

**National Interagency Coordination Center  
Incident Management Situation Report  
Saturday, July 2, 2016 – 0530 MT  
National Preparedness Level 2**

**National Fire Activity**

Initial attack activity:	Light (159) new fires
New large incidents:	7
Large fires contained:	7
Uncontained large fires:**	14
Area Command Teams Committed:	0
NIMOs committed:	1
Type 1 IMTs committed:	2
Type 2 IMTs committed:	5

\*\*Uncontained large fires include only fires being managed under a full suppression strategy.  
[Link](#) to Geographic Area daily reports.

**Southern California Area (PL 4)**

New fires:	17
New large incidents:	2
Uncontained large fires:	5
Type 1 IMTs committed:	1
Type 2 IMTs committed:	1

**Pine**, Los Padres NF. IMT 2 (Mills). Thirty miles northeast of Santa Barbara, CA. Timber, chaparral, and brush. Active fire behavior with spotting and uphill runs. Structures threatened. Evacuations, road, area, and trail closures in effect.

\* **Deer**, Kern County Fire Department. Seven miles west of Ricardo, CA. Timber, brush, and tall grass. Extreme fire behavior with uphill runs, flanking, and short-range spotting. Numerous residences threatened. Evacuations and road closures in effect.

\* **Curry**, Fresno-Kings Unit, Cal Fire. Six miles southwest of Coalinga, CA. Chaparral and tall grass. Extreme fire behavior. Residences threatened.

**Erskine**, Central California District, BLM. Transfer of command from IMT 1 (Minton) back to the local unit will occur tomorrow. One mile southeast of Lake Isabella, CA. Timber, brush, and short grass. Minimal fire behavior. Area and trail closures in effect.

**Marina**, Inyo NF. One mile northwest of Lee Vining, CA. Timber and brush. Minimal fire behavior.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Pine	CA-LPF	1,450	1,350	0	Ctn	7/7	366	245	6	2	9	0	1.5M	FS
* Deer	CA-KRN	1,800	---	0	Ctn	UNK	519	---	4	62	20	0	NR	CNTY
* Curry	CA-FKU	1,900	---	0	Ctn	7/5	150	---	6	20	0	0	300K	ST
Erskine	CA-CND	47,864	0	85	Ctn	7/5	738	-171	13	26	12	286	20.4M	BLM
Marina	CA-INF	654	0	95	Ctn	7/4	131	-136	3	1	2	1	3.5M	FS

### **Northern California Area (PL 2)**

New fires: 31  
New large incidents: 0  
Uncontained large fires: 2  
Type 2 IMTs Committed: 1

**Trailhead**, Nevada-Yuba-Placer Unit, Cal Fire. IMT 2 (Young). Four miles north of Georgetown, CA. Brush, hardwood slash, and hardwood litter. Active fire behavior with spotting, uphill runs, and flanking. Numerous residences threatened. Evacuations, road, trail, and area closures in effect.

**Colyear**, Tehama-Glenn Unit, Cal Fire. Twenty miles southwest of Red Bluff, CA. Brush and short grass. Minimal fire behavior.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Trailhead	CA-NEU	2,551	987	12	Ctn	7/6	1,699	707	52	124	13	0	4.9M	ST
Colyear	CA-TGU	464	0	70	Ctn	7/3	228	-22	12	18	2	0	550K	ST

### **Northern Rockies (PL 2)**

New fires: 10  
New large incidents: 1  
Uncontained large fires: 2  
Type 1 IMTs Committed: 1

**Observation**, Bitterroot NF. IMT 1 (Turman). Ten miles southwest of Hamilton, MT. Timber. Moderate fire behavior with group torching, flanking, and backing. Road, trail, and area closures in effect.

\* **Ravalli Hill #2**, Flathead Agency, BIA. One mile east of Ravalli, MT. Timber, tall grass, and short grass. Active fire behavior with single tree torching, group torching, and wind-driven runs. Structures threatened.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Observation	MT-BRF	1,244	194	10	Ctn	7/15	361	223	10	4	6	0	1.4M	FS
* Ravalli Hill #2	MT-FHA	500	---	30	Ctn	7/4	60	---	1	7	0	0	150K	BIA

### **Rocky Mountain Area (PL 2)**

New fires: 6  
New large incidents: 0  
Uncontained large fires: 1  
Type 2 IMTs committed: 2

**Crow Peak**, Black Hills NF. IMT 2 (Greer). Four miles west of Spearfish, SD. Timber and medium logging slash. Active fire behavior with isolated torching, creeping, and smoldering. Structures threatened. Evacuations, road, area, and trail closures in effect.

