



Butte County Sheriff's SEARCH & RESCUE



Physical Fitness Evaluation

The physical fitness evaluation must be completed every two years by all active team members. Please select one of the options below and complete the physical fitness evaluation with another active member of the team. Fill out this form and return it to the records box at headquarters. Note: Probationary members must initially qualify at a Type 1 or Type 2 level. Refer to BCSAR policy 15-404 for more information.

I, _____, BCSAR # _____, have completed the following physical fitness requirement per the Butte County Sheriff's Search and Rescue policy 15-404.

Hike 8 miles with a 20-pound pack, excluding water, in the following times:

- Type 1: 2.5 hours or less with a cumulative 500 foot elevation gain
- Type 2: 3 hours or less with a cumulative 500 foot elevation gain
- Type 3: 3.5 hours or less

Run/jog 1.5 miles without a pack in the following times:

- Type 1: 12 minutes or less
- Type 2: 13 minutes or less
- Type 3: 15 minutes or less

Date Completed _____

Member Name _____ Signature _____

Witness Name _____ Signature _____