



North Valley Animal Disaster Group Standard Operating Guidelines

Title: PHYSICAL FITNESS TESTS

Objective: To assure that volunteers can safely perform required duties during a deployment on a special team

Description:

The Evacuation and Technical Rescue Team are very physically demanding positions. For your safety, and the safety of your teammates, in order to be on the Evacuation or Technical Rescue Team, the applicant must pass a physical fitness test.

The original form must be turned into the Team Leader. It is suggested to you keep a copy for your records.

Inform the Volunteer Impact Coordinator at VolunteerImpact@nvadg.org so that they can update your personal portal information.

Related Documents Attached:

- Physical Fitness Evaluation: Evacuation Team
- Physical Fitness Evaluation: Technical Rescue Team



PHYSICAL FITNESS EVALUATION EVACUATION TEAM

This physical fitness evaluation must be completed every two years by all active Evacuation Team members. Please select one of the options below and complete the physical fitness evaluation. Fill out and sign the form below and return it to the Evacuation Team Leader.

Thank you.

I, _____, AR# _____, am in good physical condition, can work extended hours under adverse conditions, and have completed the following physical fitness requirement per the North Valley Animal Disaster Group Guidelines.

Wearing PPEs complete each task below. Between each task there will be a 10-minute walk.

- With a partner pick up a crate with 40 lb. of weight, carry 50 feet and lift into a truck.
- Lift a 40 lb. bag of dog food from the ground and carrying it 50 feet while stepping over and ducking under an obstacle, then put it in the back of a pick-up bed against the cab. Complete task twice.
- Carry two 6-gallon water cans from the bed of truck down a grade for 50 feet, return up the grade and place in bed of truck. May carry water cans individually, task completed after moving both cans up and down the grade and returning to the bed of the truck.
- Move a small bale of hay from the bed of a truck. Drag or carry bale 50 feet.

Date Completed: _____

Volunteer Signature: _____ Date: _____



PHYSICAL FITNESS EVALUATION TECHNICAL RESCUE TEAM

This physical fitness evaluation must be completed every two years by all active Evacuation and Technical Rescue Team members. Please select one of the options below and complete the physical fitness evaluation. Fill out and sign the form below and return it to the Evacuation Team Leader. Thank you.

I, _____, AR# _____, am in good physical condition, can work extended hours under adverse conditions, and have completed the following physical fitness requirement per the North Valley Animal Disaster Group Guidelines.

1½ mile run completed within 15 minutes
or

8-mile hike carrying a 20-pound pack completed within 3½ hours

Plus all three of the following:

10 Push-ups

20 Sit-up or Crunches

Carrying a 50-pound item (or backpack) 100 yards

Date Completed: _____

Volunteer Signature: _____ Date: _____

Witness Signature: _____ Date: _____