

ETC Medical Fitness & Risk Disclosure Package for Emergency Services Training

(Aligned to NFPA 1582 - 2022 Edition)

Lakeland
COLLEGE



Lakeland
EMERGENCY TRAINING CENTRE

INSTRUCTIONS

To Be Read by Both Student and Physician

PURPOSE OF THIS PACKAGE

This package outlines the physical, medical, psychological, and environmental demands associated with training at Lakeland College's Emergency Training Centre (ETC). These demands are aligned with the standards of NFPA 1582 and reflect real-world emergency services work.

The purpose of this document is to:

- Ensure the student understands the risks and responsibilities associated with ETC training
- Confirm that a licensed physician attests to the student's fitness to participate in this physically and psychologically demanding program
- Protect both the student and the College by ensuring fitness for duty is evaluated against clear, job-related standards

PROCESS SUMMARY

This package is a three-step process:

Step One - Student Review & Declaration

- i. The student must carefully read the full document, including the overview of physical and medical demands, training environments, and program expectations.
- ii. The student then completes and signs the **FORM A - APPLICANT DECLARATION OF UNDERSTANDING AND CONSENT** form.

Step Two - Physician Review & Clearance

- i. The student provides the entire completed package to their physician, including all informational pages.
- ii. The physician must review all pages outlining job tasks, environmental risks, and NFPA 1582 medical criteria prior to completing the attestation.
- iii. The physician completes only **FORM B - PHYSICIAN MEDICAL CLEARANCE FORM** - Physician Attestation form.

Step Three - Lakeland College Administrative Review

Lakeland College admissions will review the entire package in consultation with the college health professionals and Emergency Training Centre complete **FORM C - COLLEGE ADMINISTRATIVE REVIEW**.

IMPORTANT NOTES

- Lakeland College does not collect or retain private medical information. No diagnostic data (e.g., blood pressure, vision, height/weight) is required or accepted.
- The physician's role is not to conduct a general fitness exam, but to evaluate whether the student can safely meet the demands described in this package.
- Incomplete submissions (e.g., missing signatures or forms) may delay admission.

SUBMISSION INSTRUCTIONS

Once completed, the full package (including the physician's clearance) must be submitted:

- **In Person:** Lakeland College, Student Services Office
- **Emailed to:** admissions@lakelandcollege.ca
- **Faxed to:** 780-853-8594
- **Mailed to:**

Lakeland College, Admissions
5707 College Drive, Vermilion AB, T9X 1K5 or 2602 59 Avenue, Lloydminster, AB, T9V 3N7

FOIP Statement:

The personal information requested on this form is collected under the authority of Section 33(c) of the Alberta Freedom of Information and Protection of Privacy Act and any subsequent legislation that may come into force. The information is protected in accordance with the FOIP Act and is collected for the purpose of program admission. Information collected on this form is used in the normal course of College operations in accordance with this legislation.

If you have any questions about the collection and use of this information, please contact the FOIP Coordinator (5707 College Drive, Vermilion AB; 780-853-8524; FOIP@lakelandcollege.ca).

OVERVIEW

Training at Lakeland College's Emergency Training Centre (ETC) prepares students for careers in firefighting, technical rescue, emergency medical services, and other first responder occupations. This training simulates high-risk, real-world conditions and places significant physical, environmental, and psychological demands on participants. All applicants must ensure they are medically and physically capable of meeting these demands before engaging in training.

This document outlines the essential tasks, physiological stressors, and exclusionary medical considerations as referenced in NFPA 1582: Standard on Comprehensive Occupational Medical Program for Fire Departments.

ESSENTIAL JOB TASKS (NFPA 1582, SECTION 5.1.1)

Why This Matters:

These tasks represent the baseline for what is expected of a firefighter or rescue technician. If a student cannot safely perform even one of these functions, they may be unsafe in training and ineligible for graduation.

Participants must be prepared to perform the following NFPA-defined tasks:

1. Wear full PPE and SCBA in high heat and low visibility.
2. Perform rescues involving dragging/carrying >45 kg (100 lbs).
3. Advance charged hoses up stairs and over obstacles.
4. Climb 6+ flights of stairs or operate at heights.
5. Work in gear with internal temperatures exceeding 39-40°C.
6. Operate in confined, dark, wet, or noisy environments.
7. Engage in high-hazard operations including live fire and hazmat.
8. Use tools for forcible entry and heavy-duty operations.
9. Maintain exertion without breaks, food, or hydration.
10. Make decisions under intense stress and cognitive load.
11. Communicate effectively under duress and in noise.
12. Operate cohesively in teams where incapacitation endangers others.

PHYSICAL DEMANDS

Why This Matters:

Physical performance in ETC training mirrors real emergency calls – it is sustained, intense, and occurs in environments that limit visibility, mobility, and ventilation. Students must possess full-body strength, endurance, and heat tolerance to perform under these conditions.

