a career in Fire Management with the US Forest Service or other federal agencies.

Please rate the applicant on a scale of 1 to 10, 10 being exceptional:

Personal Conduct and Professionalism	
Physical Ability	
Communication	
Attitude	
Teamwork	
Duties and Responsibilities	
Productivity	
Work Ethic	
Initiative	
Integrity	

Additional Comments:

Career Technical Training Instructor's

Signature/Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Academic Teacher's Input

Student Applying: _____ CTT: _____

CTT Instructor: _____ Telephone: _____

We are requesting your assistance in the selection of students for the Advance Fire Management/Fire Dispatch Training Program at Job Corps CCC. These programs are designed for students who wish to pursue a career in Fire Management with the US Forest Service or other federal agencies.

Please rate the applicant on a scale of 1 to 10, 10 being exceptional:

Personal Conduct and Professionalism	
Physical Ability	
Communication	
Attitude	
Teamwork	
Duties and Responsibilities	
Productivity	
Work Ethic	
Initiative	
Integrity	

TABE Scores	
TABE Level	
Math	
Reading	
Cumulative Score	

Additional Comments:

Signature/Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Residential Living Advisor's Input

Student Applying: _____ CTT: _____

CTT Instructor: _____ Telephone: _____

We are requesting your assistance in the selection of students for the Advance Fire Management/Fire Dispatch Training Program at Job Corps CCC. These programs are designed for students who wish to pursue a career in Fire Management with the US Forest Service or other federal agencies.

Please rate the applicant on a scale of 1 to 10, 10 being exceptional:

Personal Conduct and Professionalism	
Physical Ability	
Communication	
Attitude	
Teamwork	
Duties and Responsibilities	
Productivity	
Work Ethic	
Initiative	
Integrity	

Additional Comments:

Signature/Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Career Development Counselor's Input

Student Applying: _____ CTT: _____

CTT Instructor: _____ Telephone: _____

We are requesting your assistance in the selection of students for the Advance Fire Management/Fire Dispatch Training Program at Job Corps CCC. These programs are designed for students who wish to pursue a career in Fire Management with the US Forest Service or other federal agencies.

Please rate the applicant on a scale of 1 to 10, 10 being exceptional:

Personal Conduct and Professionalism	
Physical Ability	
Communication	
Attitude	
Teamwork	
Duties and Responsibilities	
Productivity	
Work Ethic	
Initiative	
Integrity	

Additional Comments:

Signature/Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Career Technical Training Manager's Input:

Student Applying: _____ CTT: _____

CTT Instructor: _____ Telephone: _____

We are requesting your assistance in the selection of students for the Advance Fire Management/Fire Dispatch Training Program at Job Corps CCC. These programs are designed for students who wish to pursue a career in Fire Management with the US Forest Service or other federal agencies.

Please rate the applicant on a scale of 1 to 10, 10 being exceptional:

Personal Conduct and Professionalism	
Physical Ability	
Communication	
Attitude	
Teamwork	
Duties and Responsibilities	
Productivity	
Work Ethic	
Initiative	
Integrity	

Additional Comments:

Signature/Date

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Center Director's Recommendation:

Please share any thoughts and comments about the individual submitting this application to the Advanced Fire Management/Fire Dispatch Training Preprograms:

Job Corps Civilian Conservation Center
Advanced Fire Management Training Program

Medical Standards Agreement:

Students selected for the Advanced Fire Management Training Program (AFMTP) will be filling crew member positions and will be held to the same standards as all US Forest Service firefighters. Students will be required to pass the [Work Capacity Test](#) (WCT) at the arduous level in order to maintain the qualifications required to hold a primary fire management position for the US Forest Service. Students who are unable to pass the WCT will be given one additional chance to pass before being removed from the program.

While enrolled in the AFMTP, students will also be participating in a rigorous physical training program that consists of running, hiking, calisthenics, weight training, and stretching, often in inclement weather conditions. It is the student's responsibility to ensure that he/she arrives prepared for physical training.

All students are required to have received a physical within 45 days of arrival at Job Corps CCC and be cleared by the Health and Wellness Manager from the sending center. The Health and Wellness Manager must also complete a Health and Wellness Summary Checklist for each student applying for a position in the AFMTP and sent **WITH** the application in a signed and sealed security folder.

Applications submitted without the completed Transfer Summary Checklist included with this communication will not be considered.

By signing below, you agree that you understand the rigorous nature of this CTT program and are not aware of any physical or mental health conditions that may inhibit the student's ability to perform his or her duties successfully and safely.

