

## **NCSSAR FITNESS CERTIFICATION EVALUATOR GUIDELINES**

NCSSAR members are required to pass the physical fitness evaluation at a minimum Type 4 level to participate as Trainees in the process toward Mission Ready status. Mission Ready members are required to pass the physical fitness evaluation every two years to maintain Mission Ready status.

Members who fail to provide documentation of current fitness will be removed from the call out list.

The purpose of the evaluation is to determine if the person has the minimal physical endurance and capability needed for a wilderness search and rescue mission. It is to be noted that the evaluation is only a general indicator of fitness and that many searches require a greater endurance capability.

### **Type 2 Fitness Test**

- The Type 2 Fitness Test shall include the following criteria:
  - an approved NCSSAR Evaluator must be present
  - Pack shall be weighed by evaluator prior to the test. Pack needs to weigh a minimum of 20 # (excluding water)
  - Trail shall be 8 miles with a minimum of 500' elevation gain and clearly marked or flagged at decision points
  - The member needs to complete the test in under 3 hours to qualify at the Type 2 level

### **Type 1 Overnight Evaluation**

- Member Prerequisite--Passing the Fitness test at a Type 2 level in 2.5 hours or less and is Mission Ready.
- Evaluators shall conduct a safety briefing prior to beginning the hike which will include:
  - Weather forecast
  - Known hazards
  - Radio frequencies to be used
  - Contingency plans should a participant become injured or be unable to continue
- The Type 1 Overnight Evaluation shall include the following criteria:
  - two approved NCSSAR Evaluators must be present
  - 12-15 mile hike above 7000' elevation with a minimum of 50% off trail in approximately a 24 hour period
  - Hike in and out shall include a minimum of 1000' of elevation gain
  - Hike shall have a timed element for each hiker
  - Each hiker shall demonstrate the ability to triangulate their position

- Each hiker shall demonstrate the ability to pinpoint their location on a map using their GPS and convert their position between UTM and Lat/Long
- Each hiker shall lead a point to point led of at least  $\frac{1}{4}$  mile. The destination shall not be visible from the starting point. There shall be no assistance from any member of the group unless immediate danger is imminent.
- Backcountry skills to be demonstrated:
  - Proper food storage
  - Obtaining and treating water
  - Lightning safety
  - Stream crossing safety
  - Snowfield crossing safety
  - Helicopter landing zone selection and communications with pilot