

Santa Barbara City Fire Department

Bulletin No. 18-03

Date: February 2, 2018

To: All Department Members

Subject: Pack Test

As we prepare for the upcoming 2018 fire season, it is time 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/VI 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. Take the time to prepare yourself physically for the testing process. Pack testing may begin as soon as you are ready to complete it and must be completed by May 1st. Red Cards will be issued as soon after that as possible.

Unfortunately, several floor personnel have reported that crews have not completed the pack test as outlined, but instead used a stationary bike, elliptical machine or worse did not complete it at all. The pack test is important to assure that we all can operate at a high level during wildland fires and other emergencies. Please take the time and make the effort to complete it with your crew.

Company Captains will administer the pack test for their crew at Santa Barbara City College or on the station treadmill. Captains please monitor the test for you and your crew, and then send all crew member's times to Chief Mercado.

Patrick J. McElroy, Fire Chief

By

Robert Mercado Battalion Chief