



Monroe County Fire Training Academy Class Contract

- I have read the Fire Academy Rules and Regulations.
 - Including the information included in the Appendix.
- I have read and reviewed the polices regarding tardiness and absence from class.
 - Including the information sited in Florida State Statutes and Florida Administrative Codes.
- I have reviewed the polices regarding performance.
- I am aware of the requirement to speak to my Instructor or Squad Leader by phone prior to a situation in which I may be or will be late or I will be absent.
- I have read and reviewed the grade policy and realize that I am required to maintain a 70% score on all scholastic performance evaluations, unit exams, mid-term and final exam, to successfully complete and pass this course.
- I have read and reviewed the grade policy and realize that I am required to maintain a 70% score on all performance objectives evaluations, drill ground assignments, to successfully complete and pass this course.
 - Drill ground assignments not successfully completed will result in failure of the entire course, regardless of cumulative exam score.

My signature below represents my understanding of the rules and regulations of this course and the Monroe County Fire Training Academy. I have read the Rules and Regulations. It is my intention to abide by the policies of the course and the Monroe County Fire Training Academy. I have made ample opportunity to ask questions or clarify all matters written in the Rules and Regulations.

Print Student's Full Name

Student Signature

Date



HOLD HARMLESS AGREEMENT



THIS AGREEMENT MUST BE TAKEN WITH YOU TO THE MONROE COUNTY FIRE TRAINING ACADEMY ON THE DAY OF THE FIRST DAY OF CLASS

I, _____ as an applicant before undergoing a required physical ability examination at the Monroe County Fire Academy, do hereby state the following:

1. I understand that I will be taking a rigorous physical ability test for the position of firefighter.
2. I understand that this test is intensive and related to the rigorous physical functions necessary to perform as a firefighter and have received the schedule of specific test events.
3. That I am in good physical condition and am able to take the above described physical ability examination at the Monroe County Fire Academy.
4. I hereby release and waive any claims that I may have against Monroe County Fire Rescue from any and all injuries, claims, actions, damages, costs, or expenses which I may have against Monroe County Fire Academy arising out of the above-described physical ability examination that I am about to take.

SIGNATURE OF **APPLICANT**: _____

State of Florida
County of Monroe

Subscribed and sworn to (or affirmed) before me on this _____ day of _____

_____ '2013 **by** _____ who is personally known to me or has produced _____ as identification.

Notary Public

Type or Print Name of Notary

My Commission Expires: _____

RECRUIT TRAINING RULES AND REGULATIONS
FORMS



TOBACCO USE AFFIDAVIT

In accordance with Florida Statute 633.34 (6)

I, _____ do hereby affirm that I have not been a user of tobacco or tobacco products for at least one (1) year immediately preceding my application for employment with Monroe County Fire Rescue.

If selected for employment, I further affirm that I will not use tobacco or tobacco products during my employment.

I understand that execution of this affidavit is required by Florida law and that I may be terminate from employment with Monroe County Fire Rescue should any information contained herein be found incorrect.

SIGNATURE OF APPLICANT:-----

State of Florida
County of Monroe

Subscribed and sworn to (or affirmed) before me on **this**-----day of _____

-----' 2013 **by**----- who is personally known to me or has produced _____

-----**as** identification.

Notary Public

Type or Print Name of Notary

My Commission Expires: -----



PHYSICIAN'S STATEMENT

I am familiar with the requirements of the Monroe County Fire Rescue Firefighters pre-employment Physical Ability Test.

I examined _____
(Patient's Name)

Social Security Number: -----on-----
(Patient's Social Security Number) (Date)

I have determined that this person IS PHYSICALLY CAPABLE of participating in the pre-employment Physical Ability Test and I have found nothing to indicate that it would be medically inadvisable for him / her to attempt the aforementioned test.

I have determined that this person IS NOT PHYSICALLY CAPABLE of participating in the pre-employment Physical Ability Test and I have found cause to indicate that it would be medically inadvisable for him / her to attempt the aforementioned test.

Physician's **Signature**: -----Date: -----

Type or Print the following:

Physician Name: _____

Address: _____

Telephone Number: _____

FORM MUST BE SIGNED BY THE PHYSICIAN LISTED ABOVE

NURSE PRACTITIONERS. RN'S OR OTHER SIGNATURES WILL NOT BE ACCEPTED.



THE DEPARTMENT OF FINANCIAL SERVICES
Division of the State Fire Marshal

MEDICAL EXAMINATION TO DETERMINE FITNESS FOR FIREFIGHTER TRAINING
BUREAU OF FIRE STANDARDS AND TRAINING

Please print legibly.

