



## ***North Valley Animal Disaster Group Standard Operating Guidelines***

Title: PHYSICAL FITNESS TEST

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

Inform the Better Impact Coordinator at [erdsupport@nvadg.org](mailto:erdsupport@nvadg.org) so that they can update your personal portal information.

Related Documents Attached: n/a

Date: December 31, 2019

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## PHYSICAL FITNESS EVALUATION

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: \_\_\_\_\_