



Burnaby Fire Department Health and Wellness Program 2020
What to Expect on Testing Day

Medical Screen and Testing

Medical Screening will include the following assessments for 4 firefighters within a 2 hour window. There will be 4 “Stations” that each firefighter will rotate through:

- Height, Weight, Waist and Hip girth, and Spirometry
- Medical Assessment
- Mental Health Check In
- Exercise Stress Test with Metabolic Measures (VO₂max)

Please check in at the Fitness and Performance Centre Desk (2nd Floor) 15 minutes prior to your start time. You will be able to use the lockers and change rooms to prepare for your testing. Once in the Physiology Lab, we will take a few minutes to complete some paperwork. We will then complete a height and weight for each firefighter, and get testing under way!

Any firefighters with medical concerns or risk factors possibly precluding them from testing, should notify us at BFD@fortiussport.com or 604-292-2598 prior to your testing day.

What to Bring

Each Firefighter should bring their completed forms, as well as comfortable workout gear including shorts, t-shirt or tank top, and running shoes. Women are encouraged to wear a sports bra.

Pre-Testing Instructions

Caffeine

Abstain from consuming caffeine-containing products in the 2 hours prior to the test

Food Intake

Abstain from eating in the 2 hours prior to your test

Exercise

Avoid strenuous exercise in the 24 hours before the test and any unusual physical effort on the day of the test

Nicotine and Alcohol

Abstain from nicotine for 2 hours prior to the test

Abstain from alcohol for 24 hours prior to the test

Medications

Take all medications as prescribed on the day of the test unless otherwise advised by your physician or exercise physiologist

Lotions

Avoid using lotion or cream on the skin

Attire

Avoid wearing tight clothing for your appointment as this constricts your lungs