**Beaver Creek**, Routt NF. IMT 2 (Esperance). Twenty-four miles northwest of Walden, CO. Timber and brush. Minimal fire behavior. Structures threatened. Evacuations, road, area, and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Crow Peak	SD-BKF	2,700	1,033	40	Ctn	7/4	536	-1	13	32	6	0	4.3M	FS
Beaver Creek	CO-RTF	13,275	0	5	Comp	10/15	459	-37	9	27	8	3	5.9M	FS

### **Great Basin Area (PL 2)**

New fires: 26  
 New large incidents: 0  
 Uncontained large fires: 2  
 NIMOs committed: 1

**Saddle**, Dixie NF. NIMO (Reinarz). Two miles south of Pine Valley, UT. Timber and brush. Minimal fire behavior. Numerous structures threatened. Road, area, and trail closures in effect. Precipitation occurred over the fire area yesterday.

**Horseshoe**, Carson City District Office, BLM. Thirty-five Miles northwest of Austin, NV. Closed timber litter and short grass. Minimal fire behavior. Sage-grouse habitat threatened. Reduction in acreage due to more accurate mapping.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Saddle	UT-DIF	1,540	0	42	Ctn	7/15	553	-72	13	24	5	0	8.6M	FS
Horseshoe	NV-CCD	6,586	-238	85	Ctn	7/5	264	-4	8	7	4	0	320K	BLM
Table Rock	ID-BOD	2,190	0	100	Ctn	---	113	-51	3	11	1	2	275K	BLM

BOD – Boise District Office, BLM

### **Southwest Area (PL 3)**

New fires: 13  
 New large incidents: 2  
 Uncontained large fires: 1

**Racetrack**, Coronado NF. Twenty-two miles northeast of Tuscon, AZ. Timber, brush, and tall grass. Minimal fire behavior. Road closures in effect.

\* **Goat**, Tonto NF. Ten miles southeast of Cordes Lakes, AZ. Short Grass. Minimal fire behavior. Precipitation occurred over the fire area yesterday. Last report unless significant activity occurs.

\* **Big Hat**, Valles Caldera National Preserve, NPS. Seven miles northeast of Jemez Springs, NM. Timber. Moderate fire behavior with creeping and smoldering. Last report unless significant activity occurs.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Racetrack	AZ-CNF	915	0	90	Ctn	7/2	20	-14	1	0	0	0	300K	FS
* Goat	AZ-TNF	350	---	0	Comp	7/10	26	---	1	1	0	0	10K	FS
* Big Hat	NM-VCP	155	---	0	Comp	7/15	20	---	0	3	0	0	30K	NPS
Bug Creek	AZ-PHD	1,089	9	100	Ctn	---	25	-6	1	1	0	0	600K	BLM
Cedar	AZ-FTA	45,977	0	100	Ctn	---	37	6	1	3	1	0	13.5M	BIA

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Sage-TCA	AZ-TCA	922	0	100	Ctn	---	0	-18	0	0	0	0	2M	BIA

PHD – Phoenix District Office, BLM

FTA – Fort Apache Agency, BIA

TCA – Truxton Canyon Agency, BIA

### **Eastern Area (PL 1)**

New fires: 4  
 New large incidents: 0  
 Uncontained large fires: 0  
 Type 2 IMTs Committed: 1

**Monongahela NF Flooding 2016**, Monongahela NF. IMT 2 (Grant). One mile north of White Sulphur Springs, WV. Assigned personnel are conducting damage assessment and repair activities on priority roads, communication sites, and recreation areas. Road closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Monogahela NF Flooding 2016	WV-MOF	N/A	---	N/A	N/A	N/A	62	1	0	0	0	NR	319K	FS

### **Southern Area (PL 1)**

New fires: 35  
 New large incidents: 2  
 Uncontained large fires: 0

\* **Rot 1**, Florida Forest Service. Fourteen miles southwest of Belle Grade, FL. Tall grass. Moderate fire behavior. Last report unless significant activity occurs.

