

# K9 Search and Rescue Team Inc.

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## PHYSICAL FITNESS & AGILITY STANDARD

### Introduction

Physical fitness and agility are essential for K-9 Search and Rescue Team, Inc. members to effectively and safely perform sustained strenuous physical tasks under difficult and dangerous conditions. The Team may be called upon for a variety of responses varying from urban law enforcement evidence search to extreme backcountry rescue operations. The outcome of every mission is based on individual performance, which is directly affected by the stamina and agility of each team member. The following standard is intended as a minimum obligation or starting point; The Team strongly recommends each member to have an annual physical, prior to beginning any training or testing for physical fitness. There may Team members whose assignment does not require a level of physical fitness and/or agility. At the discretion of the Command and General Staff, these Team members may be waived from these requirements. The following standards were derived, in part, from the *Work Capacity Testing for Wildland Firefighters*, The United States Department of Agriculture (March 2002).

### Work Capacity Tests

Some jobs, like K-9 SAR, require passing a job-related Work Capacity Test to meet minimum qualifications. Such test help ensure that prospective workers have the capacity to perform work without undue fatigue and without becoming a hazard to themselves or coworkers. Team members taking these tests must wear Team regulation field clothing; tennis shoes, shorts, etc are not acceptable for the test. Most Team members must meet minimum levels of fitness requirements for the type of duties they are assigned:

Fitness Requirement	Test	Description
Arduous	Pack Test	3-mile hike with 45-pound pack in 45 mins
Moderate	Field Test	2-mile hike with 25-pound pack in 30 mins
Light	Walk Test	1-mile hike in 16 min no pack

*Arduous work* involves above average endurance (aerobic fitness), lifting more than 50 pounds (muscular fitness), and occasional demands for extraordinarily strenuous activities. *Moderate work* involves lifting 25-50 pounds, and occasional demand for moderately strenuous activity. *Light work* involves mainly office-type work with occasional field activity. Non-deployed field personnel perform light work.

### The Pack Test

The Pack Test is a 3-mile hike over level terrain carrying a 45 pound pack. To qualify for arduous search and rescue work, you must complete the Pack Test in 45 minutes or less. Tests taken at altitude should be adjusted (see table below). Jogging during the test is not permitted. The Pack Test is not a competition; it is pass/fail only. The energy cost of the Pack Test is similar to search and rescue work. Pack Test performance relates directly to muscular fitness. Because of the test distance, the Pack Test is an excellent indicator of the capacity to perform prolonged arduous work under adverse conditions with a reserve to meet unforeseen emergencies.

### Altitude Corrections

Altitude (Feet)	Pack Test (Seconds)	Field Test (Seconds)	Walk Test (Seconds)
4,000 to 5,000	30	20	10
5,000 to 6,000	45	30	15
6,000 to 7,000	60	40	20
7,000 to 8,000	75	50	25
8,000 to 9,000	90	60	30