



---

## 2020 Central Zone Work Capacity Testing and Fire Refresher Schedule

### Dates:

- 4/29/2020 – Wildland Fire Refresher (RT-130); Work Capacity Test will be ~1400 at Silt Track
  - Rifle, CO – Central Zone Station (Rifle Airport)
- 5/13/2020 – Wildland Fire Refresher (RT-130); Work Capacity Test will be ~1400 at Silt Track
  - Rifle, CO – Central Zone Station (Rifle Airport)
- 5/14/2020 - Wildland Fire Refresher (RT-130); Work Capacity Test 1400
  - Carbondale, CO – Carbondale Fire Department
- 6/10/2020 - Wildland Fire Refresher (RT-130) Work Capacity Test will be ~1400 at Silt Track
  - Rifle, CO – Central Zone Station (Rifle Airport)

---

### Work Capacity Tests:

**You will not be allowed to test without prior confirmed medical clearance.**

- **USFS ARDUOUS DUTY WCT:** Login to Eauthentication then EMedical and follow the prompts (New Packet). Once approved fill out the Health Screening Questionnaire (HSQ) and informed consent in EMedical.
- **USFS MODERATE or LIGHT DUTY WCT:** Login to Eauthentication then EMedical and follow the prompts (New Packet). Once approved fill out the Health Screening Questionnaire (HSQ) and informed consent in EMedical.
- **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. You will be contacted by CHS on how to proceed. If you miss these 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 to CHS and complete the annual self-certification and submit documentation to WCT administrator.
- **BLM MODERATE or LIGHT DUTY WCT:** Complete the Health Screening Questionnaire (HSQ) and submit to Stewart Robertson or Chad Johnson. All HSQs need to be signed by UCR FMO Rob Berger prior to taking the WCT.

Agency medical testing standards differ. Clearance to take Work Capacity Tests should be coordinated through the one of the following:

#### USFS Employees

1. Mike Ottosen (Engine Captain) – [michael.ottosen@usda.gov](mailto:michael.ottosen@usda.gov)
2. Tyko Isaacson (CZ FMO) – [tyko.isaacson@usda.gov](mailto:tyko.isaacson@usda.gov)

#### DOI Employees

1. Chad Johnson (Helitack Foreman) – [c50johns@blm.gov](mailto:c50johns@blm.gov)
2. Stewart Robertson (CZ FOS) – [ssrobertson@blm.gov](mailto:ssrobertson@blm.gov)

#### 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)



## 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 9am 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 0900.
- 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.**

### 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 and weighted. Comfortable footwear with support is recommended (light hiking boots, trail running shoes etc.). It is not recommended to take the WCT fire boots.

### Central Zone Interagency Fire Station

Directions: Head to Rifle Airport. First Building on the Right. Please do not block bay doors.

### Carbondale Fire Station

300 Meadowood Dr, Carbondale, CO 81623