

Informed Consent for Clinical Evaluations



Clinical assessment of cardio-respiratory capacity and other physical fitness components requires that the undersigned, hereby, voluntarily consents to the following tests as part of the OFAI CTS Clinical Evaluation:

1. Resting blood pressure and heart rate
2. Mass and Height determination
3. Trunk Flexibility
4. Muscular Endurance (Sit-up test)
5. Aerobic Endurance Assessment-Encapsulated Treadmill Protocol

Explanation of the Tests

Baseline measurements will be determined using an automatic blood pressure device, followed by anthropometric measurements (height and mass).

Flexibility will be evaluated using a sit and reach test, which measures the range of motion of your joints.

Muscular endurance will be assessed using a sit-up test. During this test, the candidate will perform sit-ups for a timed minute.

The aerobic endurance assessment is designed to evaluate the physical work capacities of healthy, physically active individuals. The encapsulated treadmill protocol is a progressive, incremental exercise test to exhaustion. Each test requires a maximal effort. There are four phases to this assessment:

- Phase One (**mandatory**)
- Phase Two (**mandatory**)
- Phase Three (**voluntary***)
- Phase Four (**mandatory**)

**while completing Phase Three is NOT mandatory you are strongly encouraged to attempt this phase until you can no longer continue in order to exhibit a maximal physical effort)*

In order to pass the treadmill test, you **must** complete the five minute Phase One, the eight minute Phase Two and the five minute Phase Four (for a total of at least 18 minutes).

This assessment is completed while wearing firefighting personal protective equipment (PPE) that weighs approximately 23 kg (51 lb). You are permitted to walk, jog and/or shuffle as required during this protocol.

During Phase One, the treadmill is set to a speed of 3.5mph and there are gradual increases in grade over a five minute period. This is immediately followed by Phase Two, an eight minute period of constant work at 3.5mph and a 10% grade.

Once Phase Two is complete, you will immediately progress to Phase Three. During this phase the treadmill speed remains at 3.5mph but the grade increases 1% every minute to a maximum of 15%. Once a 15% grade is reached, the speed will then increase by 0.5 mph each minute while the grade remains at 15% until you can no longer continue.

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Once you have indicated you can no longer continue, you must complete Phase Four, which is five minutes on a flat treadmill at a slow speed.

This protocol will continue until exhaustion or until other symptoms dictate that the test is terminated. You may stop the test at any time due to fatigue or discomfort.

Risks and Discomforts

Initial

During the encapsulated treadmill test, you may experience: an increase in heart rate; increased breathing frequency; abnormal blood pressure responses; fainting; irregularities in heart rate; and/or, the possibility of a heart attack. Every effort will be made to minimize the risk of occurrence (i.e., completing the OFAI Medical Questionnaire). Emergency equipment and trained personnel will be available on site if necessary.

Initial

There is a possibility of mild back discomfort and the possibility of muscle strain/sprain when performing the trunk flexibility testing. In addition, you may experience muscle soreness 24 to 48 hours after the testing session. This soreness can be a result of the flexibility and/or treadmill protocols. If muscle soreness occurs, appropriate stretching exercises to relieve the soreness can be provided.

Initial

Fit of personal protective clothing is an integral aspect of the encapsulated treadmill test. The evaluator will work with you to ensure proper fit. It is your responsibility to communicate any questions or concerns about fit prior to the commencement of the treadmill test.

Initial

Intentional or unintentional activation of the treadmill stop button during the encapsulated treadmill test will result in a failed assessment.

During the encapsulated treadmill test, the following may occur:

- Initial
- Slippage of the heart rate monitor
 - Minor air leakage from oxygen mask
 - Disconnection of mask line

These issues do not impact your final result and trained personnel will rectify these issues with little or no interruption during your exercise test. In the event the evaluator must stop the treadmill test due to these issues, the evaluator will obtain your consent before restarting the test.

Expected benefits from testing

These tests will allow for the assessment of your physical working capacity and to appraise your physical fitness to be a firefighter. The results of these tests will be used, in part, to qualify for an OFAI Certificate. Records are kept strictly confidential unless you consent to the release of this information.

Inquiries

Questions about the procedures used for clinical assessment are encouraged. If you have any questions or need additional information, please do not hesitate to ask your clinician for clarification or for information to further explain the procedures.

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Candidate Freedom of Consent

Your permission to perform each physical fitness test is strictly voluntary. You are free to stop the testing at any point during the assessment. However, please note that a certificate for the Clinical Assessment will not be issued unless the evaluation is successfully completed in full.

I, _____, have read this form carefully and I fully understand the test and administrative procedures that I will perform and the potential risks and discomforts associated with the test procedures. I am informed of these risks and have had the opportunity to ask questions that have been answered to my satisfaction. I consent to participate in the described testing procedures.

Date: mm/dd/yyyy

Signature of candidate

Date: mm/dd/yyyy

Signature of witness

Date: mm/dd/yyyy

Signature of Clinician