



FIREFIGHTER APPLICANT PHYSICAL APTITUDE EVALUATION

WHAT TO EXPECT DURING THE COVID 19 PANDEMIC

- Some operating procedures within our facility have changed in order to mitigate the transmission of COVID-19 during the pandemic.
 - **The physical aptitude tests have not been changed.** The same testing protocols and cut-scores will be used. For specific information about the tests you can still refer to the general information earlier in this document or email us at firetest@ualberta.ca with questions.
 - The Pandemic will impact four aspects of your experience
 1. **Preparation and Pre-screening 72 hours before your test**
 2. **Arrival and Check-in at the University of Alberta**
 3. **Testing**
 4. **Check-out and Departure**
1. Preparation and Pre-screening (72 hours before your test)
- If you have a medical reason to postpone your test, including a suspected or a confirmed case of COVID-19, you must contact the Work Physiology Lab directly to begin the rescheduling process (email: firetest@ualberta.ca phone: 780.492.1859). We will be working closely with fire rescue and emergency service departments to provide timely rescheduling opportunities.
 - You must still download the Medical Clearance form from our website and have it completed by a medical doctor. To finish the final step of this screening you **MUST** have a COMPLETED PDF copy of your Medical Clearance form and Facility Waiver form ready to be uploaded
 - The online pre-screening must be submitted between 48 hours and 72 hours before your scheduled start time. This window is critical so that we can safely admit you into our testing facility.
 - Use the link found on the main page of our website to complete the pre-screening forms (UAB.CA/FireTest).
 - After completing the online pre-screening if there are any changes in your health status then you **MUST** contact us as soon as possible (email:firetest@ualberta.ca phone: 780.492.1859).
 - You must ensure you have paid in full for your test. For most departments this is done through our customer service center (Phone: 780-492-2231 Email: activityreg@ualberta.ca). For some departments such as Edmonton Fire Rescue Service you must register and pay directly with them.



- During the COVID 19 pandemic you must supply your leather gloves. You must bring a pair identical to one of the examples on our website. No other gloves will be allowed. Gloves will be inspected to ensure compliance. Your gloves may be 'broken in' but cannot be altered in any other way.

2. Arrival and Check-in at the University of Alberta

- It is not safe to admit anyone into our facility if they have had COVID-19 symptoms in the 14 days preceding their scheduled appointment. If any individual arrives with signs or symptoms of illness their test will be postponed.
- You must arrive by yourself. We are striving to limit person to person contact please do not invite others to attend.
- Bring only what you need on the day of your evaluation. We will have washrooms and change rooms but no access to shower facilities at this time. Please ensure that all items you bring can be transported easily from one location to the next in a single backpack or equipment bag.
- Upon arrival at our facility you must contact our laboratory (Phone: 780-492-1859) to be escorted into the building.
- You will need your driver's license or another form of government issued photo ID to confirm your identity.
- You will be issued a disposable mask which must be worn at all times, except when you are exercising.
- You will be asked to immediately clean your hands upon arrival.
- During registration we will ask you to confirm all of the information that you have provided to us during the online pre-screening procedure.
- Some pre-screening procedures will be repeated and some additional pre-screening questions will be asked.

3. Testing (including the one hour period between tests)

- Extra cleaning measures have been implemented to ensure that the clothing you are issued is cleaned and either disinfected (boots, helmets) or laundered (pants, jackets, flash hoods, coveralls) before every use.
- The testing protocols and cut-scores (pass/fail criteria) have not changed. You must achieve the minimally acceptable score on all of the tests in order to successfully pass the evaluation. Details about the cut-scores for each test are available in the general information document on our website.
- During the treadmill test you will be breathing through a standardized two way breathing valve and wearing a nose clip. This is the same procedure we have used in the past to collect expired air for gas analysis but for the time being we will no longer be using our



metabolic measurement system to record oxygen consumption. Instead, expired air will be directed safely away from those administering the test. The treadmill will be thoroughly cleaned after each use and there will be an extended period of time between treadmill tests to ensure adequate air clearance.

- During the one hour between tests you must wear a facemask. You will be taken to a designated recovery area with access to a washroom.
- During the job-related tests you will not be required to wear a face mask.
- After completing a standardized familiarization you will be timed while completing each test. Between each test you will complete exactly 3 minutes of active recovery.
- A pair of testers will administer the job-related tests. The testers will monitor you and give you specific instructions throughout your evaluation. You must follow the testers instructions at all times. The testers will clean the equipment after you complete each test.
- We will end any test if we determine it is unsafe for you to continue. Testing will be terminated if there is any sign or symptom that could jeopardize your safety or the safety of staff (e.g. vomiting, the earliest sign of syncope, loss of balance)

4. Check-out and Departure

- After completing the job-related tests you will need to return all of the items of clothing issued to you at the start of the day. Our staff will ask you to handle these items and place them in designated locations so that they can be properly cleaned.
- After completing the evaluation you will be monitored to ensure your vital signs return to a normal range before being allowed to leave.
- Lab staff will review a summary of your results and an unofficial copy of the results will be printed for you to keep as part of your records.