

GRAND TETON NATIONAL PARK
DIVISION OF RESOURCE MANAGEMENT AND VISITOR PROTECTION
PHYSICAL FITNESS STANDARD

I. PURPOSE

The primary reason for a minimum physical fitness standard in Grand Teton National Park is to guarantee the performance of specific jobs at peak efficiency in a safe manner. Experience here and in similar work situations has proven that we look better, feel better, are more mentally alert, morale is improved and we just do a better job when we participate in a continuing physical fitness program. The physical fitness standards for Grand Teton National Park are taken from the book, Fitness and Work Capacity, by Dr. Brian Sharkey, U.S.F.S. 1977. Dr. Sharkey, an exercise physiologist, is a nationally recognized expert on fitness and physical testing. His fitness levels and testing procedures have been adopted by the U.S.F.S. and N.P.S. for minimum fire fighting qualifications.

II. SCOPE

It is the policy that all employees in the division of Resource Management and Visitor Protection whose assignments include the full range of law enforcement, forest fire control and search and rescue will be required to meet these minimum standards. Personnel with other assignments, i.e., fee collection, information desk and campground patrol who wish to participate in any of these strenuous activities must also meet the physical fitness requirements of the job to be done. Those employees (Permanent and Seasonal) required to meet the standard will be provided 1.5 hours work time per week to maintain a personal fitness program. The actual period used is to be worked out with individual supervisors.

III. SEASONAL EMPLOYEES

As a condition of employment, all temporary employees are required to take a physical examination at their own expense. Those required to take the physical fitness test should be prepared to do so during the first two weeks on the job. Failure to pass these requirements within three weeks will be cause for dismissal. At the discretion of the Chief Ranger, any employee with a doctor's written excuse may be given light duty or temporarily excused for up to five weeks from taking all or a particular part of the test. If the employee has been inactive, he or she should precede the test with at least eight weeks of training, i.e., walk-jog-run program, and some muscular exercises).

IV. PERMANENT EMPLOYEES

Employees whose position descriptions require participation in law enforcement, fire and rescue will be required to pass the fitness test. All such personnel who are not in an active training program will take a physical exam before participation. Employees over 35 years of age, if not in a fitness program, will have a physical and a stress EKG at NPS expense. On the Chief Ranger's authority, individuals who fail to meet the standards will have their commission withdrawn and cannot participate in fire or rescue function, until they are able to meet the physical requirements. Employees who participate, will take the test in May and October to monitor any change in fitness levels.