



## *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](mailto:firetest@ualberta.ca) with questions.
  - The Pandemic will impact four aspects of your experience
    1. **Preparation and Pre-screening 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 (24 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](mailto: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, you will bring this with you on the day of your test. The final step of pre-screening acknowledges that this form has been obtained and is correctly completed. You **MUST** have a correctly COMPLETED copy of your Medical Clearance form to submit to us on the day of your test
  - The online pre-screening must be submitted at least 24 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](http://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](mailto: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](mailto:activityreg@ualberta.ca)). For some departments you must register and pay directly with them.



- You must supply your own leather gloves. You must bring a pair identical in design 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 COVID-19 symptoms. If any individual arrives with signs or symptoms of illness their test will be postponed.
- We are striving to limit person to person contact please limit inviting others to your evaluation. If you are accompanied by others they will not be allowed in the laboratory space during the treadmill test and must watch only from within the designated areas on the concourse level.
- Bring only what you need on the day of your evaluation. 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) and our staff will meet you to proceed with check-in.
- 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 we ask that you wear while inside the testing areas. Outside the testing areas all University safety measures apply. You will not have to wear the mask during the job-related tests but will be asked to wear one during the warm-up and familiarization.
- During registration we will ask you for your medical clearance form and we will confirm all of the information that you have provided to us during the online pre-screening.
- Some pre-screening procedures will be repeated and some additional pre-screening will be completed including filling out a facility waiver form.

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

- 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 always used to collect expired air for gas analysis. Expired air is directed through a spirometry filter and then to the metabolic measurement system for analysis.



- During the one hour between tests you will be taken to a designated recovery area with access to a washroom.
- 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.

#### 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 printed on an unofficial copy of your results which you can keep as part of your records. Official results will be sent directly to the department for whom you are being tested.