1. Lifting, dragging, and tool use under load: Students will regularly manipulate tools, ladders, hose lines, and rescue mannequins weighing up to 45 kg (100 lbs), often while working in confined or awkward spaces. This includes tasks like dragging a downed firefighter, lifting patients onto backboards, or breaking through walls or roofs.

2. Restricted breathing from SCBA: Breathing through a Self-Contained Breathing Apparatus increases respiratory resistance and decreases oxygen intake efficiency. Individuals with borderline pulmonary function or anxiety may find it challenging to breathe under pressure.
3. Sustained heat exposure and dehydration risk: Full bunker gear traps body heat, and the inability to self-cool (due to impermeable PPE) leads to rapidly rising core body temperatures – often exceeding 39°C. Combined with heavy exertion, this places extreme demand on the cardiovascular and thermoregulatory systems.
4. Extended wear of heavy PPE: Students wear full PPE ensembles weighing 22-30 kg (50-66 lbs) for durations of 30-90 minutes at a time. The gear restricts range of motion, balance, and cooling – adding to musculoskeletal and metabolic stress.

PSYCHOLOGICAL & COGNITIVE STRESSORS

Why This Matters:

Emergency responders must make rapid, high-stakes decisions while exposed to traumatic scenes, loud environments, and physical exhaustion. The ETC replicates these pressures in training to build resilience and readiness.

1. Simulated trauma and mass casualty scenarios: Students may be exposed to moulage (realistic injury makeup), screaming victims, child mannequins, and multiple simulated fatalities. Emotional resilience is essential to prevent freezing or panic.
2. Disorienting sensory conditions: Training environments often feature zero visibility (e.g., smoke-filled rooms), loud alarms, confined or dark spaces, and disorienting heat. Students must function without full sensory awareness.
3. Cognitive load and decision-making under duress: Students must retain procedural knowledge, maintain situational awareness, and make safety-critical decisions – all while fatigued, overheated, and under time pressure.
4. Claustrophobia and stress vulnerability: Certain scenarios, such as SCBA confidence courses, crawl spaces, or high-angle rescues, may trigger panic or anxiety. Candidates with a history of panic disorder, severe anxiety, or claustrophobia may be at elevated risk of performance failure.

MEDICAL ELIGIBILITY CRITERIA (NFPA 1582, CHAPTERS 7-9)

Why This Matters:

Some medical conditions – like seizures, uncontrolled asthma, or hearing loss – make it unsafe to participate. These NFPA “Category A” exclusions are in place to protect the student and those around them.

Candidates must **not** have disqualifying medical conditions, including:

- Uncontrolled heart disease or arrhythmia
- Chronic obstructive or reactive lung disease
- Neurological disorders (e.g., epilepsy)
- Hearing/vision loss that impairs communication or safety
- Severe mental health conditions (e.g., untreated PTSD, psychosis)
- Medications that impair physical/cognitive function (e.g., opioids, sedatives)
- Inability to pass respirator fit test due to anatomy or health

Specialized Training Environments (NFPA 1582, Section 5.2)

Why This Matters:

Some ETC training modules simulate technical rescues and hazardous environments beyond the scope of typical fireground operations and traditional post secondary learning spaces. These environments introduce higher physical risk, added gear requirements, and extreme sensory or environmental conditions that require enhanced readiness and medical fitness.

Rope Rescue / High-Angle Operations	<ul style="list-style-type: none"> Vertical access and egress via rope systems, towers, or structures Harness suspension for extended periods Working at heights in wind, cold, or adverse conditions Physical and psychological stress from fall exposure 	Risks: Harness strain, fall trauma, vertigo, blood flow restriction, cold exposure
Confined Space Rescue	<ul style="list-style-type: none"> Entry into narrow or enclosed environments (tanks, sewers, culverts) Use of atmospheric monitoring, retrieval systems, and supplied-air respirators Potential for zero visibility and total reliance on tactile navigation 	Risks: Claustrophobia, toxic atmospheres, SCBA anxiety, navigation stress
Vehicle and Machinery Extrication	<ul style="list-style-type: none"> Use of hydraulic tools (spreaders, cutters) in confined wreckage Sharp metal edges, fuel spills, and patient entrapment under simulated urgency Work in low light or severe weather with PPE and hearing protection 	Risks: Lacerations, crush hazards, muscle fatigue, hearing loss risk
Hazardous Materials Operations	<ul style="list-style-type: none"> Full-body chemical-protective suits (Level A or B) Hot zone operations, decontamination corridors, and toxic atmosphere simulation Zero visibility, self-contained air supply, and auditory isolation 	Risks: Heat stress, respiratory strain, psychological stress from isolation, chemical exposure (simulated)
Live Fire Scenarios	<ul style="list-style-type: none"> Elevated fire dynamics (e.g., flashover simulators, backdraft environments) Live-fire combined with victim rescue or extrication PPE durability and SCBA use in prolonged high-heat scenarios 	Risks: Severe thermal strain, equipment fatigue, elevated decision-making stress
Extended Scenarios / Night Training	<ul style="list-style-type: none"> Multi-hour incident simulations Work during night hours, under fatigue, with cold or wet weather exposure 	Risks: Reduced cognitive performance, circadian disruption, environmental exposure

These environments are an integral part of ETC training and reflect the complexity and diversity of real-world emergency response. Medical clearance must confirm the candidate is physically and mentally prepared for both standard and specialized training scenarios.

