



Salt Spring Island Fire Dept.
105 Lower Ganges Rd.
Salt Spring Island, BC
V8K 2T1

Emergency: 911
Office: 250 537-2531
Fax: 250 537-2507
Email: info@saltspringfire.com
Web: www.saltspringfire.com

Print this page off and provide your Doctor with it for consent. Return signed document to SSI Fire Rescue prior to the Physical Testing Date.



Waiver and Release Form ****Print and Bring to Doctors Office****

This waiver and release form is to be signed by the firefighter candidate and his / her doctor. The signed waiver and release form must be in the possession of the firefighter candidate prior to commencing the physical agility test.

I, Firefighter candidate hereby release and forever discharge the Salt Spring Island Fire Rescue Department, their members, employees, agents and assigns from any and all actions, causes of actions, claims and demands for damages, loss or injury as a result of the physical agility testing.

Firefighter Candidate's Signature and Date

I, Doctor give my consent for the above signed firefighter candidate to take part in the physical agility test based on the requirements that are outlined in the attached Salt Spring Island Fire Rescue Department's physical agility test document.

Doctor's Signature and Date

1. Tower Climb: Candidate will climb two flights of stairs (two stories) carrying an apartment pack weighing approximately 25 pounds. Every step must be touched on the way up and down. Handrail can and should be used to aid and guide. Candidate will proceed at a steady, controlled rate. No running. The tower climb will be conducted twice.
2. Hose Roll Hoist: Candidate will start at the top and hoist a hose roll weighing approximately 40 pounds attached to a rope total of two stories. Candidate will use a hand over hand method in a controlled manner. The hose roll hoist will be conducted twice.
3. Forcible Entry: Candidate will pick up and swing an eight pound hammer twenty full swings at a large tractor tire. The tire will be placed at approximately waist height. After completed, candidate will set the hammer down in a controlled manner. Do not throw.
4. Hose Drag: Candidate will pick up and drag a 1 1/2" charged hose line 75 feet. At the end of the 75 feet, Candidate will open the nozzle at a set target, close the nozzle and place down in a controlled manner.
5. Dummy Drag: Candidate will drag "Rescue Randy" dummy weighing approximately 175lbs fifty feet backwards. Candidate will have a spotter behind guiding.
6. 1500 Meter Run.



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Email: ageorge@saltspringfire.com
Web: www.saltspringfire.com

Re: Police Record Check

Please accept this letter as confirmation that _____ is applying to become a Paid on Call (Volunteer) member of the Salt Spring Island Fire Rescue. As part of our policy all members require a Police record check to be completed. Applicants are asked to arrange for a Police Records Check and a Vulnerable Sector Check with their local Police detachment and submit the findings with their completed application. SSI RCMP only accepts Police record checks to be conducted on Wednesdays.

If you have any questions or concerns, please feel free to contact me at 250-537-2531 or email ageorge@saltspringfire.com

Sincerely,

D/C Arjuna George
Salt Spring Island Fire Rescue