NAME: LAST FIRST MI STUDENT ID

TRAINING CENTER E-MAIL ADDRESS CONTACT PHONE NUMBER

For the medical professional conducting the examination: The purpose of this examination is to ensure that the physical, physiological, intellectual, and psychological health of the applicant is suitable for the environment and functions of a firefighter as described on page 2. Authority for this examination is FS 633.34 and is required before an individual starts firefighter training.

This medical examination must be completed by a physician, surgeon, or physician's assistant per ch. 458; or an osteopathic physician, surgeon, or physician's assistant per ch.459; or an advanced registered nurse practitioner per ch. 464.

Examination should include but is not limited to:

Dermatological system, Cardiovascular system	Ears, eyes, nose, mouth, throat
Clinical evaluation of 12 lead EKG	Auditory hearing in the pure tone
Systolic and Diastolic Blood pressure	Far visual acuity corrected or uncorrected
Respiratory system	Peripheral vision
Gastrointestinal system	Genitourinary system
Endocrine and metabolic systems	Musculoskeletal system
Neurological system	

For the medical professional conducting the examination to complete: (Sign in appropriate box)

Based on the results of this medical evaluation, the applicant:

<p>Has no pre-existing or current condition, illness, injury or deficiencies. <u>The applicant is medically fit to engage in firefighter training.</u></p> <p>Signature _____</p>	<p>Has a pre-existing or current condition, illness, injury or deficiency that presents a safety or health risk in the environment or job functions of a firefighter. <u>The applicant is not medically fit for firefighter training.</u></p> <p>Signature _____</p>
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Completion Required (please print)

Name of signature: _____ Date signed: _____

Office Telephone number: _____

Office address: _____

Essential Job Tasks and Descriptions from NFPA 1582, 2007 edition

1. Performing firefighting tasks (e.g., hose line operations, extensive crawling, lifting, carrying heavy objects, ventilating roofs or walls using power or hand tools, and forcible entry), rescue operations and other emergency response actions under stressful conditions while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods.
2. Wearing an SCBA, which includes a demand valve-type positive-pressure face piece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads.
3. Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA.
4. Climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lbs. or more and carrying equipment/tools weighing an additional 20 to 40 lbs.
5. Wearing fire protective ensemble that is encapsulating and insulated, which will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F (39°C).
6. Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lbs. to safety despite hazardous conditions and low visibility.
7. Advancing water-filled 2 ½ diameter hose lines from fire apparatus to occupancy [approximately 150 ft.], which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
8. Climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces, and operating in proximity to electrical power lines and/or other hazards.
9. Unpredictable emergency requirements for prolonged periods of extreme physical exertion without benefit of warm-up, scheduled rest periods, meals, access to medication(s), or hydration.
10. Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.
11. Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments, including hot, dark, tightly enclosed spaces, that is further aggravated by fatigue, flashing lights, sirens, and other distractions.
12. Ability to give and comprehend verbal orders while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hose lines and/or fixed protection systems (sprinklers), hear alarm signals, hear and locate the source of calls for assistance from victims or other firefighters.
13. Functioning as an integral component of a team, where sudden incapacitation of a member can result in mission failure or in risk of injury or death to civilians or other team members.

Firefighter Recruit Pre-Entry Physical Fitness Training Plan

Physical Fitness Scoring Matrix

Directions for use:

1. Locate the appropriate chart for your gender and age group
2. Locate event that is being scored (curl-ups, push-ups, 1.5 mile run)
3. Locate your time (for run) or number of successful revolutions (curl-ups, push-ups)
4. Locate corresponding points
5. Write down your points for each event
6. Add all three event points together to get total
7. Divide the total points by three
8. This is your final average

Note** Points are scored for each level reached. If you score above the minimum but below the number for the next level you will receive the lesser score.