\* **Rot 2**, Florida Forest Service. Thirteen miles southwest of Belle Grade, FL. Tall grass. Moderate fire behavior. Last report unless significant activity occurs.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Rot 1	FL-FLS	800	---	10	Comp	7/3	1	---	0	1	0	0	NR	ST
* Rot 2	FL-FLS	400	---	10	Comp	7/3	1	---	0	1	0	0	NR	ST
Cottonmouth	LA-SBR	6,385	0	100	Ctn	---	4	-5	0	1	0	0	105K	FWS
Shell Mound 2	FL-FLS	131	0	100	Ctn	---	0	-10	0	0	0	0	NR	ST

SBR - Sabine National Wildlife Refuge

### **Northwest Area (PL 1)**

New fires: 14  
 New large incidents: 0  
 Uncontained large fires: 1

**Fifteen Mile**, Columbia River Gorge National Scenic Area, FS. Eight miles northeast of The Dalles, OR. Short grass. Moderate fire behavior. Residences threatened.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Fifteen Mile	OR-CGF	3,400	600	80	Ctn	7/4	121	0	2	25	0	0	150K	FS

**Alaska Area (PL 2)**

New fires: 3  
 New large incidents: 0  
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Tetlin River	AK-TAS	818	0	100	Ctn	---	157	-20	4	0	1	0	4M	ST

TAS – Tok Area Forestry, DOF

<b>Active Incident Resource Summary</b>						
GACC	Fires	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel
AICC	6	4,615	9	0	3	297
NWCC	1	2800	2	25	0	121
ONCC	4	6,088	86	180	17	2,564
OSCC	9	74,150	44	122	51	2,305
NRCC	3	3,835	11	21	7	458
GBCC	4	17,337	25	42	9	954
SWCC	16	152,589	10	19	3	492
RMCC	10	31,597	26	94	17	1,260
EACC	0	0	0	0	0	62
SACC	9	12,503	0	13	0	43
<b>Total</b>	<b>61</b>	<b>305,514</b>	<b>213</b>	<b>516</b>	<b>107</b>	<b>8,556</b>

**Fires and Acres Yesterday (by Protection):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	1	0	0	1	1	<b>3</b>
	ACRES	0	10	0	0	2	0	<b>12</b>
Northwest Area	FIRES	0	0	0	0	13	1	<b>14</b>
	ACRES	0	0	0	0	157	0	<b>157</b>
Northern California Area	FIRES	2	0	0	0	26	3	<b>31</b>
	ACRES	0	0	0	0	1,381	201	<b>1,582</b>
Southern California Area	FIRES	0	0	0	0	17	0	<b>17</b>
	ACRES	0	0	0	0	14	200	<b>214</b>
Northern Rockies Area	FIRES	3	0	1	0	4	2	<b>10</b>
	ACRES	518	0	30	0	0	194	<b>742</b>
Great Basin Area	FIRES	0	10	0	0	8	8	<b>26</b>
	ACRES	0	60	0	0	6	57	<b>123</b>
Southwest Area	FIRES	6	4	0	0	1	2	<b>13</b>
	ACRES	31	0	0	200	0	4	<b>235</b>
Rocky Mountain Area	FIRES	0	1	1	0	4	0	<b>6</b>
	ACRES	0	0	0	0	59	0	<b>59</b>
Eastern Area	FIRES	0	0	0	0	4	0	<b>4</b>
	ACRES	0	0	0	0	1	0	<b>1</b>
Southern Area	FIRES	0	0	0	0	35	0	<b>35</b>
	ACRES	0	0	0	0	1,408	0	<b>1,408</b>
<b>TOTAL FIRES:</b>		<b>11</b>	<b>16</b>	<b>2</b>	<b>0</b>	<b>113</b>	<b>17</b>	<b>159</b>
<b>TOTAL ACRES:</b>		<b>549</b>	<b>70</b>	<b>30</b>	<b>200</b>	<b>3,028</b>	<b>656</b>	<b>4,533</b>

