



FIRE DEPARTMENT

9 METROTECH CENTER BROOKLYN, N.Y. 11201-5884

FDNY FITNESS AWARENESS PROGRAM MEDICAL CLEARANCE FORM

The New York City Fire Department will be conducting a Fitness Awareness Program for Firefighter Candidates. The Fitness Awareness Program will consist of three sessions each of Fitness Assessment Evaluations and Calisthenics and will involve strenuous physical activity which will be progressive in nature.

Medical conditions or illnesses that may be exacerbated by participation in such activity include, but are not limited to: muscular disorders, high blood pressure, infections, asthma, lung disease, diabetes, dehydration, anemia, gastro-intestinal disorders, seizure disorders, electrolyte abnormalities, sickle cell disease or trait, cardiac disease, and common illnesses such as diarrhea, colds, flu, fevers. This list is not intended to be an exhaustive list of conditions that may cause a health risk.

In addition, the use of any of the following categories of medications and substances may also cause a serious health risk, if such medications or substances are used while the candidate participates in the Fitness Awareness Program. These categories include, but are not limited to: opiates, anti-psychotic medications, sedatives, pain medications, amphetamines, non-steroidal anti-inflammatory agents, sleeping pills, beta blockers and anti-coagulants. This list is not intended to be a complete listing of the medications and substances that may pose a serious health risk.

Consequently, prior to a candidate being permitted to participate in the Fitness Awareness Program, s/he must be examined by a licensed physician who will need to certify that the candidate is medically fit for participation in the program. Below, is a brief description of associated tasks:

- Fitness Assessment Event 1- Push-ups. The candidate will perform the maximum number of uninterrupted push-ups s/he can achieve without rest.
- Fitness Assessment Event 2 - Pull-ups. The candidate will perform the maximum number of uninterrupted pull-ups s/he can achieve without rest. Pull-ups are to be performed with the palms facing away from the body.

- Fitness Assessment Event 3 – Sit-ups. The candidate will perform the maximum number of sit-ups s/he can achieve within a specified period. Sit-ups are performed with legs bent at a 90-degree angle and hands clasped together behind the head. Another person will hold the candidate’s feet for support.
- Fitness Assessment Event 4 – Timed 1.5 mile run. The candidate will run 1.5 miles to the best of his/her ability.
- Calisthenics Session. The candidate will engage in a 40 minute physical training session similar to that which is administered during Probationary Firefighter School. The session will consist of calisthenics, plyometrics, and weight-training exercises using 10 lb. weights, which will be provided.

CANDIDATE RELEASE

In consideration for being a participant in the Fitness Awareness Program, I HEREBY RELEASE, WAIVE AND HOLD HARMLESS THE CITY OF NEW YORK, its agencies, officers, employees, and agents (“RELEASEES”), from any and all claims, causes of action, suits, damages, or judgments, whatsoever, in law, admiralty or equity, which against the RELEASEES, I, my heirs, executors, administrators and assigns, EVER HAD OR WILL HAVE, arising from the acts or omissions of RELEASEES in connection with my participation in the Fitness Awareness Program.

I HEREBY CERTIFY THAT I HAVE READ THE ABOVE DESCRIPTION OF THE PHYSICAL TASKS INVOLVED IN THE FITNESS AWARENESS PROGRAM.

_____	_____	_____
Candidate’s Name (Print)	Signature	List Number

PHYSICIAN CERTIFICATION

I CERTIFY I HAVE EXAMINED THE ABOVE CANDIDATE AND FURTHER CERTIFY THIS CANDIDATE IS MEDICALLY FIT TO PARTICIPATE IN THE FITNESS AWARENESS PROGRAM.

_____	_____	_____
Physician’s Name (Print)	Physician’s Signature	Physician’s License #

_____	_____	_____
Office Address	Phone	Date