

Virginia Department of Forestry
2020 Guidance for Completing RT-130 and the Work Capacity Test (WCT) in a COVID-19 Environment

Due to health concerns related to COVID-19, the VDOF is adjusting the agencies current procedures regarding individual physical fitness testing and refresher training to minimize the exposure risk to our full and part-time employees.

The following guidelines are in effect for the fall 2020 refresher training and work capacity testing.

Refresher Training - RT-130 (Must be completed between 10/01/2020 and 12/15/2020)

- Utilizing an online, self-paced environment, all agency responders and part-time agency firefighters will review the appropriate online RT-130 Refresher modules through the NWCG's Wildland Fire Safety Training Annual Refresher (WFSTAR) website, along with other fire related materials as designated by VDOF's Fire Staff, in conjunction with the VDOF Regional Fire Specialists.

- In the event that a part-time employee does not have access to internet connectivity, they will contact their full time Department of Forestry contact for assistance

Work Capacity Test

- Any employee who participated in the WCT last year (full or part-time) will be certified at that same level again for this year.
Example: Chad completed the arduous test for calendar year 2020; he will remain qualified at the arduous level for this year (2021).

- In person work capacity testing will only occur for new full and part-time employees, or those part-time employees wishing to return to work with the Department, who did not complete a work capacity test (WCT) last year. The following requirements must be met for all work capacity testing:
 - Face coverings will be worn at all times, except by the tester(s), during the actual test itself.
 - Given the nature of the exercise activity and increased exposure to breathing droplets, a social distancing standard of at least ten (10) feet will be maintained at all times;
 - Staggered start times of at least 15 seconds for each individual tester will be used to provide tester separation.
 - Should one tester need to pass another tester, a minimum social distance of at least ten feet must be utilized.
 - Pacing a tester is not authorized during the WCT event (someone else walking with the tester.)
 - VDOF evaluators will establish 6-10 feet apart staging areas for testers (these may be marked with a cone, tape or stationary object) – testers will check-in and be directed to their designated staging area (refer to the attached illustration);
 - Testers must sanitize their personal equipment before and after test;
 - VDOF evaluator shall enforce the use hand sanitizer before and after WCT;

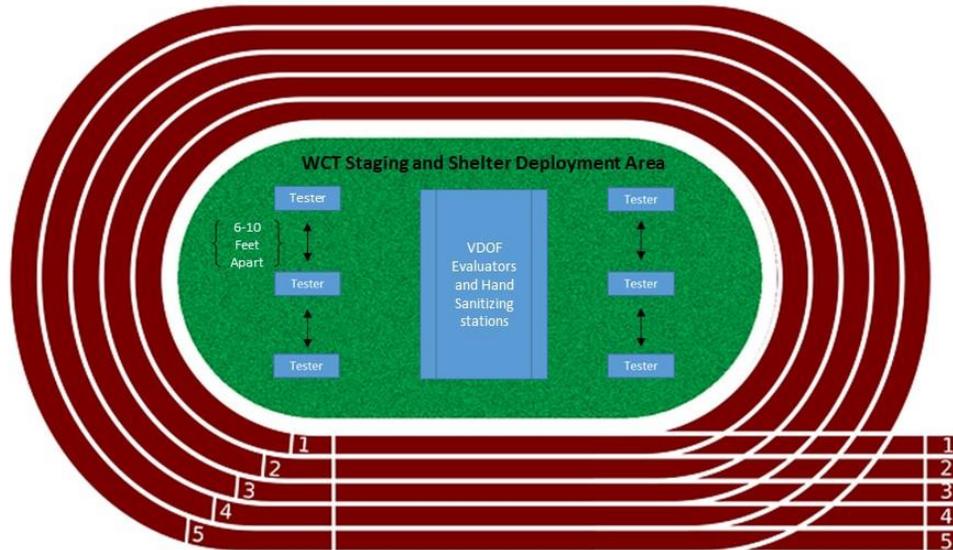
- Do not share personal items including water jugs;
- VDOF evaluators may allow any tester to commence the staggered testing event if they are expected to be faster than the other testers to reduce time on track exposures. (Faster testers will start first)
- Prior to the start of the WCT, the test administrator should verbally ask the following of the person or people taking the WCT:
 - 1. *Today or in the past 24 hours, have you had any of the following symptoms?*
Cough
Shortness of breath or difficulty breathing
 Or at least two of these symptoms:
Fever, Chills, or Repeated shaking with chills
Muscle pain or Headache
Sore throat
New loss of taste or smell
 - 2. *In the past 14 days, have you had contact with a person known to be infected with COVID-19?*
- **Testers should not be asked about symptoms of any other conditions**
 Testers, who respond “Yes” to either question, should be denied participation and asked to return home, self-monitor and seek medical care if needed. The period of self-monitoring should be for a total of 14 days from when the employee first had a fever, felt feverish or had chills, cough, sore throat, shortness of breath, difficulty breathing and/or came into contact with a person known to be infected.
- Pack tests, work surfaces, and other equipment should be cleaned upon test completion. (Cleaning guidelines are included below.)

Shelter Deployment Training

- Fire Shelter Training video.
 Required for all agency responders and part-time firefighters. The training video information will be included with the online refresher information.
- Returning employees. Will not be required to complete a practice fire shelter deployment.
- New employees (full or part-time), will be required to complete a practice deployment of the fire shelter, most likely in conjunction with the completion of the WCT. The same requirements listed for the WCT, will be followed for practice fire shelter deployment.
 - Maintain social distancing requirements, including the wearing of an appropriate face covering.
 - The same two assessment questions listed for the WCT should be asked of those participating in a practice shelter deployment. An answer of “Yes” is to be handled the same as what was listed for the WCT.

- Practice Shelters will be cleaned prior to rebagging. Rebagged shelters, work surfaces, and any related equipment should be cleaned upon completion of the exercise. (Cleaning guidelines are included below.)

Test-day set-up for the Work Capacity Test (WCT) and Shelter Deployment Training in a COVID-19 Environment



Paperwork

- Fiscal-related hiring paperwork requirements will remain the same for this year.
- Documentation of the Fire Refresher and WCT, if taken, should continue to be submitted on Form 4.25, IQS Data Collection, for new employees, or; Form 4.26, IQS Data Update for all others.
- Completion of a Form 8.3, Informed Consent for Work Capacity Tests, will only be required for those who complete the WCT.

Directions for Cleaning Weight (Pack) Vests and Practice Fire Shelters in a COVID-19 Environment

This procedure will be used following each individual use of our vests for pack testing and after a practice deployment of the fire shelter.

According to the manufacturers' directions, the best method to clean and disinfect pack vests and/or practice shelters is to use Lysol brand, or an equivalent, spray disinfectant to apply a light coating to all exposed areas of the pack vest or practice fire shelter, and then allow to air dry for 5 – 10 minutes. A more throughout cleaning using soap and water is also appropriate for either item, however the needed air drying time will be much longer - a minimum of 30 minutes.

Lysol spray disinfectant can be purchased locally or is available through the Regional Office.