



2020 West Zone Work Capacity Testing and Fire Refresher Schedule

Dates:

3/11/2020 – Work Capacity Test (WCT) 14:00

- BLM Field Office, 2815 H. Rd, Grand Junction, CO – West Zone Ready Room

3/11/2020 – Wildland Fire Refresher (RT-130) 08:30 - 1300

- **Grand Junction Air Center, 2774 Landing View Lane**, Grand Junction, CO – Conference Room

4/28/2020 – Work Capacity Test (WCT) 08:45

- BLM Field Office, 2815 H. Rd, Grand Junction, CO – West Zone Ready Room

4/29/2020 - Wildland Fire Refresher (RT-130) 08:30 – 13:00

- BLM Field Office, 2815 H. Rd, Grand Junction, CO – Conference Room A, B, C

5/12/2020 - Work Capacity Test (WCT) 08:45

- BLM Field Office, 2815 H. Rd, Grand Junction, CO – West Zone Ready Room

5/13/2020 - Wildland Fire Refresher (RT-130) 08:30-13:00

- BLM Field Office, 2815 H. Rd, Grand Junction, CO – Conference Room A, B, C
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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 Arduous Duty WCT:** In order to take the arduous duty WCT you must first complete the Comprehensive Health Services (CHS) process. If this is your first time you will need to allow **30 DAYS** for completion. Reach out to Jeremy Spetter to start the process. After initial setup you will be contacted by CHS on scheduling. If you miss CHS contact attempts, you will be removed from the system automatically. Provide a copy of CHS determination to the WCT administrator. If you are returning login into CHS and complete the annual self-certification and submit documentation to WCT administrator. If you have any question's contact Jeremy Spetter.
- **BLM Moderate or Light Duty WCT:** Complete the Health Screening Questionnaire (HSQ) and submit to Jeremy Spetter. All HSQs need to be signed by UCR Unit FMO Rob Berger prior to taking the WCT.

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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UPPER COLORADO RIVER
FIRE AND AVIATION MANAGEMENT UNIT
BLM - NORTHWEST DISTRICT
BLM - SOUTHWEST DISTRICT
USFS - WHITE RIVER NATIONAL FOREST



Fire Refreshers (RT-130)

- Fire refreshers will begin at 08:30 and will last approximately 4 hours per agency requirements. There is no need to sign up or register for refreshers. Just show up at the location by 08:30.
- If you have a current Incident Response Pocket Guide (IRPG) with a purple cover bring it with you.
- **Please bring any issued fire gear with you to the refresher (nomex, hard hat, fire shelter, hand tools, packs). This 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 Jeremy Spetter UCR West Zone FMO at (970) 244-3108 desk or jspetter@blm.gov.