



Yuba College Regional Fire Academy

“Arduous Duty” work statement for Physician Release of student to Participate in Fire Academies

The Yuba College Regional Fire Academies curriculum is a “mix” of classroom instruction and physical hands on training wearing full firefighter structural 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 PPE and breathing apparatus (SCBA) are, but not limited to, such activities as:

- 24’ – 35’ ladder carries and raises to a building.
- Pull a charged 1.5”, 1.75” or 2.5” hose into a structure and upstairs.
- 4-story stair climb with 50 lb. hose pak, then hoisting 50 lb. hose pak via rope to the 4th floor.
- Dummy drag (165 lbs.) minimum 50’.
- Live victim carries and drags out of a building.
- Vehicle extrication using hydraulic, electric, and hand tools.
- Ventilation procedures in structural firefighting with full body swings using an axe.
- Participation in Live Fire Exercises.

In the classroom instructional situation, students are expected to remain seated during lecture until excused by the instructor with a break every hour.

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