For Example:

A 36 year old female completes the following:

Curl-ups: 49 / Push-ups:10 / 1.5 Mile Run: 12:53

The scores that she will receive are:

Curl-ups: 75 / Push-ups: 50 / 1.5 Mile Run: 90 Total Score: 71.66

Females Age 35-39					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	43	10:51
Outstanding	Medium	99	93	42	11:53
Outstanding	Low	95	88	39	12:08
Excellent	High	90	85	37	12:53
Excellent	Medium	89	83	35	13:23
Excellent	Low	85	78	34	13:45
Good	High	80	70	26	14:38
Good	Medium	79	55	22	15:30
Good	Low	75	47	14	15:53
Satisfactory	High	70	43	13	16:15
Satisfactory	Medium	69	40	11	16:38
		50	<40	<11	< 16:38

Physical Fitness Qualifications Chart

Male Age 17-19

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	109	92	8:15
Outstanding	Medium	99	107	91	8:45
Outstanding	Low	95	102	86	9:00
Excellent	High	90	98	82	9:15
Excellent	Medium	89	93	79	9:30
Excellent	Low	85	90	76	9:45
Good	High	80	81	68	10:00
Good	Medium	79	71	60	10:30
Good	Low	75	62	51	11:00
Satisfactory	High	70	59	49	12:00
Satisfactory	Medium	69	54	46	12:15
Poor	Low	50	<54	<46	<12:15

Male Age 20-24

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	105	87	8:30
Outstanding	Medium	99	103	86	9:00
Outstanding	Low	95	98	81	9:15
Excellent	High	90	94	77	9:45
Excellent	Medium	89	90	74	10:00
Excellent	Low	85	87	71	10:30
Good	High	80	78	64	10:45
Good	Medium	79	66	55	11:30
Good	Low	75	58	47	12:00
Satisfactory	High	70	54	45	12:45
Satisfactory	Medium	69	50	42	13:15
Poor	Low	50	<50	<42	<13:15



Male Age 25-29					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	101	84	8:55
Outstanding	Medium	99	100	82	9:23
Outstanding	Low	95	95	77	9:38
Excellent	High	90	91	73	10:15
Excellent	Medium	89	87	69	10:30
Excellent	Low	85	84	67	10:52
Good	High	80	75	60	11:23
Good	Medium	79	62	51	12:15
Good	Low	75	54	44	12:53
Satisfactory	High	70	50	41	13:23
Satisfactory	Medium	69	47	38	13:45
Poor	Low	50	<47	<38	<13:45

Male Age 30-34					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	98	80	9:20
Outstanding	Medium	99	97	78	9:45
Outstanding	Low	95	92	74	10:00
Excellent	High	90	88	69	10:30
Excellent	Medium	89	85	67	11:00
Excellent	Low	85	81	64	11:15
Good	High	80	73	57	12:00
Good	Medium	79	59	48	13:00
Good	Low	75	51	41	13:45
Satisfactory	High	70	47	38	14:00
Satisfactory	Medium	69	44	35	14:15
Poor	Low	50	<44	<35	<14:15



Male Age 35-39

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	76	9:25
Outstanding	Medium	99	93	74	9:53
Outstanding	Low	95	88	70	10:08
Excellent	High	90	85	65	10:38
Excellent	Medium	89	83	63	11:08
Excellent	Low	85	78	60	11:23
Good	High	80	70	53	12:23
Good	Medium	79	55	44	13:23
Good	Low	75	47	37	14:08
Satisfactory	High	70	43	35	14:23
Satisfactory	Medium	69	40	33	14:45
Poor	Low	50	<40	<33	<14:45

Male Age 40-44

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	92	72	9:30
Outstanding	Medium	99	90	70	10:00
Outstanding	Low	95	85	67	10:15
Excellent	High	90	83	61	10:45
Excellent	Medium	89	80	59	11:15
Excellent	Low	85	76	56	11:45
Good	High	80	68	50	12:45
Good	Medium	79	51	41	13:45
Good	Low	75	44	34	14:30
Satisfactory	High	70	39	32	14:45
Satisfactory	Medium	69	37	29	15:15
Poor	Low	50	<37	<29	<15:15



Male Age 45-49

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	88	68	9:33
Outstanding	Medium	99	86	66	10:08
Outstanding	Low	95	81	63	10:30
Excellent	High	90	80	57	11:08
Excellent	Medium	89	78	54	11:38
Excellent	Low	85	73	52	12:08
Good	High	80	65	46	13:00
Good	Medium	79	47	37	14:08
Good	Low	75	40	32	14:53
Satisfactory	High	70	35	28	15:15
Satisfactory	Medium	69	33	25	15:45
Poor	Low	50	<33	<25	<15:45

Male Age 50-54

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	85	64	9:35
Outstanding	Medium	99	84	62	10:15
Outstanding	Low	95	78	59	10:45
Excellent	High	90	77	53	11:30
Excellent	Medium	89	76	51	12:00
Excellent	Low	85	71	49	12:30
Good	High	80	63	43	13:15
Good	Medium	79	44	34	14:30
Good	Low	75	37	30	15:15
Satisfactory	High	70	32	25	15:45
Satisfactory	Medium	69	30	23	16:15
Poor	Low	50	<30	<23	<16:15



