

## INFORMATION FOR DOCTORS CERTIFYING FITNESS OF PARTICIPANT

1. The participant is signing up for a course to train him or her as a member of a Company Emergency Response Team (CERT). The CERT course is not to train the participant to be a full time rescuer. The purpose of the CERT training is to equip members of public with skills that may be useful during an emergency before the arrival of SCDF.
2. The participant has to go through a medical screening because he or she might have highlighted certain issues in the self assessment checklist which is based on the PAR-Q. You should refer to the fitness declaration form (Annex A) to find out more about the health and fitness condition of the participant.
3. The course consists of both theory and practical components. For the practical components, the participant will be taught to perform the following tasks:
  - a. Put on and take off fire and hazardous material protective suits that weighs approximately 3kg.
  - b. Carry on their back a self contained breathing apparatus (SCBA) set that weighs approximately 18kg.
  - c. Breathe through a face mask attached to a pressurised SCBA set.
  - d. Perform basic incident response tasks such as lay out chemical absorbents, lay out firefighting hoses, use firefighting nozzles, hosereels and fire extinguishers, and move around in their protective suits.
  - e. Each session is expected to last between 15-30 minutes.
4. The amount of effort exerted is approximately similar to climbing up 10-15 storeys of staircases at a steady and comfortable pace. The activities above are not timed tests. Participants are only expected to demonstrate the tasks they are supposed to perform.
5. In general, the fitness required to pass the course is less than the fitness required to pass the Individual Physical Proficiency Test. A participant will need to be fitter in order to pass the 2.4km run than to pass the physical components of the CERT courses.
6. The course is closely supervised by the course instructors and participants are allowed to withdraw from the activities at any moment if they are feeling unwell.
7. The certificate of fitness needs to be endorsed by the examining doctor once he or she is satisfied that the participant is fit to attend the course. The participant will not be allowed to enrol for the course if he or she does not have a valid fitness declaration form or a certificate of fitness.