

## Physical Fitness – What to Expect as a Wildland Firefighter

Fitness is an important element of being a successful firefighter. The physical demands of the job require a high level of fitness for safety and productivity. Being physically fit is expected of all crewmembers.

The [Work Capacity Test](#) (WCT) is a condition of employment. All wildland firefighters must meet minimum levels of fitness requirements for the type of duties they are assigned, for more information review the [Work Capacity Test](#) guidelines. All firefighters are required to perform arduous duty. You must pass the WCT your first day of work. You will receive further information on this requirement with your employment package. The test consists of walking with a 45lb vest over 3 miles of flat ground in 45:45 or less.

Each zone on the UCR has a structured fitness program that is designed to increase your capacity to work and build resistance to injury. Our goal is to create fit firefighters that are ready for hard work in inclement weather conditions and can complete the required work without injury. In order to achieve this goal we ask our crew members and leaders to get ready for work physically long before their first day of work, at least six weeks prior is recommended. Your preparation for the fire season will help you to be successful in your position. Please review the [FIRE FIT](#) website and if you have not already begun preparing yourself, now is the time. Please stay in communication with your future supervisor and talk about how to get ready. This [FIRE FIT](#) program is an excellent guide to help you begin and avoid injury while increasing your capacity. Daily physical training is recommended and can consist of running, weight lifting, hiking, machine workouts or most any exercise program that contributes to improving your physical fitness.

All of the resources on the UCR electively participate in the [BLM National Fire Fitness Challenge](#). They encourage participation in the program, it consists of a 1 ½ or 3 mile run, push-ups, pull-ups and sit-ups. This is an opportunity to test yourself and set a goal to work towards. In order to take part in the fitness challenge, we will require you to prove that you have been preparing for it sufficiently. We are serious about preventing injury and will do everything we can to make sure you do not take on more than you can handle which often results in injuries.

Our success as a unit and your success as a firefighter depend on you being fit for duty and ready for the rigors of wildland fire management. I encourage you to communicate with us and we are here to help each one of you be successful.