

HEALTH HISTORY STATEMENT (Last ten years)

The information you provide in this statement will be used to assess your medical qualifications to participate in all physical activities contained within this course. Please fill out the statement carefully and thoroughly. All information will be kept confidential.

Name: _____

Department/Academy: _____

Birthdate: _____ SS#: _____

Today's Date: _____

Please answer all of the following. Check yes or no on each question.

Do you now have or have you ever had any of the following?

<p>Yes No ____/____ Allergies</p> <p>____/____ Arthritis</p> <p>____/____ Asthma</p> <p>____/____ Chronic Bronchitis</p> <p>____/____ Diabetes Mellitus</p> <p>____/____ Emphysema</p> <p>____/____ Heart Disease</p> <p>____/____ Other (specify) _____</p>	<p>Yes No ____/____ High Blood Pressure</p> <p>____/____ High Serum Lipids (fats- for example, Cholesterol)</p> <p>____/____ Musculoskeletal Problems</p> <p>____/____ Neurological Problems</p> <p>____/____ Obesity</p> <p>____/____ Stroke</p> <p>____/____ Heart Murmur</p>
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Have you ever experienced any of the following? For each condition checked, indicate whether the condition was diagnosed and whether the condition was associated with exercise or physical work.

		Diagnosed?		Associated with exercise or physical work?	
Yes	No	Yes	No	Yes	No
___/___	Chest pain	___/___		___/___	
___/___	Chest pressure	___/___		___/___	
___/___	Discomfort/pain in elbow	___/___		___/___	
___/___	Discomfort/pain in jaw	___/___		___/___	
___/___	Discomfort/pain in teeth	___/___		___/___	
___/___	Discomfort/pain in throat	___/___		___/___	
___/___	Discomfort/pain in wrist	___/___		___/___	
___/___	Heart Palpitations/skipped beats	___/___		___/___	

Have you ever taken any of the following tests? If yes, indicate whether the results indicated any abnormalities.

		Any Abnormalities?	
Yes	No	Yes	No
___/___	Exercise Stress Test	___/___	
___/___	Exercise Stress Test with Isotopes	___/___	
___/___	Echocardiogram	___/___	
___/___	Coronary Angiogram	___/___	
___/___	Holter Monitor	___/___	

Has a blood relative ever been diagnosed as having any of the following? (Include parents, grandparents, aunts and uncles, brothers and sisters, and children, but exclude relative by marriage and half relatives)

Yes	No		Mother	Father	Other
____/____	____/____	Diabetes Mellitus	_____	_____	_____
____/____	____/____	Heart Disease	_____	_____	_____
____/____	____/____	High Blood Pressure	_____	_____	_____
____/____	____/____	High Serum Lipids	_____	_____	_____
____/____	____/____	Obesity	_____	_____	_____
____/____	____/____	Stroke	_____	_____	_____

Have you ever smoked cigarettes, cigars or a pipe? ____Yes ____No

If yes, year you started: _____

Do you smoke presently? ____Yes ____No

If you did or do smoke cigarettes, how many per day? _____

If you did or do smoke cigars, how many per day? _____

If you did or do smoke a pipe, how many pipefuls per day? _____

If you quit smoking, year you quit: _____

Do you ever drink alcoholic beverages? ____Yes ____No

If yes, what is your approximate intake of these beverages?

	None	Occasional	Often	How many drinks per week?
Beer	_____	_____	_____	_____
Wine	_____	_____	_____	_____
Hard liquor	_____	_____	_____	_____

List any traumatic injuries you have experienced to your bones or soft tissue (include any disabling back problems you have had) and the approximate date of the injury.

_____ Date _____

_____ Date _____

_____ Date _____

List any illnesses you have had which required you to take more than one week of sick leave and the approximate date of the illness.

_____ Date _____

_____ Date _____

_____ Date _____

List any operations you have had, including approximate dates.

_____ Date _____

_____ Date _____

_____ Date _____

List any medications you are now taking (include self-prescribed medications and dietary supplements).

Name of medication
(see labels for
prescription
medications)

Date started

Dosage

Dosage per day

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

List any athletic or other physical activities that you regularly engage in.
Specify for each the frequency, intensity, and duration of your involvement.

	Activity	Frequency	Intensity	Duration
Example:	Bicycle	3 times a wk.	10 miles	past 18
months				

List anything else which you feel may be important in your medical history, including any conditions not specifically referred to in the preceding questions.

I hereby certify that all statements made in this Health History Statement are accurate and complete.

Signature in full: _____

Print name: _____

Social Security Number: _____

Date signed: _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)



A self-administered questionnaire for adults

PAR Q & YOU

PAR-Q is designed to help you help yourself. Many benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the “yes” or “no” opposite the questions as it applies to you.

