



FIREFIGHTER APPLICANT PHYSICAL EVALUATION INFORMATION PACKAGE



The physical evaluation program is administered by the Morinville Fire Services training branch. **Please read the following information carefully in order to prepare for the tests.**

GENERAL INFORMATION

Testing will be completed at the Don Found Fire Station in Morinville. You will be provided with a computerized printout of your personal physical evaluation results when you finish the tests.

The testing program runs on a strict schedule, so you must be on time.

IF YOU HAVE ANY QUESTIONS regarding your testing appointment, please contact the administration office by email: mhorchuk@morinville.ca or by calling Michelle at: 780-939-4162.

TESTING LOCATION

The tests are conducted at the Don Found Fire Station located at: 10021 100 Street, Morinville AB. There are locker rooms where you may change if required.

DESCRIPTION OF THE PHYSICAL APTITUDE TESTS

This program is designed to evaluate the physical work capacities of healthy, physically active individuals. Each test requires a maximal effort. All of the tests (with the exception of the personal strength portion consisting of 20 push-ups and 20 sit-ups) are completed while wearing firefighting personal protective equipment (PPE) that weighs approximately 23 kg (51 lb), depending on size. This ensemble includes: helmet, structural firefighting gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). You will **not** breathe from the SCBA, but you must carry it.

Each job-related test is followed by a rest period of approximately 2 minutes for recovery and if necessary, a small drink of water. You are not permitted to leave the testing area or remove the PPE during the rest periods. The tests are described briefly on the following pages.

Personal Strength

You must successfully perform 20 push-ups and 20 sit-ups with the correct form and posture. This is not a timed event.

Rope Pull



Starting from a standing position facing forward, straddling the rope on the floor, you will bend and pick up a length of static 16 mm (5/8") nylon rope attached to a bundle of hi-volume hose. The test time begins when you reach for the rope.

Keeping your feet securely in place, you will use the rope to pull the bundle over the floor a distance of 10m (32.8'). You will then walk 10 m (32.8') and repeat the pull. The test time stops when the hose bundle has completely crossed the line for the second time.

This test assesses upper body strength, power, and endurance for pulling and hoisting. The test must be completed correctly and safely in 120 seconds or less.

Victim Rescue



Starting from a standing position, you will bend to grasp a rescue harness and drag a mannequin weighing approximately 68kg (183 lb) a distance of approximately 20m (60'). The test time starts when you move to pick up the mannequin and ends when the mannequin's feet are completely across the finish line.

This test assesses upper and lower body muscle strength and endurance for pulling and dragging. The test must be completed correctly and safely in 90 seconds or less.

Charged Hose Advance



From a standing position facing forward, you will bend and pick up a nozzle connected to 2 lengths of charged 65 mm (2.5") hose. The test time starts when you move to pick up the hose. Holding the nozzle and hose securely with two hands over the preferred shoulder, you will advance the hose to the finish line. The hose is advanced a distance of 10 m (32.8') while walking as quickly as possible (running is not permitted). The test time stops when you cross the finish line.

This test assesses lower body strength and power for pulling and dragging. The test must be completed correctly and safely in less than 30 seconds. A trial run is allotted for this event only.

Equipment Carry/Vehicle Extrication



You will lift and carry a large vehicle extrication tool (hydraulic spreaders 36kg or 80 lbs) a total distance of 15m (50'). The test time starts when you reach for the tool and ends once you have walked the 15m (50') and have crossed the finish line. You have 45 seconds to complete this part of the test.

The second part of this test will involve you lifting and holding the tool in contact with three positions of right angles to a door mock-up. Each position must be held for 20 seconds.

The tool is set down between each hold, and you must stand erect before lifting the tool and moving on to the next point of contact.

This test evaluates the muscular strength and endurance required to lift, carry and use heavy tools in rescue situations. In order to pass the test, you must complete all aspects of the simulation safely and with correct form in 225 seconds or less.

Ladder Climb



Starting from a standing position facing the ladder, you will climb 10 rungs (3.45 m) up and down on a 7.2 m (24') ladder. This is repeated **2** times as quickly as possible.

A repetition begins with both feet on the floor at the base of the ladder. You will climb and place two feet on the 10th rung (weight-bearing step is required), reverse direction and climb down until both feet are again on the floor to complete the repetition.

You must maintain three points of contact on the ladder at all times, and must climb the ladder rung by rung, without missing any of the rungs. This test evaluates the leg strength and endurance required for climbing under load. This is **not** a timed event.

EFFECTIVE PREPARATION FOR THE TESTS

In order to do your best, you should come to the fire station on your testing day well-nourished and well rested. You should not do strenuous exercise on the days immediately before your tests. Sleep well the night before and try to be as relaxed as possible.

Avoid alcoholic beverages the day before and definitely on the day of your test. Do not smoke or drink beverages with caffeine (tea, coffee, hot chocolate, cola, etc.) for at least two hours prior to your test.

Do not eat for at least two hours before your test appointment. However, it is important to be well nourished and well hydrated. The tests are very demanding and most individuals are extremely tired at the end of each test.

If your appointment is first thing in the morning, do not skip breakfast. You should eat a light meal (e.g., fruit, toast or cereal, and juice) about three hours before your test.

WHAT DO I NEED TO BRING?

Identification

Government-issued photo identification (e.g. drivers licence) must be presented upon your arrival at the Don Found Fire Station in order to verify your identity.

Clothing

Bring the following items of clothing with you: **shorts, T-shirt and running shoes**. We will provide you with PPE for the testing session, including boots. While we have a good selection of firefighting boots, getting an exact fit may not always be possible. In order to get the best fit, bring several pairs of socks (thin and thick sport socks).

Water and Snacks

You should bring a water bottle or sports drink (e.g., Gatorade). Avoid "energy drinks" like Red Bull.

Optimal nutrition and hydration strategies tend to be very individual. Work this out for yourself. Don't follow someone else's advice unless you have had the chance to make sure it works for you under the kind of conditions you will experience during these tests.

GOOD LUCK!