FORM A

APPLICANT DECLARATION OF UNDERSTANDING AND CONSENT

APPLICANT NAME:	
PROGRAM:	
PROGRAM START:	DD / MMMM / YYYY

DECLARATION

Each item is to be individually initialed on the right side and a final signature is required.

I, the undersigned applicant, acknowledge and agree to the following:

1. I have read and fully understand the physical, environmental, psychological, and medical demands associated with training at Lakeland College's Emergency Training Centre.	Initial here: _____
2. I confirm that (1) I do not have any condition that would impair safe participation, (2) I have not been medically advised to avoid such activity, and (3) I am not taking medication that impairs my performance or safety	Initial here: _____
3. I acknowledge this declaration does not replace the required physician's medical clearance.	Initial here: _____
4. I understand that (1) I am voluntarily entering a program with defined physical/medical standards, (2) Enrollment and successful completion require full participation, and (3) I will not be permitted to medically withdraw or be refunded due to conditions already covered or disclosed in this declaration	Initial here: _____
5. I understand that if I misrepresent, omit, or fail to disclose relevant medical information, I may be removed from training and held responsible for any consequences.	Initial here: _____

CONSENT & ACKNOWLEDGMENT		
I certify that the information provided is accurate to the best of my knowledge. I understand that falsifying or omitting medical information may put my safety at risk during training.		
APPLICANT NAME:	APPLICANT SIGNATURE:	DATE:
	<i>Signature</i>	

FORM B

PHYSICIAN MEDICAL CLEARANCE FORM

PHYSICIAN ATTESTATION

For Physician Use Only – Two Page Form

The costs associated with completion of this form are the responsibility of the applicant.

APPLICANT NAME:		DATE OF BIRTH:	DD / MMMM / YYYY
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PURPOSE OF THIS FORM

This form is used to confirm whether an applicant is medically fit to participate in high-risk emergency services training at Lakeland College's Emergency Training Centre (ETC). The training includes physically and psychologically demanding scenarios that reflect real-world firefighting, technical rescue, and paramedic field operations.

The College does not collect medical or diagnostic data. This clearance is based solely on the physician's professional opinion after reviewing the applicant and the job-related demands described below.

PHYSICIAN ATTESTATION

Please complete the section below after reviewing the information above and conducting a medical assessment.

I, the undersigned licensed physician:

1. Have reviewed the training demands as outlined in this package	Initial here: _____
2. Have assessed the applicant's medical, sensory, psychological, and physical readiness to perform the duties described	Initial here: _____
3. Understand that this clearance pertains to high-risk occupational training, not general health or recreational activity.	Initial here: _____

MEDICAL CLEARANCE DECISION

Based on my assessment, I the undersigned licensed physician, certify that:

(select only one)

The applicant IS MEDICALLY FIT to participate fully in all training activities without restriction	Check here: _____	Initial here: _____
The applicant IS NOT MEDICALLY FIT to participate in this program	Check here: _____	
The applicant MAY PARTICIPATE WITH RESTRICTIONS (Please describe any restrictions or accommodations below)	Check here: _____	

Restrictions/Comments (if any):

PHYSICIAN INFORMATION

PHYSICIAN'S NAME:	PHYSICIAN'S SIGNATURE:	DATE:
	<i>Signature</i>	
Clinic/Facility Name:		
Address:		
Telephone:		

NOTE TO PHYSICIAN:

This form should be returned to the student or submitted directly to Lakeland College as per the instructions provided. The cost of completing this form is the responsibility of the applicant.

FORM C

COLLEGE ADMINISTRATIVE REVIEW

For Lakeland College Use Only

ADMINISTRATIVE REVIEW - FOR LAKELAND COLLEGE USE ONLY	
After reviewing the medical questionnaire and medical clearance for the above applicant, it is recommended that: <i>(place an "X" in one of the following)</i>	
<input type="checkbox"/>	The applicant is approved for full participation in the program.
<input type="checkbox"/>	<div> <div>The applicant is approved with restrictions (list any required accommodations):</div> <div>Conditions:</div> </div>
<input type="checkbox"/>	The applicant is not approved for participation in this program due to medical concerns.

REVIEWER NAME:	SIGNATURE:	DATE:
	<i>Signature</i>	