

# LOS MEDANOS COLLEGE

## **Dear Physician:**

The individual you are examining has been requested to obtain a Medical clearance so that they may participate in the **Los Medanos College Fire Academy**. This training academy consists of physical conditioning activities ("hands on") skills related to firefighting training. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, up to two days per week, for 18 weeks. Listed below are the descriptions of both the physical performance tests and the content of the physical conditioning program.

### **PHYSICAL PERFORMANCE TESTS**

In the skills related to firefighter activities, the individual will be performing heavy lifting, climbing, chopping and carrying activities while on the ground, on ladders, on stairways and on roofs and other elevated locations. The candidate will be wearing fire resistive clothes including coat, pants and boots and a 35 lb. breathing apparatus.

### **PHYSICAL DEMANDS:**

A **Fire Academy Cadet** (student) requires very high activity levels. Walk on uneven or slippery surfaces. Dexterity and coordination to handle fire equipment, apparatus and large and small tools; occasional lifting of objects weighing up to 100 lbs.; strength to move the weight of an average human body; reach for items above the head and below the feet; climb up and down ladders carrying hand tools; enter confined spaces and other areas; agility to move quickly and easily including the ability to crawl, stoop or bend with weight loading the body; visual acuity sufficient to read gauges and observe conditions at emergency sites in a variety of lighting conditions, including bright light, low light and low visibility conditions.

### **PHYSICAL REQUIREMENTS :**

The work requires arduous physical exertion, such as regular and recurring running, walking, hiking bending shoveling, chopping, throwing, lifting; walking or climbing over rocky areas or other uneven surfaces, cutting own path through dense vegetation, and in mountainous terrain while operating hand and power tools for long durations and while carrying over 50 pounds of gear. The work frequently involves long hours of work, and complex decision making.

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**LOS MEDANOS  
COLLEGE**

**Los Medanos College- Physician's Medical Clearance form**

Name: \_\_\_\_\_

Male / Female: \_\_\_\_\_

Social Security #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Having reviewed the above-named person's medical history and having read the description provided of the Los Medanos College Fire Academy, and having personally examined the above named person, it is my professional opinion that:

(Please check and initial one of the following)

**It is highly unlikely** that participation in this program will pose a significant medical risk to the above-named person.

The above-named person **should NOT participate in this program**

|                                |                                   |
|--------------------------------|-----------------------------------|
| <b>Physician's Name :</b>      | <b>Physician's Phone #:</b>       |
| <b>Physician's Address:</b>    | <b>Medical Group or Hospital:</b> |
| <b>Physician's stamp below</b> |                                   |
|                                |                                   |

