Applicant Name: _____

West Metro
Fire Rescue

433 S. Allison Parkway
Lakewood, Colorado 80226

Bus: (303) 989-4307
Fax: (303) 539-9567
www.westmetrofire.org

PHYSICAL ABILITY TEST (PAT) DESCRIPTION

PHYSICIAN'S RELEASE
DISTRICT RELEASE, WAIVER, AND INDEMNITY AGREEMENT

Following is a list of testing criteria used by West Metro Fire Protection District during the Physical Ability Testing for Firefighter/Paramedic position. *NOTE: Tests may be adjusted to cover safety/equipment concerns.*

Physical Ability Test Consists of:

- Climb to 5th floor landing with high-rise pack.
- Descend to 3rd floor; hoist 50-pound bag up through the 3rd floor window.
- Raise and lower sand bag under control.
- Drag a 1 ¾" charged hose line 75 feet and show water.
- Drag a 165-pound dummy 70 feet.
- Carry a fan 150 feet and place on a 4 foot platform.
- Wear a 40-pound weight vest and run/jog ¼ mile in predetermined time

Applicants will do the events in bunker jacket and gloves while wearing SCBA bottle (without mask) for Section 1. Will wear 40 lb. vest for Section 2

DATE: _____

I, hereby certify that _____ has undergone a medical examination and is free of any known physical conditions, which would preclude him/her from participating in the above reference Physical Agility Examination for the West Metro Fire Protection District.

Physician Signature: _____

_____
(Physician Print Name)

Physician's Address: _____
_____

THIS WAIVER DOES NOT NEED TO BE SIGNED IN FRONT OF A WEST METRO FIRE EMPLOYEE

West Metro
Fire Rescue

WEST METRO FIRE PROTECTION DISTRICT
RELEASE

THIS RELEASE executed on _____, _____, by the undersigned, hereinafter referred to as Releasor, states as follows:

IN CONSIDERATION of being permitted to participate in the physical exercise, obstacle course, and other physical activities and tests to be performed by me as part of my application to become a member of the West Metro Fire Protection District, a quasi-municipal corporation, Releasor, for himself or herself, and personal representatives, heirs and next of kin, hereby releases, waives, discharges and covenants not to sue the West Metro Fire Protection District, a quasi-municipal corporation, organized and existing under the laws of the State of Colorado, its officers, directors, employees and members and all other persons associated with the District, all for the purposes herein referred to as Releasee, from all liability to the Releasor, his or her personal representative, assigns, heirs and next of kin for all loss or damage and any claim or damage therefore, as a result of injury to the person or property or resulting in death of the Releasor, whether caused by negligence or Releasee or otherwise while the Releasor is participating in said physical exercises and tests.

Releasor agrees to indemnify the Releasee from any loss liability, damage or cost Releasee may incur due to the presence of Releasor in or upon the test area, whether caused by negligence of the Releasee or otherwise.

Releasor hereby assumes full responsibility for and risk of bodily injury, death or property damage due to negligence of Releasee or otherwise while in or upon the test area, and/or while competing and participating in said physical tests, and acknowledges and represents that Releasor is in good health and good physical condition, and knows of no limitation or condition which may cause a risk of physical injury or death.

Releasor expressly agrees that this Release, Waiver, and Indemnity Agreement is intended to be as broad and inclusive as permitted by the laws of the State of Colorado and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Releasor, being of lawful age, in consideration of being permitted to participate in said physical tests and exercises, does for himself or herself, his/her heirs, executors, administrators and assigns, release and forever discharge the West Metro Fire Protection District, its officers, directors and employees, their heirs, administrators and executors of and from any and every claim, demand, action or right of action, for whatsoever kind or nature, either in law or in equity arising from or by reason of any bodily injury or personal injuries known or unknown, death and/or property damage resulting or to result from any accident which may occur as a result of participation in said physical tests and activities or any activities in connection with said physical tests and activities whether by negligence or not.

I further release all personnel, employees, officials, and directors of the West Metro Fire Protection District from any claim whatsoever as a result of first aid treatment or service rendered to me during my participation in said physical tests and activities.

This release contains the entire agreement between the parties hereto and the terms of this release are contractual and not a mere recital.

Releasor further states that he/she carefully read the foregoing release and knows and understands the contents thereof and signs this release as his/her free and voluntary act.

IN WITNESS WHEREOF, Releasor has executed this release this _____ day of _____,_____.

_____
Releasor Signature

_____
Releasor Name (Please Print)

THIS WAIVER DOES NOT NEED TO BE SIGNED IN FRONT OF A WEST METRO FIRE EMPLOYEE