



UPPER COLORADO RIVER FIRE MANAGEMENT UNIT

BLM-UPPER COLORADO RIVER DISTRICT

USFS-WHITE RIVER NATIONAL FOREST



2023 West Zone Work Capacity Testing and Fire Refresher Schedule

Dates:

3/29/2023 – Wildland Fire Refresher (RT-130) 08:30-12:30 – Conference Room

- Pack Test 13:30 meet in WZ Ready Room

4/19/2023 – Wildland Fire Refresher (RT-130) 08:30-12:30 – Conference Room

- Pack Test 13:30 meet in WZ Ready Room

5/17/2023 - Wildland Fire Refresher (RT-130) 08:30-13:00 - Conference Room

- Pack Test 13:30 meet in WZ Ready Room

[Register Here!](#)



Work Capacity Tests:

You will not be allowed to test without prior confirmed medical clearance. Please bring with you your medical clearance confirmation the day of the test.

- **BLM WCT (Light, Moderate, or Arduous):** In order to take the WCT you must first complete the Acuity process. If this is your first time you will need to allow approximately **30 DAYS** for completion. Reach out to Lathan Johnson for information on how to start the process. Annual self-certifications between exams must precede the arduous work capacity test by no more than 45 days prior to fitness testing. So, in other words you have 45 days after your cleared to take the WCT to actually take the test. If you go beyond 45 days, you will need to recertify in the Acuity system. Also keep in mind a baseline or periodic exam is required **every 36-months** from the date of the last exam regardless of the qualification date. You will not receive an email prompting you. It is up to you to log into your profile and see when you need to complete each of these stages. If you have any questions, contact Lathan Johnson.
- **To Sign up for WCT:** Fill out the Forms Registration. (Light, Moderate, or Arduous) that you would like to take the WCT on.

WCT Schedule- Meet on the day you signed up for in the WZ Ready Room at 1330 with your Acuity Clearance Form.



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WCT Testing Categories

- **Light** – 1 mile in 15 minutes; no weight (+ elevation differential)
 - **Moderate** – 2 miles in 30 minutes; 25 lbs. (+ elevation differential)
 - **Arduous** – 3 miles in 45 minutes; 45 lbs. (+ elevation differential)
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Fire Refreshers (RT-130)- Are All in person

- Fire refreshers will begin at 08:30 and will last approximately 4 hours. [Register here.](#) Located in the GJFO Conference Room.
- If you have a current Incident Response Pocket Guide (IRPG) with a yellow cover, have it with you.
- If you have any PPE issued fire gear (nomex, hard hat, fire shelter, hand tools, packs) please take time to inspect it. PPE must be inspected for safety compliance each year.

Work Capacity Tests (WCT)

- Weighted pack vests are available. If you would like to bring your own pack that is fine, but it will be weighed to ensure it meets the requirements of the test you are taking. Comfortable footwear with support is recommended (light hiking boots, trail running shoes etc.). It is not recommended to take the WCT in fire boots.

Any questions about the process can be directed to Jake Pollert UCR West Zone at (970) 210-8780 or jpollert@blm.gov