Females Age 17-19					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	109	51	9:29
Outstanding	Medium	99	107	50	11:15
Outstanding	Low	95	102	47	11:30
Excellent	High	90	98	45	11:45
Excellent	Medium	89	93	43	12:00
Excellent	Low	85	90	42	12:30
Good	High	80	81	36	12:45
Good	Medium	79	71	30	13:00
Good	Low	75	62	24	13:30
Satisfactory	High	70	59	22	14:15
Satisfactory	Medium	69	54	20	14:45
Poor	Low	50	<54	<20	<14:45

Females Age 20-24					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	105	48	9:47
Outstanding	Medium	99	103	47	11:15
Outstanding	Low	95	98	44	11:30
Excellent	High	90	94	43	12:15
Excellent	Medium	89	90	40	12:45
Excellent	Low	85	87	39	13:15
Good	High	80	78	33	13:30
Good	Medium	79	66	28	13:45
Good	Low	75	58	21	14:15
Satisfactory	High	70	54	20	15:00
Satisfactory	Medium	69	50	17	15:15
Poor	Low	50	<50	<17	<15:15



Females Age 25-29					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	101	46	10:17
Outstanding	Medium	99	100	45	11:30
Outstanding	Low	95	95	43	11:45
Excellent	High	90	91	41	12:30
Excellent	Medium	89	87	39	13:00
Excellent	Low	85	84	37	13:23
Good	High	80	75	30	14:00
Good	Medium	79	62	26	14:30
Good	Low	75	54	19	14:53
Satisfactory	High	70	50	18	15:23
Satisfactory	Medium	69	47	15	15:45
Poor	Low	50	<47	<15	<15:45

Females Age 30-34					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	98	44	10:46
Outstanding	Medium	99	97	43	11:45
Outstanding	Low	95	92	41	12:00
Excellent	High	90	88	39	12:45
Excellent	Medium	89	85	37	13:15
Excellent	Low	85	81	35	13:30
Good	High	80	73	28	14:30
Good	Medium	79	59	24	15:15
Good	Low	75	51	17	15:30
Satisfactory	High	70	47	15	15:45
Satisfactory	Medium	69	44	13	16:15
Poor	Low	50	<44	<13	<16:15



Females Age 35-39					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	43	10:51
Outstanding	Medium	99	93	42	11:53
Outstanding	Low	95	88	39	12:08
Excellent	High	90	85	37	12:53
Excellent	Medium	89	83	35	13:23
Excellent	Low	85	78	34	13:45
Good	High	80	70	26	14:38
Good	Medium	79	55	22	15:30
Good	Low	75	47	14	15:53
Satisfactory	High	70	43	13	16:15
Satisfactory	Medium	69	40	11	16:38
Poor	Low	50	<40	<11	<16:38

Females Age 40-44					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	92	41	10:56
Outstanding	Medium	99	90	40	12:00
Outstanding	Low	95	85	37	12:15
Excellent	High	90	83	35	13:00
Excellent	Medium	89	80	33	13:30
Excellent	Low	85	76	32	14:00
Good	High	80	68	24	14:45
Good	Medium	79	51	20	15:45
Good	Low	75	44	12	16:15
Satisfactory	High	70	39	11	16:45
Satisfactory	Medium	69	37	9	17:00
Poor	Low	50	<37	<9	<17:00



Females Age 45-49					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	88	40	10:58
Outstanding	Medium	99	86	39	12:08
Outstanding	Low	95	81	35	12:30
Excellent	High	90	80	33	13:15
Excellent	Medium	89	78	32	13:45
Excellent	Low	85	73	30	14:08
Good	High	80	65	22	15:00
Good	Medium	79	47	18	15:53
Good	Low	75	40	11	16:30
Satisfactory	High	70	35	8	16:53
Satisfactory	Medium	69	33	7	17:08
Poor	Low	50	<33	<7	<17:08

Females Age 50-54					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	85	38	11:00
Outstanding	Medium	99	84	37	12:15
Outstanding	Low	95	78	33	12:45
Excellent	High	90	77	31	13:30
Excellent	Medium	89	76	30	14:00
Excellent	Low	85	71	28	14:15
Good	High	80	63	20	15:15
Good	Medium	79	44	16	16:00
Good	Low	75	37	10	16:45
Satisfactory	High	70	32	6	17:00
Satisfactory	Medium	69	30	5	17:15
Poor	Low	50	<30	<5	<17:15

