



# Forest View Rescue Squad Physical Agility Test

## WAIVER AND RELEASE FORM

### Warning and Acknowledgement of Risk and Damages

I have entered the Riding Member Physical Ability Test (RMPAT) out of my own free will. I acknowledge that I am in good physical condition and have no conditions that would affect my ability to participate in the RMPAT. I voluntarily agree to assume the full risk of an injuries, damages or losses of properties, regardless of severity that may result in connection with my participation in the RMPAT. Should I suffer an injury or illness in connection with the RMPAT, I authorize officials of the attending emergency services to use their discretion to have me medically treated and transported to a medical facility.

### Liability Release

I acknowledge that I have read and understood the above warning and acknowledgement of risk of injuries, damages or losses of properties. I, for myself, and on behalf of my heirs, personal representatives and next of kin, hereby release, hold harmless and promise not to sue the Forest View Vol. Rescue Squad, all members of said organizations, their respective employees, agents and other individuals who are associated with the RMPAT, with respect to any and all injuries, damages and losses that may arise from my participation in the RMPAT. This Waiver and Release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I have read this agreement, fully understand its terms and sign it freely and voluntarily.

Participant's signature \_\_\_\_\_

Print participant's name \_\_\_\_\_

Date \_\_\_\_\_



## Forest View Rescue Squad Physical Agility Test

Participating as a member of an ambulance crew is physically demanding. Your safety and the safety of your crew is dependent upon your ability to safely perform the various tasks associated with patient care and transport. Forest View Volunteer Rescue Squad will conduct a physical agility entrance examination for operational membership applicants to ensure the applicant's ability to perform the essential functions of the position. The physical agility evaluation is designed to evaluate an applicant's aerobic capacity and cardiopulmonary endurance, muscular strength and endurance, and overall physical ability to perform the duties of a field based emergency medical professional. It is designed to replicate activities encountered by EMS personnel, including CPR, moving and lifting equipment, maneuvering stairs and a stretcher. The specific tasks are performed as a series of (8) events, and must be completed within a 7:00 minute time limit. This evaluation must be completed prior to the completion of the general knowledge examination, and skills testing segments of the new member orientation class. Crew assignment is dependent upon successful completion of all phases of the orientation class. Be sure to bring the proper attire for each part of the testing process.

The test procedures are as follows:

- Each candidate must sign a waiver prior to taking the physical agility test.
- The waiver will be collected by the examiner before participating in the test.
- The test is administered by a Forest View Volunteer Rescue Squad representative who has the obligation to stop the test at any time to prevent injury to the applicant.
- All tests shall be scored as "PASS" or "FAIL" and have the time recorded.
- The exam will consist of eight (8) events.
- Applicants must wear a duty uniform (long pants), and footwear with no open heel or toe. Watches and loose/restrictive jewelry will not be permitted.
- Time begins when both feet are on the ground of the first event, and continues until the applicant is seated in the designated seat on the last event. The clock will not be stopped during the test until all events are completed, or the evaluator stops the test for some other reason.
- Only one attempt will be allowed to complete the physical agility test per day.
- Applicants that do not successfully complete the agility test may return for the next posted agility testing date.
- If you have a medical condition, you should be evaluated by a physician before participating in the Forest View Volunteer Rescue Squad agility test.
- Proper lifting technique is required to reduce the risk of injury. Prior to the test, the examiner will coach the applicant to insure proper body positioning for required equipment moves. Successful completion of the lifting segment of the physical agility test requires the applicant to perform all lifts safely with good body positioning.
- At no time will the applicant run during the agility test.
- Applicants who agree to this test do so with full understanding that Forest View Volunteer Rescue Squad, Chesterfield County Government, nor the City of Richmond is responsible for any injury that might be sustained during the test.



# Forest View Rescue Squad

## Physical Agility Test

### Description of Physical Agility Test Evaluation

- 1. Truck Exit-** Applicant will exit from the passenger' (A/C) seat of the ambulance and walk to the rear of the ambulance and open the rear doors. Time will begin when candidates feet are on the ground.
- 2. Stretcher Lift-** Remove the stretcher from the rear of the ambulance with the proctor holding the legs. Ensure the stretcher doesn't move from its location (locked in). Applicant then exits out of Bay door \_\_\_\_\_ and walks around the building to the front doors, enters and moves to the next event.  
Purpose of Event: The purpose of this event is to simulate the candidate removing the stretcher form the ambulance.
- 3. Maneuvering Stairs-** For this event you must put on the backpack BLS bag, grab the monitor in one hand and grasp the stairwell rail by the handle, walk up \_\_\_\_ stairs to the top of the landing, around the cone and back down the stairs holding the rail. You will be spotted while coming down the stairs. Return the equipment to the table and move through the double doors to the apparatus bay and the next event.  
Purpose of Event: This event is designed to simulate carrying equipment up and down stairs.
- 4. Equipment Move-** The applicant will move from the table, an airway bag, oxygen tank, equipment bag, and cardiac monitor, one at a time, 5 feet and set the objects down on the ground in a designated area.  
Purpose of Event: The purpose of this event is to simulate carrying essential medical equipment to the patient's side using proper body mechanics.
- 5. Equipment Transfer-** The applicant will move from the designated area on the ground, an airway bag, oxygen tank, equipment bag and cardiac monitor, one at a time 5 feet back to the table using the proper lifting technique. Applicant then moves back through the double doors into the office area and ascends the steps, one at a time and moves to the next event.  
Purpose of Event: The purpose of this event is to simulate moving medical equipment from the field to an elevated level using proper body mechanics.
- 6. CPR-** Applicants will complete 100 chest compressions on a manikin on the ground. AHA guidelines will not be evaluated. Proctor will count the compressions. Applicant then moves back down the steps, out the front doors and continues their walk around the building and enters the same door that the applicant exited at event 2, and proceeds to the next event .  
Purpose of Event: The purpose of this event is to simulate the candidate performing CPR while in the floor for a period of time.
- 7. Repeat Stretcher Lift-** Applicant returns the stretcher by lifting it back into the unit, with the proctor returning the legs back into place. Applicant then moves to the final event.  
Purpose of Event: The purpose of this event is to simulate the candidate replacing the stretcher from the field back into the ambulance.
- 8. Return to Ambulance-** The applicant will return to the ambulance, enter the patient care area through the side door and sit in the airway chair. When the applicant is seated, the time will then end for the test.