## **CREW VISION**

#### The Vale Hotshots are providers of professional, quality service for the present and the future.



## **PHYSICAL FITNESS**

Due to the arduous duties of the job, a medical examination is required prior to employment. All firefighter positions require an aerobic fitness test called the Work Capacity Fitness Test (a three mile hike with a 45 lb. pack in 45 minutes or less). In addition to the WCFT, Vale Hotshots crewmembers will strive to meet the following recommended guidelines found in the National Fire Operations Fitness Challenge:

- 1.5 mile run in a time of 10:35 or less
- 40 sit-ups in 3 minutes
- 25 push-ups in 3 minutes
- Chin ups based on body weight: Over 170 lbs= 4 135-170 lbs=5 110-135 lbs=6 Under 110 lbs=7

It is important for applicants to understand that a high level of fitness is required before reporting to work. All crew members are required to participate in a structured Physical Training program on a daily basis that will enhance their ability to perform in the demanding tasks inherent to work on a Hotshot crew.

#### MISSION

The primary mission of the Vale Interagency Hotshot Crew is to provide a safe, organized, mobile, and highly skilled handcrew for all phases of wildfire suppression. The crew can also be used to meet other management objectives. All Interagency Hotshots Crews will meet the minimum standards as described in the National IHC Operations Guide. Compliance with these standards and the resulting safe operation of the IHC ultimately lies with the Crew Superintendent.

### CONTACT

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# WHO WE ARE AND WHAT WE DO

Interagency Hotshot Crews are elite fire suppression crews that can be dispatched nationally and internationally to fires and other disasters. When not assigned to an incident Hotshot crews train and provide a work force to accomplish Management objectives. Our crew consists of 20 diverse, motivated, intelligent, and physically fit individuals. We generally work from mid-May through October to assist wildland fire suppression efforts. Crewmembers work, eat and sleep in close contact and must learn to work as a team to be able to adapt to an ever-changing environment. Individuals can expect to spend most of the core season away from home, and sometimes will not see family and friends for long periods. We often will be away for 21 days before taking 2 days off. Shifts normally last 16 hours, but occasionally will be extended due to critical fire operations. All crewmembers carry packs weighing up to 45 pounds, and hike in rough, steep terrain for several miles to reach our job site. Hotshots are accustomed to working in the toughest and most demanding tasks in the wildland fire environment. Safety is our primary concern, followed by commitment to providing a quality workforce for fire suppression.









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