

FIRE FIGHTER**MEDICAL CLEARANCE AND DISCLAIMER OF LIABILITY**

You should make an appointment with a physician to have your medical clearance form completed and signed by the physician, certifying that you are physically capable of safely completing the Physical Performance Test (PPT)

To Candidate: Provide the information requested below. Your physician must complete the next section of this form.

CANDIDATE NAME: _____

DATE OF BIRTH: _____

PHONE # _____

DATE OF TEST: _____

RESULT OF TEST: _____

SIGNATURE OF EXAMINER: _____

NOTE: If you do not take the physical performance test within 180 days of your medical examination, you must obtain a new medical evaluation **and** complete a new disclaimer form. Additional copies are available on line at: www.state.nj.us/csc/forms

DO NOT WRITE BELOW --- FOR PHYSICIANS' USE ONLY

NOTE TO PHYSICIAN: Please be advised that the person whose name appears above has been scheduled to take the physical performance test component of the Mount Holly Fire District Duty Crew Program. He/she will be required to participate in the strenuous physical activities as described on the reverse side of this form.

Physician's Determination:

Can this candidate safely perform this physical performance test without injury?

Yes ☐

No ☐

If your answer is "No", and the medical condition is temporary, please indicate the date after which the candidate may safely be tested. Candidate may be tested after (Date) _____

If your answer is "No", and the medical condition is permanent, please indicate so by checking the box and stating the reason(s) below. ☐

Physician's Remarks: _____

Physician's Signature: _____

Telephone Number: _____

Physician's Office Address _____

Date: _____ N.J. Board of Medical Examiners License Number _____

DO NOT WRITE BELOW --- TO BE COMPLETED AT THE TIME OF THE PHYSICAL PERFORMANCE TEST**DISCLAIMER OF LIABILITY**

Participation in the firefighter physical performance test involves strenuous physical activities which require strength, endurance and speed. You will be allowed to participate in this test only if you have been examined by a physician who certifies that you can safely perform the physical performance test without injury. Mount Holly Fire District has no knowledge of your physical condition or abilities and must therefore rely upon your representation and the representation of your physician that you can perform this test without injury. Your signature below indicates that you understand that you are assuming all risk connected with participation in this test, that you have been informed that the Mount Holly Fire District assumes no risk or responsibility for any injury incurred during or as a result of your participation in this test, and that no significant changes have occurred in your medical condition since you were examined by the physician whose signature appears above.

Candidate's Signature

Date

FIRE FIGHTER PHYSICAL PERFORMANCE TEST

DESCRIPTION OF PHYSICAL PERFORMANCE TEST EVENTS

OBSTACLE COURSE

The obstacle course event begins by placing the end of a 2 1/2" supply line hose (55 lbs.) over one shoulder and across the chest. At the command "Ready, go," the hose is dragged a distance of 75 feet. The candidate then drops the hose and proceeds to the fire hydrant.

The candidate lifts the K-12 saw (30 lbs.) from its box and carries it 37 1/2 feet out and around the right side of a cone and returns the saw to the box from which it was originally taken. The candidate then proceeds to the simulated 24' ladder fly raise.

The candidate picks up the high rise pack (50 lbs.), using the shoulder strap or handgrip to support the weight. While carrying the high rise pack, the candidate proceeds to the stairs. Each climb and descent equals one cycle. The candidate must place a foot on each step and both feet on the ground at the completion of each cycle. The candidate completes 12 cycles before returning the high rise pack to its original location on the floor. The candidate then proceeds to the 1 3/4" hose.

Picking up the extinguisher (40 lbs.) with either hand,

The candidate carries the debris box 37 1/2 feet to and around the right side of a cone and returns along the same path, placing the box back in its original location. The candidate then proceeds 10 feet to the finish line, and the OBSTACLE COURSE portion of the physical performance test is concluded.

The candidate puts on a safety harness, to which a safety line is attached. At the command “Ready, go,” the candidate ascends the ladder, holding either the rails or the rungs, until the candidate’s feet are at a height of 18 feet. The candidate then rings a bell suspended above his or her head, and then returns to the ground. The first foot that touches the ground signifies completion of this exercise.

The candidate will enter the maze and get into a crawling position with his or her hands behind the starting line. When the candidate is in position, the outside cover will be closed, cutting off any light to the interior. At the command “Ready, go,” the candidate will crawl through the maze until reaching the finish line. When the candidate reaches the finish line, the exercise is complete.

