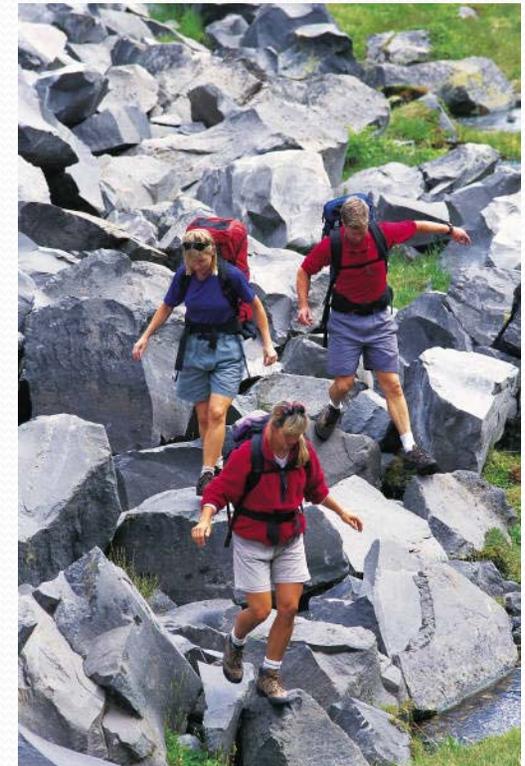
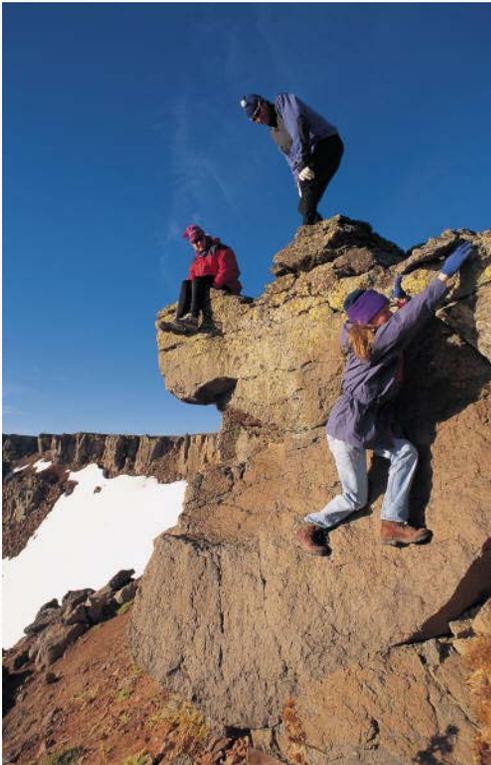


Physical and Mental Fitness in SAR



Core Comp Objectives

- This session will comply and meet Core Comp Criteria for:
 - Physical and Mental Fitness

Requirement	Classroom - Performance Criteria
<p>Through written statements, formal application processes, and verbal statements the applicant must attest to being physically and mentally capable of performing assigned mission task.</p>	<ol style="list-style-type: none"> 1. SAR volunteer must in the initial application process attest to being; <ul style="list-style-type: none"> ▪ Physically capable of performing assigned duties and task. ▪ Mentally capable for assigned duties and task. 1. Annually SAR volunteers must attest to being; <ul style="list-style-type: none"> ▪ Physically capable of performing all assigned task for their level of training. ▪ Mentally capable of performing any all duly assigned task for their level of training. 1. SAR volunteers must inform the “authorized official” of any; <ul style="list-style-type: none"> ▪ Physical impairments that may impact their ability to perform assigned mission task. ▪ Mental impairments that may impact their ability to perform assigned mission task. <p>** Reference WAC118-04-200 **</p>

Physical & Mental Fitness in SAR

- SAR volunteer must in the initial application process attest to being:
 - Physically capable of performing assigned duties and task
 - Mentally capable for assigned duties and task
- Annually SAR volunteer's must attest to being:
 - Physically capable of performing all assigned tasks for their level of training
 - Mentally capable of performing any and all duly assigned tasks for their level of training
- SAR volunteers must inform the "authorized official" of any:
 - Physical impairments that may impact their ability to perform assigned mission task
 - Mental impairments that may impact their ability to perform assigned mission task



