



BASIC OPERATIONS FIREFIGHTER ACADEMY APPLICATION

STUDENT NAME: DATE:

SSN: DOB:

Home Phone #: Cell Phone #:

ADDRESS:

CITY: STATE: ZIP:

EMAIL:

Emergency Contact:

Relationship:

Phone Number:

***No Refund Policy**

* There are no refunds of class fees for a class cancelled after the refund deadline of September 6, 2012 . *
After the refund deadline date, students who cancel a class, or students dropped from a class by the instructor, or student dropped from a class due to nonpayment, are NOT entitled to a refund of class fees.

* The only exception to this policy is when the department cancels the class or you are considered ineligible to participate in the academy prior to the start date. In this instance, the fees charged for the cancelled class will be refunded.

WAIVER/RELEASE OF LIABILITY
ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

In consideration of participation in the Bensenville Fire Protection District Fire Academy, I understand and agree to the following:

1. The Candidate understands and recognizes that fire and safety training involves a degree of physical exercise and physical contact, certain inherent risks and dangers, which could result in physical and emotional injury, disability or death.

2. The Candidate warrants, represents and certifies that he/she is mentally and physically capable of participating in the Fire Academy, has sufficiently prepared or trained for participation, and has not been advised to not participate by a qualified medical professional. The Candidate warrants, represents and certifies that he/she does not suffer from a chronic/acute problem of the neck, back, wrist, knee, heart or muscular system, or any other medical condition which could otherwise be made worse by participation in the Bensenville Fire Protection District Fire Academy.

3. The Candidate consents to receive medical treatment, which may be deemed advisable in the event of injury, accident, and/or illness during the training. If the candidate is transported to the hospital during the academy, the candidate is responsible for all bills in relation to the transport.

4. The Candidate hereby waives all claims, releases, indemnifies and holds harmless the Bensenville Fire Protection District and all its officials, officers, agents, and employees in both their public and private capacities, from any and all liability, claims, suits, demands, expenses of litigation, or causes of action which may arise by reason of injury to persons or loss of, damage to or loss of use of any property occasioned by error, omission, or negligent act of the Candidate or any other persons with regard to this Agreement.

5. The Candidate hereby agrees to indemnify, defend and hold harmless the Bensenville Fire Protection District and all its officials, officers, agents and employees in both their public and private capacities, from and against any and all claims, losses, damages, causes of action, suits, and liability of any kind, including all expenses of litigation, including but not limited to court costs and attorney fees for death or injury, or loss of, damage to, or loss of use of any property arising out of or in connection with this Agreement.

6. The Candidate intends that this Agreement shall be effective and binding upon his/her heirs, next of kin, executors, administrators and assigns in the event of my death.

I, the undersigned, have carefully read this Agreement in its entirety and fully understand all its terms. I am aware that the agreement contains a waiver of liability, an assumption of risk, and an agreement by me to release and indemnify the State Illinois. I execute it voluntarily and with full knowledge of its significance.

In witness whereof, I have executed this release on _____, 2012 in the Bensenville Fire Protection District.

Signature

Date

Please print name

WITNESS:

Signature

Date



BENSENVILLE FIRE PROTECTION DISTRICT
CERTIFICATION OF SAFE PARTICIPATION IN BASIC OPERATIONS
FIREFIGHTER ACADEMY

DATE OF PHYSICIAN'S EXAMINATION:

APPLICANTS FIRST NAME:

ADDRESS:

CITY:

STATE:

ZIP:

As part of the Bensenville Fire Protection District Basic Operations Firefighter academy application process, applicants must participate in a job task tests and physical fitness activities throughout the academy. The job task tests and physical fitness activities will subject the applicants to vigorous physical exercise. The Bensenville Fire Protection District does not assume any responsibility for any medical consequences that may arise from participating in the applicant selection process.

Prior to taking the the series of job task tests and physical , the applicants are required to submit this Certification of Physical Condition signed by a physician. **Attached please find a copy of the applicant information package which outlines the components of the job task tests and physical fitness requirements to assist you in completing this certification.**

PLEASE CHECK AND COMPLETE ONE OF THE FOLLOWING PARAGRAPHS:

I have examined _____ according to currently accepted medical standards, in light of the Bensenville Fire Protection District's job task test components and physical fitness activities, and have determined that he or she is in appropriate physical condition to participate in the Bensenville Fire Protection District job task tests and physical fitness activities.

