

Appendix C—Informed Consent



The agency having jurisdiction may require that candidates sign an informed consent form. Here is a sample form suitable for photocopying.

INFORMED CONSENT FOR WORK CAPACITY TESTS

- ✦ I have read the information on this form and understand the purpose, instructions, and risks of the job-related work capacity test.
- ✦ I have read and understand, and have truthfully answered the health screening questionnaire.
- ✦ I have no personal or medical knowledge of any physical reason that would prohibit me from safely carrying out the assigned duties of the position.
- ✦ I believe I have the physical ability to complete the test and carry out the assigned duties of a wildland firefighter.

Test to be taken: ☐ Pack ☐ Field ☐ Walk

Date _____

Print name _____

Signature _____

Witness _____

Location _____

Pack test—Intended for those involved in arduous duties (defined in NWCG 310–1 as requiring an aerobic fitness level of 45, lifting more than 50 pounds, and occasional demand for extraordinarily strenuous activities). 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—Intended for those with moderately strenuous duties (requires a maximum VO_2 of 40, lifting 25 to 50 pounds, and occasional demand for moderately strenuous activity). The 2-mile test with a 25-pound pack in 30 minutes is fairly strenuous, but no more so than field duties.

Walk test—Intended for those whose duties involve light work with occasional field activity (required maximum VO_2 of 35). 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 (blister, sprained ankle, sore leg), especially for those who have not practiced and trained for the test.

For active individuals, the risk of a serious cardiovascular event is small. However, for inactive (sedentary) individuals, the risk is 56 times greater.

Be certain to warm up and stretch before taking the test and to cool down afterward. The risk of more serious consequences (such as respiratory or heart problems) is diminished if you complete the health screening questionnaire truthfully.

WARNING:

If you have not been involved in regular physical activity, you are at an elevated risk for cardiovascular complications during exertion. You should not begin training for a work capacity test until you have made a gradual transition from inactivity to regular physical activity. If you have been sedentary, you should engage in 4 or more weeks of moderate activity (walking 30 to 60 minutes, 3 to 5 days per week) before you begin more vigorous training for a test or the job.