**Fires and Acres Year-to-Date (by Protection):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	104	0	0	237	5	<b>346</b>
	ACRES	0	94,267	0	0	16,183	3	<b>110,453</b>
Northwest Area	FIRES	81	44	14	4	408	152	<b>703</b>
	ACRES	2,382	32,320	147	0	3,551	862	<b>39,262</b>
Northern California Area	FIRES	48	3	0	4	959	131	<b>1,145</b>
	ACRES	42	1	0	0	12,562	4,501	<b>17,106</b>
Southern California Area	FIRES	7	47	2	16	1,419	160	<b>1,651</b>
	ACRES	7	24,838	161	19	14,078	41,875	<b>80,978</b>
Northern Rockies Area	FIRES	415	26	8	4	451	81	<b>985</b>
	ACRES	4,090	438	1,402	2	9,158	2,456	<b>17,546</b>
Great Basin Area	FIRES	10	228	5	16	196	107	<b>562</b>
	ACRES	13	22,289	3	23	3,629	2,239	<b>28,196</b>
Southwest Area	FIRES	472	142	4	31	603	499	<b>1,751</b>
	ACRES	13,587	65,185	4,538	17,524	71,896	197,382	<b>370,112</b>
Rocky Mountain Area	FIRES	275	113	4	6	431	136	<b>965</b>
	ACRES	1,252	6,511	397	1,349	393,982	14,679	<b>418,170</b>
Eastern Area	FIRES	489	0	25	19	4,797	328	<b>5,658</b>
	ACRES	1,880	0	1,087	910	29,675	7,023	<b>40,575</b>
Southern Area	FIRES	316	0	15	53	11,431	359	<b>12,174</b>
	ACRES	132,666	0	26	27,552	822,914	34,869	<b>1,018,027</b>
<b>TOTAL FIRES:</b>		<b>2,113</b>	<b>707</b>	<b>77</b>	<b>153</b>	<b>20,932</b>	<b>1,958</b>	<b>25,940</b>
<b>TOTAL ACRES:</b>		<b>155,919</b>	<b>245,849</b>	<b>7,761</b>	<b>47,379</b>	<b>1,377,628</b>	<b>305,889</b>	<b>2,140,425</b>

<b>Ten Year Average Fires (2006 – 2015 as of today)</b>	<b>35,904</b>
<b>Ten Year Average Acres (2006 – 2015 as of today)</b>	<b>2,348,204</b>

**Prescribed Fires and Acres Yesterday (by Ownership):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Northwest Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Northern California Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Southern California Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Northern Rockies Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Great Basin Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Southwest Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Rocky Mountain Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Eastern Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Southern Area	FIRES	0	0	0	0	7	0	<b>7</b>
	ACRES	0	0	0	0	161	0	<b>161</b>
<b>TOTAL FIRES:</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>7</b>	<b>0</b>	<b>7</b>
<b>TOTAL ACRES:</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>161</b>	<b>0</b>	<b>161</b>

**Prescribed Fires and Acres Year-to-Date (by Ownership):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	7	0	0	2	1	<b>10</b>
	ACRES	0	31,664	0	0	1,566	38	<b>33,268</b>
Northwest Area	FIRES	6	21	6	0	0	148	<b>181</b>
	ACRES	732	1,990	356	0	0	23,904	<b>26,982</b>
Northern California Area	FIRES	4	1	9	8	0	125	<b>147</b>
	ACRES	41	90	3,356	328	0	8,244	<b>12,059</b>
Southern California Area	FIRES	0	5	3	1	0	136	<b>145</b>
	ACRES	0	71	288	760	0	3,586	<b>4,705</b>
Northern Rockies Area	FIRES	12	12	53	11	41	147	<b>276</b>
	ACRES	5,316	4,358	12,318	651	3,556	14,893	<b>41,092</b>
Great Basin Area	FIRES	4	23	6	5	36	74	<b>148</b>
	ACRES	110	2,296	3,584	128	915	25,780	<b>32,813</b>
Southwest Area	FIRES	8	30	3	8	1	103	<b>153</b>
	ACRES	894	22,071	92	2,331	2	62,524	<b>87,914</b>
Rocky Mountain Area	FIRES	15	29	50	16	73	68	<b>251</b>
	ACRES	1,266	2,738	21,080	5,719	4,484	27,766	<b>63,053</b>
Eastern Area	FIRES	47	0	347	23	880	179	<b>1,476</b>
	ACRES	46,140	0	50,823	5,774	59,736	55,580	<b>218,053</b>
Southern Area	FIRES	15	0	168	64	9,611	893	<b>10,751</b>
	ACRES	1,568	0	122,587	51,196	655,047	824,395	<b>1,654,793</b>
<b>TOTAL FIRES:</b>		<b>111</b>	<b>128</b>	<b>645</b>	<b>136</b>	<b>10,644</b>	<b>1,874</b>	<b>13,538</b>
<b>TOTAL ACRES:</b>		<b>56,067</b>	<b>65,278</b>	<b>214,484</b>	<b>66,887</b>	<b>725,306</b>	<b>1,046,710</b>	<b>2,174,732</b>