X _____
Applicant's Signature/Date

Health and Wellness Manager's Signature/Date

Center Director's Signature/Date

Job Corps Civilian Conservation Center
Advanced Fire Management Training Program

Health & Wellness Summary Checklist

Each summary section must be completed and mailed with application packet.

Health Providers Please Read

This student is applying to the Advanced Fire Management Training Program at Job Corps CCC. Students in this CTT are required to take and pass the Work Capacity Test at the Arduous level. This means walking 3 miles while wearing a 45-pound pack in 45 minutes or less. Additionally, students are expected to hike off-trail in rough and brushy terrain while carrying tools and packs. They participate in daily physical training that includes but is not limited to push-ups, sit-ups, pull-ups, and runs (up to and sometimes exceeding 10 miles). They will be expected to work up to 16 hours per day in a tight-knit crew environment where crewmembers are in each other's company for weeks at a time. Wildland firefighting is an inherently dangerous job and it is imperative that we identify any physical or mental health conditions that might pose a hazard to this student or other students before we consider accepting them into the program. Your cooperation in providing a complete and thorough evaluation is appreciated.

By signing the appropriate section below, you acknowledge that, to the best of your knowledge, this student does not have physical or mental health issues that would limit his or her ability to participate in this very physically and mentally demanding program.

General Information

Student Name: _____ DOB: _____ ID#: _____

Date of Entry: _____ Transferring Center: _____

Date of Transfer: _____ Receiving Center: Job Corps CCC

Insurance (check all that apply):

Private Insurance: Yes No If yes, enter Insurer:

Medicaid: Yes No If yes, enter State:

Other (specify):

Allergies:

Current medication(s) & dosage(s):

Upcoming appointments (e.g., orthodontic, off-center healthcare provider):

**Job Corps Civilian Conservation Center
Advanced Fire Management Training Program**

Accommodations:

Check one:

Accommodation plan is attached

Student does not have an accommodation plan

Accommodation Comments (include any specific additional information that needs to be known in relation to the student's accommodation plan such as the use of specific technologies or other information that was helpful in implementing the plan):

Disability Coordinator Signature: _____ *Date:* _____

Non Linc Pass Signature

Disability Co-Coordinator Signature: _____ *Date:* _____

Non Linc Pass Signature

H&W Manager's Signature: _____ *Date:* _____

Non Linc Pass Signature

Medical

Date of last medical assessment: _____

We require a complete physical examination be completed within 90 days of arrival on the receiving Center

Medical summary (include diagnoses, chronic/acute conditions, and treatments):

Activity/Diet CTT Restrictions:

Healthcare Provider Signature: _____ *Date:* _____

Non Linc Pass Signature

**Job Corps Civilian Conservation Center
Advanced Fire Management Training Program**

Oral Health

Check all that apply:

Refused elective oral examination

Refused oral health treatment

Received elective oral examination

Received oral health treatment

If student received priority classification, current priority classification: 1 2 3 4

Does the student have orthodontics? Yes No

If yes, is an updated orthodontic treatment plan in place? Yes No N/A

Oral health summary (include diagnoses, chronic/acute conditions, and treatment):

Dentist Signature: _____ *Date:* _____

TEAP

Enter Toxicology: Negative Positive

If positive list:

Suspicion testing dates/results (if applicable): _____

TEAP summary (include results of initial assessment, interventions, and dates of all contacts with TEAP Specialist):

TEAP Specialist Signature: _____ *Date:* _____

Job Corps Civilian Conservation Center Advanced

Fire Management Training Program

Mental Health

Check one:

- Student received mental health services
- Student did not receive mental health services

Mental health summary (include clinical impressions from initial intake assessment, interventions (on and/or off center) medications, and any other relevant care management contacts with the CMHC):

Center Mental Health Consultant Signature: _____ *Date:* _____

WCT Level <input type="checkbox"/> Arduous <input type="checkbox"/> Moderate <input type="checkbox"/> Light

Health Screening Questionnaire (HSQ)

Assess your health needs by marking all true statements.

The purpose of the HSQ is to identify individuals who may be at risk while taking the Work Capacity Test (WCT) and recommend an exercise program and/or medical examination prior to taking the WCT.

Employees are required to answer the following questions which were designed to identify those individuals who may be at medical risk when taking a WCT. The HSQ is not a medical examination. Any medical concerns you have that may place you or your health at risk should be reviewed with your personal physician prior to participating in the WCT.

