COFMS WCT and FF Refresher Schedule 2024

Please be sure you are cleared for the relevant fitness level prior to the day of your scheduled fitness test. Without proper clearance, the fitness test administrator is unable to conduct a fitness test. Clearances will be regularly communicated with fitness test administrators.

Sign-up HERE (Sharepoint) --OR-- HERE (Teams)

Work Capacity Test			RT-130 (Firefighter Refresher)		
Date	**Location**	**Time**	**Date**	**Location**	**Time**
	Medical Standards must be completed prior to any WCT			Please bring an Incident Response Pocket Guide (IRPG). IRPG's will be provided for those without.	
3/19	Prineville, Crooked River Wetlands	0900	3/19	Prineville, Lamonta	1230
3/20	Sisters Ranger District	0900	3/20	Sisters Ranger District	1100
4/2	Prineville, Crooked River Wetlands	0900	4/3	Bend, Miller Street	0900
4/3	Bend, Riverbend Park	0900	4/9	Prineville, Lamonta	1100
4/9	Prineville, Crooked River Wetlands	0900	4/17	Bend, Miller Street	0900
4/16	Prineville, Crooked River Wetlands	0900	4/22	Crescent Ranger District	1230
4/17	Bend, Riverbend Park	0900	4/23	Prineville, Lamonta	1100
4/22	Crescent Ranger District	0900	4/24	Sisters Ranger District	1230
4/23	Prineville, Crooked River Wetlands	0900	5/1	Bend, Miller Street	0900
4/24	Sisters Ranger District	0900	5/7	Crescent Ranger District	1230
5/1	Bend, Riverbend Park	0900	5/14	Prineville, Lamonta	1100
5/7	Crescent Ranger District	0900	5/15	Sisters Ranger District	1230
5/7	Prineville, Crooked River Wetlands	0900	5/15	Bend, Miller Street	0900
5/14	Prineville, Crooked River Wetlands	0900	5/28	Prineville, Lamonta	1100
5/15	Sisters Ranger District	0900	5/29	Bend, Miller Street	0900
5/15	Bend, Riverbend Park	0900	6/5	Sisters Ranger District	1230
5/28	Prineville, Crooked River Wetlands	0900	6/11	Prineville, Lamonta	1100
5/29	Bend, Riverbend Park	0900	6/12	Bend, Miller Street	0900
6/5	Sisters Ranger District	0900	6/18	Crescent Ranger District	1230
6/11	Prineville, Crooked River Wetlands	0900			
6/12	Bend, Riverbend Park	0900			
6/18	Crescent Ranger District	0900			