

Solstice Recreation Group

WFX – Fit Fitness Test Results

Date: _____

1. Carrying a medium pump (28.5 kg: 62.7 lb) on the back for 160 m while traversing a 1.22 m (4 ft.) 35 degree ramp every 20 m (65.5 ft.)
2. Carrying the same medium pump in the hands 80 m. (262 ft.) without traversing the ramp.
3. Picking up and carrying a hose pack (25 kg.: 55 lb.) on the back for 1 km while traversing the ramp every 20 meters.
4. Dragging a weighted sled (18 kg.: 40.7 lb) of force to move a distance of 80 meters on level ground.

Resting BP: _____ Start Time: _____ Finish Time: _____ +

Result of WFX – Fit Test time: _____

Type 1 Wildland Fire Fighter Max. time = 14 min. 30 seconds

Type 2 Wildland Fire Fighter Max. Time = 17 min. 45 seconds

Name of Participant: _____

Signature of Participant: _____

Name of Fitness Test Evaluator: _____

Signature of Fitness Test Evaluator: _____

www.solsticerecreationgroup.com