\*\*\* Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments. \*\*\*

Additional wildfire information is available through the Geographic Areas at <http://gacc.nifc.gov/>

### Canada Fires and Hectares

PROVINCES	FIRES YESTERDAY	HECTARES YESTERDAY	FIRES YEAR-TO-DATE	HECTARES YEAR-TO-DATE
BRITISH COLUMBIA	0	0	463	92,515
YUKON TERRITORY	0	495	25	15,300
ALBERTA	24	519	919	607,278
NORTHWEST TERRITORY	11	3,357	52	19,371
SASKATCHEWAN	10	3,819	297	42,453
MANITOBA	2	249	138	21,986
ONTARIO	21	4	365	85,370
QUEBEC	6	1	325	2,727
NEWFOUNDLAND	1	0	53	347
NEW BRUNSWICK	0	0	231	264
NOVA SCOTIA	0	0	199	356
PRINCE EDWARD ISLAND	0	0	6	19
NATIONAL PARKS	5	120	32	735
<b>TOTALS</b>	<b>80</b>	<b>8,564</b>	<b>3,105</b>	<b>888,721</b>

\* 1 Hectare = 2.47 Acres

#### Predictive Services Discussion:

Scattered thunderstorms will develop over the Rockies and the Southwest with isolated thunderstorms lingering in the Great Basin and the Northern Rockies. A stalled front in the central and eastern U.S. will produce scattered showers and thunderstorms from the Plains to the Mid-Atlantic. Scattered thunderstorms will also develop along the Gulf and Southeast coasts. A cold front will enter the Pacific Northwest bringing a few showers and cooler weather. Temperatures will remain hot across much of the west, with hotter conditions developing in the south. The Plains, Midwest, and Northeast will continue to be mild. In Alaska, very warm conditions continue under a strong ridge extending from western Canada. Showers and thunderstorms in the south will gradually move into the Interior.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



## Day 3

# PHYSICAL CAPACITY

Week of Remembrance June 30-July 6

Physical capacity is a vital component of job performance in wildfire suppression activities. The physical work performed is classified by OSHA in the “extremely hard” and the loads carried in the “very heavy” categories. The duration and intensity level of these physical activities is highly variable in most cases and places both short-term and long-term demands on the individual. Physical training programs should not just prepare individuals for wildfire suppression activities but also work to manage long-term health of the individual. The ability to handle the physical challenges associated with the occupation can be paramount for employees’ ability to accomplish production goals without undue fatigue and without becoming a hazard to themselves or to coworkers.

Training Specificity: It’s easy to make someone tired...but are you really making them better for what they need? What are the important traits for wildland firefighter (strength, speed, endurance)? How do those interact?

- The key one for long endurance activities is the aerobic threshold. The activity level where our bodies go from primarily using oxygen (aerobic) to non-oxygen (anaerobic) energy pathways. This threshold can change with fitness level.

Training for occupation must be multi-dimensional (based on the job task demands)

- A single exercise session should include the following phases:
  - Warm-up (5-10 min; low to moderate)
  - Stretching ( >10 min of stretching after cool-down)
  - Conditioning or sports-related exercise (20-60 min)
  - Cool-down (5-10 min; low to moderate)

- WLFF Job Tasks:

  - Hiking
  - Carrying Weight
  - Digging
  - Sawing
  - Moving Brush

Our bodies have different thresholds for this work performed. Last year, physical training injuries were the 3<sup>rd</sup> highest group of total wildland fire injuries ([2015 LLC Incident Review Summary](#)). The biggest principle lacking from physical training programs typically is RECOVERY!

Additional Resources:

[New MTDC video on Physical Capacity](#)

[Fitness and Work Capacity 2009 Edition \(PMS 304-2\)](#)

[Are You Fire Fit? \(Wildland Fire Lessons Learned Center video FireFit website\)](#)

[Heat Related Illness: \(WFSTAR video\)](#)



The topics for the NWCG “Wildland Firefighter Week of Remembrance” have been drawn from the Human Performance Optimization course taught as a part of the USFS Apprentice Academy in cooperation with the Missoula Technology and Development Center (MTDC) and is rooted in the desire to prepare wildland fire personnel to optimally manage themselves and others at any given time. Review and resources have been contributed by the Wildland Fire Lessons Learned Center, NIFC External Affairs, the Wildland Fire annual refresher group, and the Wildland Fire Leadership Subcommittee.