Procedure for Evaluating Volunteer Readiness to take on the “Assignment Task/s”

- 1. Team discusses each task element**
- 2. Team Leader checks with each team member to determine their individual readiness to take on the task**
- 3. Each team member accepts the task responsibility and attests to their physical and mental readiness to take on the task**
- 4. Team leader informs the IC their team is ready to go into the field**



Procedure for Evaluating Volunteer Readiness to Continue on with the “Assignment Task/s”

- 1. A team member recognizing a change in assignment parameters that may effect their ability to perform is empowered and expected to inform the team leader**
- 2. The team leader convenes the team and conducts reviews with the team whenever he/she, or a team member, senses a change in assignment parameters**
- 3. A team member can refuse any assignment/s where the potential to harm themselves due to personal physical impairment is concerned**

What can / should you do?

Always be asking yourself:

- **How can I screw this up?**
- **How can I keep from screwing this up?**
- **If I can't keep from screwing this up, who do I call?**
- **Does the risk outweigh the reward?**

What can / should you do?

- **Have the courage to make the health and safety of yourself and other incident personnel the highest value, and have the fortitude to sustain that commitment in the face of competing priorities.**
- **Understand and manage elements affecting incident risks**
- **Empower the individual to be assertive regarding risk awareness and mitigation**

What can / should you do?

Accept only risks:

you are willing to accept,

and potential benefits outweigh potential cost,

and are approved by higher authority.

Physical Fitness in SAR Recommendations



Physical Fitness In SAR

- Responders can basically be separated into four categories: Each team will have specific requirements for members and should follow these recommendations as a base line. Contact your Sheriff's coordinator if questions.
- Recommendations for.....
 - Base Camp Resources
 - Field Search (Light Fitness Level)
 - Field Search (Moderate Fitness Level)
 - Field Search (Arduous Fitness Level)

Base Fitness Criteria

- Completion of the following baseline criteria:
 - Compliance with all medical requirements directed by your volunteer team.
 - Have vision correctable to 20/20
 - Ability to perform light physical tasks. As a guideline, the member should be able to perform the following:
 - Lift a 25 pound weight above your waist (*Logistics Personnel would need to lift a 50 weight*)
 - CDC / WHO recommended inoculations
 - Signed medical self-assessment and release form

Light Fitness Criteria

- Completion of the following baseline criteria:
 - Compliance with all medical requirements directed by your volunteer team.
 - Have vision correctable to 20/20
 - No hearing impairment
 - Ability to perform light physical tasks. As a guideline, the member should be able to perform the following:
 - Walk 1-mile on level ground with a 15 pound pack in less than 20 minutes.
 - Lift a 35 pound weight above your waist
 - CDC / WHO recommended inoculations
 - Signed medical self-assessment and release form

Moderate Fitness Criteria

- Completion of the following baseline criteria:
 - Compliance with all medical requirements directed by your volunteer team.
 - Have vision correctable to 20/20
 - No hearing impairment
 - Ability to perform arduous physical tasks. As a guideline, the member should be able to perform the following:
 - Walk 2-miles on level ground with a 25 pound pack in less than 45 minutes.
 - Lift a 50 pound weight above your waist
 - CDC / WHO recommended inoculations
 - Signed medical self-assessment and release form

Arduous Fitness Criteria

- Completion of the following baseline criteria:
 - Compliance with all medical requirements directed by your volunteer team.
 - Have vision correctable to 20/20
 - No hearing impairment
 - Ability to perform arduous physical tasks. As a guideline, the member should be able to perform the following:
 - Walk 3-miles on level ground with a 45 pound pack in less than 70 minutes.
 - Lift a 50 pound weight above your waist
 - CDC / WHO recommended inoculations
 - Signed medical self-assessment and release form



QUESTIONS?