Yes	No	
		1. Has your doctor ever said you have heart trouble?
		2. Do you frequently have pains in your heart and chest?
		3. Do you often feel faint or have spells of severe dizziness?
		4. Has a doctor ever said your blood pressure was too high?
		5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
		6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
		7. Are you over age 65 and not accustomed to vigorous exercise?

 If you answered YES to one or more questions:	 If you answered NO to all questions:
<p>If you have not recently done so, consult with your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness test. Tell him what questions you answered YES on PAR-Q or show him your copy.</p> <p>PROGRAMS:</p> <p>After medical evaluation, seek advice from your physician as to your suitability for:</p> <ul style="list-style-type: none">· Unrestricted physical activity, probably on a gradually increasing basis· Restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.	<p>If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:</p> <ul style="list-style-type: none">· A graduated exercise program – A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.· An exercise test – simple tests of fitness (such as the Canadian Home Fitness test) or more complex types may be undertaken if you so desire. <p>POSTPONE if you have a temporary minor illness, such as a common cold</p>

BASIC FIRE FIGHTER COURSE

Dear Physician:

The individual you are examining has applied for admission to the College of the Redwoods, Firefighter course. As part of the admission process the student must obtain a Medical Clearance to participate in the Physical Conditioning Program of the Firefighter course. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of one (1) hour per day, three days per week, for at least fourteen (14) weeks. Listed below are descriptions of both the physical performance tests, and the content of the physical conditioning program.

A Medical History Statement and a cardiac risk assessment (PAR-Q) have been completed by the individual to assist you in making your determination of the individual's suitability for participation for participation in the conditioning program.

PHYSICAL PERFORMANCE TESTS

Fire Shelter Deployment (timed 30 seconds): The individual deploys a wild-land fire shelter while wear full wild-land safety gear using 3 types of methods. Time events simulating actual stressful situations individual may encounter on the fire line.

Pickup, Carry, Raise, Climb and Lower an Aluminum Solid Beam 20' Three Section Extension Ladder (timed 4 minutes, 15 seconds): The individual performs methods addressed in exam while wearing structural safety gear. Use of dynamic muscular endurance of the trunk, arms, legs and back.

Donning Personnel Protective Ensemble (Wild-land and Structural): The individual performs donning safety clothing and equipment simulating actual stressful situation / timed events.

Various Charged Fire Hose Evolutions (timed events): Coupling, dragging and operating fully charged fire hose. (100' of 1 & 1/2" hose contains 9 gallons of water weighing 8.34 lbs per gallon = 75 lbs per 100' section) Up to three (3) lengths of hose might be used, by either a single individual or three individuals. Use of arms, legs and backs.

Wild-land Fire Hand-line Construction: Use hand tools to construct fire line down to mineral soil in simulated fire areas while wearing full safety gear. Use of backs, arms, legs.

PHYSICAL CONDITIONING

The program of physical conditioning involves exercise focusing on cardio respiratory endurance (aerobics), strength, power, speed and flexibility. The intensity of the various exercises is individualized to the extent possible and is gradually increased throughout the course of the conditioning program. Each exercise sessions lasts 60 minutes and consists of a warm-up period, a conditioning bout focusing on a primary training objective, and a cool-down period. A description of the conditioning objectives and activities appear below.

OVERVIEW OF CONDITIONING ACTIVITIES

Conditioning Objective	Formats	Type of Activities
Flexibility	Walk/Jog Floor Calisthenics	Begins with walk/jog to warm muscles and is followed by slow stretching exercises for major muscle groups and joints
Muscular Strength /Cardiovascular Endurance	Circuit Training with Weights	A combination of conventional Universal Gym training exercises and jogging in place for a specified period of time
Muscular Strength/Cardiovascular Endurance	Circuit Training with Calisthenics	A combination of conventional calisthenics and jogging and sprinting for a specified period of time requiring a specific number of repetitions
Cardiovascular Endurance	Continuous Running	Conventional jog-run for distance and pace (15-45) minute duration

Please complete the attached "Medical Clearance" form following your examination.

Thank you.

Chief Sean Robertson
Fire Program Faculty

COLLEGE OF THE REDWOODS
FT-121 Fire Fighter Course

MEDICAL CLEARANCE TO PARTICIPATE IN THE PHYSICAL CONDITIONING
PROGRAM AND ACTIVITIES FOR:

(Print name of individual)

(Social Security Number)

Having reviewed the above-named individual's Medical History Statement and cardiac risk assessment (PAR-Q), and having read the descriptions provided of the physical performance tests and the physical conditioning activities, and having personally examined the above-named individual, it is my professional opinion that:

Check one:

_____ It is highly unlikely that participation in the Physical Conditioning Program and activities will pose a significant medical risk to the above-named individual.

_____ The above-named individual should not participate in the Physical Conditioning Program and activities.

Physician's Signature (or FNP, PA, PA-C)

Date

Physician's Office Name/Address OR
Stamp: