



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 Teams comprise of physically demanding positions above what is necessary for other positions within an animal response. For your safety, and the safety of your teammates, in order to be on either the Evacuation and/or Technical Rescue Teams, the applicant must pass a physical fitness test.

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

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



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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 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.

EVACUATION TEAM

All items below must be completed for a minimum of a 100-foot stretch:

- Carry two full 5-gallon water cans
- Safely carry and lift a standard size bale of hay with a partner over an obstacle
- Carry a 50-pound item (or backpack)
- Walk one mile over flat terrain in 18 minutes or less, carrying a 20 lb pack

TECHNICAL RESCUE TEAM

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

**Can also be completed in lieu of the general Evacuation Team Physical Fitness Test.*

Date Completed: _____

Volunteer Signature: _____ Date: _____

Proctor Signature: _____ Date: _____