

Arduous pack test

Arduous: involves field work calling for above-average endurance and superior conditioning. All firefighters are required to perform arduous duty. This test level is required by the U.S. Forest Service and most other agencies to fight fire in the United States.

Requirements: 3-mile hike with 45 lb pack in 45 minutes. No jogging or running. Steamboat Springs Fire Rescue will provide a weighted vest for this test and the test will be conducted on a designated 3 mile course.

The test will be monitored by SSFR personnel.

Please note: Before you take the Pack Test, you should already be cleared by your physician for arduous activities. Only your physician can safely determine whether a person is cleared to start conditioning, take a Work Capacity Test, or will need further medical evaluation. If you have not conducted regular physical fitness conditioning, taken a work capacity test, or been cleared by your physician for such activities you should not take the Pack Test. You will be expected to sign a medical waiver form on the day of the testing.

Personnel cleared to take the Pack Test will need the following:

- Adequate footwear that will protect the feet and ankles while testing
- Comfortable clothing