

# TEXAS TASK FORCE ONE STANDARD OPERATING GUIDELINES

## PHYSICAL TRAINING WALK

### VOLUME 1

### REFERENCE NO. 1-09

#### 1.00 PURPOSE

- 1.01 The purpose of this standard is to provide information regarding the annual physical training walk required of all Texas Task Force 1 Structural Team Members.

#### 2.00 OBJECTIVE

- 2.01 Because of the physical demands required of Task Force members during a deployment, it is important for the safety of the team and the individual members, that all personnel are physically capable to perform the required duties. In order to ensure members are able to meet the physical responsibility of the job, members must complete a physical at least every 3 years and receive a signed Medical Clearance Letter from the Task Force Medical Director, be cleared for deployment during a day of screening, and complete the physical training walk annually in the required allotted time.

#### 3.00 DEFINITIONS

- 3.01 **Physical Training Walk:** The required PT walk to measure the physical fitness levels of Task Force Members.
- 3.02 **Medical Clearance Letter:** Letter signed by the Task Force Medical Director clearing an individual to be FEMA deployable.
- 3.03 **Day of Screening:** Medical screening completed immediately after Task Force members report to College Station Headquarters, which clears them to participate in the deployment.

## 4.00 GENERAL GUIDELINES

- 4.01 Texas Task Force 1 (TX-TF1) personnel train and operate in a wide range of environments, presenting various potential health and occupational hazards. All candidates should carefully consider the potential hazards and conditions that they may encounter while working with TX-TF1.
- 4.02 The Task Force Medical Director has been charged with the responsibility of ensuring the health and welfare of all Task Force members is sufficient to operate within those conditions and environments based on his/her knowledge of the risk parameters of the multi-hazard urban search and rescue environment.
- 4.03 The FEMA US&R National Response System requires all deployable members to have a baseline medical exam and Physician's Clearance prior to deployment.
- 4.04 The FEMA US&R National Response System requires a pre-deployment medical check-in to ensure that the responders are physically healthy.
- 4.05 Due to the physical exertion potential during search and rescue operations the Task Force has developed a simple activity that reoccurs on almost all deployments; walking while wearing a uniform and carrying an assigned web gear pack system with recommended load. The activity is a measure of aerobic activity, muscular strength, and muscular endurance.
- 4.06 The PT walk will be conducted on a designated course of 2 miles and will be monitored and supervised for safety and any necessary medical support. Medical support will be arranged so that the Task Force medical components may participate with their team members.
- 4.07 Participants will maintain their normal uniform and PPE for the PT walk. The ensemble includes BDU pants, BDU blouse and/or long sleeved T-shirt, appropriate footwear, helmet and Nimrod web gear system loaded with a *minimum* of 25 pounds.
- 4.08 Members are required to complete the walk within 40 minutes.
- 4.09 Members may attempt the walk as many times necessary or required in order to complete it in the allotted time, but if they fail to complete the walk by the end of the training year, they will become non-deployable.
- 4.010 Members will have at least 5 opportunities to complete the walk during each training year. These opportunities will occur at the 2 make-up regional trainings

in College Station, during the Mobilization Exercises in College Station, and at least 1 additional date chosen by Task Force Management.

- 4.011 All PT walk dates will be posted at least 3 months in advance on the Personnel Records System. It is the responsibility of the member to attend and complete the walk each training calendar year. If a member does not attend, or fails to successfully complete the PT walk in the allotted time during the training calendar year, the Task Force member will become non-deployable July 1<sup>st</sup>, until they successfully complete the PT walk.
- 4.012 Individual information will be documented to assist in clinical care both during and after the exercise and to better advise the trending of overall task force health.
- 4.013 In the event of a medical emergency the situation shall be documented by TEEX staff, the Task Force Leader and clinical evaluation shall be documented by the Task Force Medical Team Manager and submitted to the Task Force Medical Director who will brief the sponsoring agency for recommended mitigation and course of action. Clinical care shall not be delayed, but notification of the Task Force Medical Director shall occur as soon as clinical care is rendered to assure proper HIPAA protected follow up.