



Yuba College Regional Fire Academy

“Arduous Duty” work statement for Physician Release of student to Participate in the Basic Wildland Fire Academy.

The Yuba College Regional Basic Wildland Fire Academy curriculum is a “mix” of classroom instruction and physical hands-on training wearing full wildland fire personal protective equipment (PPE).

Students are expected to participate in aerobic and anaerobic cardiovascular training for at least 45 minutes 3-4 times a week. In addition to physical fitness training, some examples of instructional related physical training while wearing full wildland PPE are but not limited to such activities as:

- Use Shovel, Pulaski, McCloud, and other hand tools to construct fire lines.
- Lift and carry more than 50 pounds.
- Lift or load boxes and equipment.
- Arduous exertion such as pulling weighted hose lines more than 100’.
- Extensive Walking and Climbing, Kneeling, Stooping, pulling hoses, Running, Jumping, Twisting, Bending, rapid pull-out to safety zones, provide rescue assistance, use a fire shelter.

In the classroom instructional situation, students are expected to remain seated during lecture until excused by the instructor with a possible break every hour, however the student could be required to sit for longer periods of time.

Cadet Name: _____

Physician recommended form of release with signature, physical address and contact information:

Full Release, no restrictions _____

Not released _____

Additional Explanation

Doctors Name (printed):

Signature: _____

Address: _____

Phone: _____

Physician's Stamp