SECTION A

You have/had:

- a heart attack
- heart surgery
- coronary (heart) angioplasty or stent placement
- a pacemaker/implantable cardiac defibrillator/rhythm disturbance (abnormal heartbeat)
- heart valve disease or a heart murmur
- heart failure
- heart transplantation
- congenital (born with) heart disease
- personal experience or a doctor's advice of any other physical reason that would prohibit you from carrying out or participating in strenuous activity
- blood pressure greater than 139/89, or you take blood pressure medication
- diabetes: diet controlled, or you take medicine to control your blood sugar

You experienced in the last 12 months:

- chest discomfort/pain with exertion
- breathlessness more than others with exertion
- dizziness, fainting, blackouts
- muscle or bone/joint problems: spine, knees, back, hips, shoulders, etc. (swelling, moderate pain)

Other Health Issues:

- you have a hernia
- you take heart or asthma medications
- you have epilepsy or a seizure disorder
- you have a history of past heat exhaustion/stroke that required medical care
- your blood cholesterol level is greater than 200 mg/dL, or your HDL is less than 40 mg/dL, or you take cholesterol medication
- I have a waiver for _____

SECTION B

Cardiovascular risks:

- you are physically inactive (i.e., you get less than 30 minutes of physical activity less than 3 days per week)
- you have a body mass index (BMI) ≥ 30 *
- you don't know your cholesterol level
- you don't know your blood pressure
- you smoke currently or in the past 6 months

*(to determine BMI, go to: [National Heart, Lung and Blood Institute: Calculate Your Body Mass Index](https://www.heart.org/healthycalculator/bmi))

I understand that if I need to be evaluated by a physician, it will be based on the fitness requirements of the position(s) for which I am qualified.

Privacy Statement

The information obtained in the completion of this form is used to help determine whether an individual being considered for wildland firefighting can carry out those duties in a manner that will not place the candidate unduly at risk due to inadequate physical fitness and health. Its collection and use are covered under Privacy Act System of Records OPM/Govt-10 and are consistent with the provisions of 5 USC 552a (Privacy Act of 1974). **WARNING: The information you have given constitutes an official statement. Incomplete, misleading, or untruthful information provided on the form may result in delays in processing the form for employment, termination of employment, or criminal sanction. Federal law provides severe penalties (up to 5 years confinement or a \$10,000 fine or both), to anyone making a false statement.**

Paperwork Reduction Act Statement

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0596-0164. The time required to complete this information collection is estimated to average 3 minutes per response, including the time for reviewing instructions (if any) or hearing a description of the project, and completing and reviewing the collection of information. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 975-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

I have read and understand the above, and answered truthfully.

Signature: _____ Printed Name _____ Date _____

Unit: _____ City _____ State _____

HSQ Coordinator: _____

Work Capacity Test: Informed Consent

- **Pack Test - Arduous** The 3-mile test with a 45 pound pack in 45 minutes is strenuous, but no more so than the duties of wildland firefighting.
- **Field Test -Moderate** The 2-mile test with a 25 pound pack in 30 minutes is fairly strenuous, but no more so than the field duties.
- **Walk Test -Light** The 1-mile walk in 16 minutes is moderately strenuous, but no more so than the duties assigned.

Risks

- There is a slight risk of injury (blisters, sore legs, sprained ankles) especially for those who have not practiced the test. If you have been inactive and have not practiced or trained for the test, you should engage in several weeks of specific training before you take the test. Be certain to warm up and stretch before taking the test, and to cool down after the test. The risk of more serious consequences (such as respiratory or heart problems) is diminished by completing the **(HSQ)** physical activity readiness questionnaire.

I have read the information on this form, the brochure “Work Capacity Test” and understand the purpose, instructions, and risks of the job related to work capacity test.

I have read the information, understood, and truthfully answered the HSQ.

Test to be Taken (check one) Pack test Field Test Walk Test

Signature _____ Date _____

Printed Name _____

Privacy Act Information

The information obtained in the completion of this form is used to help determine whether an individual being considered for Wildland Fire fighting fire duties can carry out those duties in a manner that will not place the candidate unduly at risk due to inadequate physical fitness and health. Its collection and use are consistent with the provisions of 5 USC 552a (Privacy Act of 1974).

The information will be placed in your medical folder and is to be used only for official purposes as explained and published annually in the Federal Register under OPM/GOV'T, the OPM system of records notice.

Paperwork Reduction Act Statement

Under the Paperwork Reduction Act of 1995, no person is required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control for this information collection is 0596-0164. Public Report Burden hour is estimated average 2.5 minutes per response including the time for reviewing instruction (if any) hearing a description of the project. Send comments regarding burden estimate of any other aspect of this survey, including suggestions for reducing burden to: Information Collection Officer, USDA/Forest Service/ 1621 North Kent Street, Room 800 RPE, Arlington, VA 22209 and to the Office of Management and Budget, Office of Regulatory Affairs, Desk Officer for Forest Service, Washington 20503.