

Santa Barbara City Fire Department

Bulletin No. 17-07

Date: January 31, 2017

To: All Department Members

Subject: Pack Test

As we prepare for the upcoming 2017 fire season, it is time for crews to complete the pack test. Because wildland fires are dynamic and there is potential for all members to be in arduous work environments, all ranks will be required to successfully complete the pack test. Successful completion will allow individuals to respond out of county on a Type I/II/III engine strike team and overhead positions.

In each station library there is a copy of the 2009 Fitness and Work Capacity, which is a publication of the National Wildfire Coordinating Group. This booklet was designed to provide firefighters with information on fitness and work capacity, nutrition, hydration, the environment, and injury prevention. Chapter Seven specifically addresses Work Capacity Tests and Training. I encourage each person to read this chapter thoroughly. You will also find a copy of 2014 CICCS that identifies fitness level, training and experience requirements for each red card position. If your library does not contain the 2009 Fitness and Work Capacity and 2014 CICCS, they can be found at:

<http://www.nwccg.gov/pms/pubs/pms304-2.pdf>

<http://www.calema.ca.gov/FireandRescue/Pages/CICCS.aspx>

If you have a temporary physical condition that may prevent you from participating in the Pack Test or a pre-existing condition that could be re-injured, please bring it to the attention of your Battalion Chief immediately and prior to taking the test. Each situation will be evaluated on a case by case basis.

Santa Barbara City College and Santa Barbara High School tracks are available as a testing site. Crews may also use a measuring wheel and chart a course at a suitable location. Another option is to use a treadmill, completing 3 miles in under 45 minutes. Company captains will be responsible to monitor and provide oversight for each of their crew members. Once the pack test is completed, **Company Captains should send an email to Battalion Chief Robert Mercado** listing location of test, date taken and times for each individual.

Take the time to prepare yourself physically for the testing process. Gradually increase your workload in order to reduce the opportunity for injury. **Pack testing may begin when you are properly conditioned and must be completed by May 1st.** The intent is to issue red cards as close to the beginning of fire season as possible.

Patrick J. McElroy, Fire Chief

By

Lee Waldron, Operations Division Chief