I have examined _____ according to currently accepted medical standards, in light of the Bensenville Fire Protection District's job task test components and physical fitness activities, and have determined that he or she is **NOT** in appropriate physical condition to participate in the Bensenville Fire Protection District job task tests and physical fitness activities.

Signature of Physician:

Name of Physician:

Registration #:

Address:

Phone Number:

CITY:

STATE:

ZIP:

Bensenville Fire Protection District
Fire Academy
Basic Operations Firefighter
Job Performance Task
Physical Requirements

1. Aerial Ladder Climb

Candidates must climb a minimum of 50 feet up an aerial ladder and back down again without repeated or prolonged stops during the ascent or descent in full turnout gear and SCBA. Full turnout gear consists of protective boots, protective trousers, protective coat, and a protective hood to wear around the neck, head and face area. A protective helmet and gloves are also required to be worn. This clothing weights about 50 - 60 pounds. The SCBA a breathing apparatus weights about 30 pounds.

2. Portable Ground Ladder Carry, Raise and Extension

Candidates must be able to carry individually or in a group of 2, 3, or 4 member portable ground ladders ranging from various sizes 12', 14', 16', 18', 20', 24', 28', 30', 35', 40', ranging in various weights 50 to 100 pounds and lengths. Candidate from a squatting position will have to raise these ladders over head and extend various sections pulled by a rope weighting a range of 25 to 75 pounds to various heights in a short amount of time in full turnout gear and SCBA.

3. Dummy Drag or Rescue of Victims

Candidates must be able to drag a 165 pound dummy or rescue victim by themselves and or with a partner for at least 50 feet from starting point to a designated end point with full gear and SCBA.

4. Forcible Entry

Candidates must be able to repeatedly strike a locked reinforced door made of wood or metal using striking tools until the door fails breaking open or the lock breaks away. This is conducted in full turnout gear and SCBA either in a standing or in a kneeling position while in full turnout gear and SCBA.

5. Salvage and Overhaul

Candidates must be able to repeatedly force a metal pole type tool with a hook on it to enter a wall or ceiling while pulling away broken material from that wall or ceiling made up of plaster, drywall, wood or concrete. These tools could be used to work overhead, straight on or even ground level in full turnout gear and SCBA.

6. MAZE and Obstacle Courses

Candidates, in full turnout gear while wearing SCBA breathing from the face mask will have to crawl on their hands and knees, following a life-line or fire hose through a pre-arranged course with obstacles. These obstacles can include but not be limited to broken construction materials, furniture, weaken floors or ceilings, up and down stairs with water present looking for the rescue dummy or a downed firefighter in full turnout gear and SCBA who needs rescue to the outside via doors, windows on ladders or broken and or burned stairways.

7. Charged Hose Line Advancement

Candidates must be able to advance a charged hose line with water in it at an exerted pressure pointed in the direction of live fire with heat and smoke conditions either standing or crawling to get to the fire. This may also include advancing the hose line up or down stairs, up or down portable ground ladders, all while wearing full turnout gear and SCBA.

Bensenville Fire Protection District
Fire Academy
Basic Operations Firefighter
Physical Fitness Requirements

At the beginning and end of the Basic Operations Academy, a PFT instructor will be measuring each candidates Body Composition, muscular strength, muscular endurance, and flexibility. Physical fitness activities will take place for a duration of one hour to an hour and a half three days a week and will include the following physical activities listed below:

1. Running

Candidates will be running at a steady pace for up to three miles outdoors.

2. Strength Training

Candidates will be performing strength training exercises with the use of resistance bands. Candidates will also be performing activities such as lunges, squats, pushups, and various other exercises specific to strength training.

3. Cardiovascular Activities

Candidates will perform cardiovascular activities such as jumping jacks, mountain climbers, sprinting, stair climbing and various other exercises.

4. Core training

Candidates will perform core exercises such as various plank positions, sit ups, leg raises, and various other exercises for strengthening of the core muscles.

5. Flexibility

Candidates will perform exercises to improve or maintain flexibility such as yoga and pilates.