

REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

RECRUIT FITNESS TEST ADMINISTRATION:

The Recruit Physical Fitness Test is administered by Alberta Sport Development Center at the Syncrude Sport and Wellness Center.

To register for Firefighter Fitness test you must be part of an active Firefighter recruitment, by the Regional Municipality of Wood Buffalo Emergency Services. Registration for the Fitness test will be coordinated through the Regional Emergency Services, Training and Recruitment Branch.

A Fee of \$375.00 + GST must be paid to the Alberta Sport Development Center prior to participation in the Fitness test. The recruits must report at the designated time to the Guest Services Desk. The candidate must have their completed medical clearance form and must arrive half hour prior to test in order to participate in the Fitness test. Late arrivals may not be able to participate, as testing follows a rigid schedule. Parking is available at the Wellness Center for \$2.00.

MEDICAL CLEARANCE:

You will be provided a Medical Clearance form that must be completed by a Physician prior to participating in the Fitness Test.

RECRUIT FITNESS TEST DESCRIPTION:

This Fitness Test is designed to evaluate the physical work capacity of individuals who wish to pursue a career in Firefighting with the Regional Municipality of Wood Buffalo Emergency Services. This Fitness test is demanding and will require a maximal effort from physically fit and active individuals.

Each component of the test will be completed while wearing the following Firefighter Personal Protective Equipment – balaclava, gloves, pants, jacket and SCBA (Self Contained Breathing Apparatus) – your personal running/athletic shoes may be worn for all Testing Stations. The fitness test will take approximately Three hours overall.

After completion of the Treadmill (aerobic endurance) test, there is a sixty (60) minute rest period before an orientation to the job-related performance tests. The candidate will then have about thirty (30) minutes to practice each of the tasks, to become familiar with the station and provide a warm-up prior to the Fitness Testing. During the testing you will have three (3) minutes of recovery and hydration between stations. The following are detailed descriptions of the Testing Stations.

REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

1. AEROBIC ENDURANCE

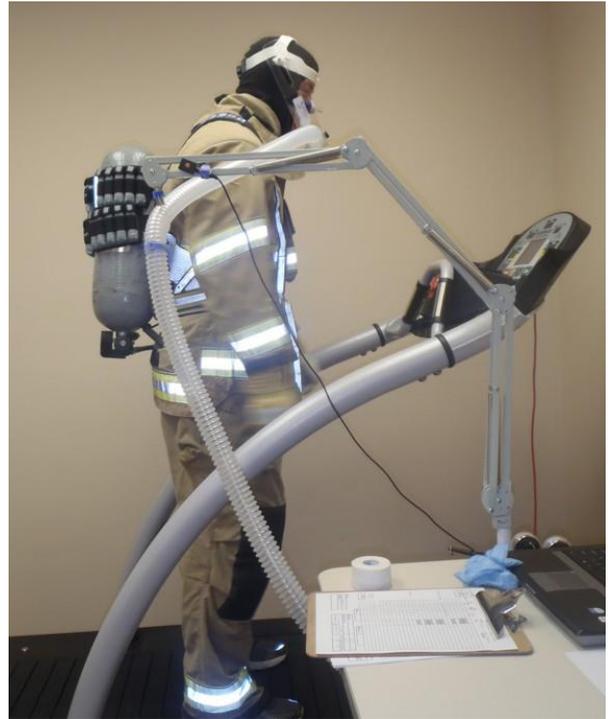
VO₂ Max testing is conducted on a treadmill, and difficulty will increase until the candidate is exhausted.

After a 5-minute warm-up you will walk at a 10% grade for 8 minutes. Following this, the grade and possibly speed is increased every minute until you are unable to continue.

Physiological evaluation will proceed throughout the test to determine your VO₂ Max.

To pass the Treadmill test you must complete the 5 minute warm-up, the 8-minute constant work phase and the 5 minute cool-down (18 minutes)

At this point you will rest for sixty (60) minutes



2. HOSE ADVANCE TEST

You must drag a 150 foot length of weighted 65 mm hoseline a distance of 180 feet.

The nozzle must be held over the shoulder and you must advance as quickly as possible **without running**, to the finish line.

(running will result in a warning or failure)

This test evaluates lower body strength and must be completed in thirty six (36) seconds.



REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

3. HIGH VOLUME HOSE PULL TEST

You must pull a roll of fire hose weighing approximately 56kg (123 lb) a distance of fifty feet (50 ft.) with 16mm (5/8") rope.

This must be completed three (3) times in less than 90 seconds.

This test evaluates upper body strength, power and endurance.

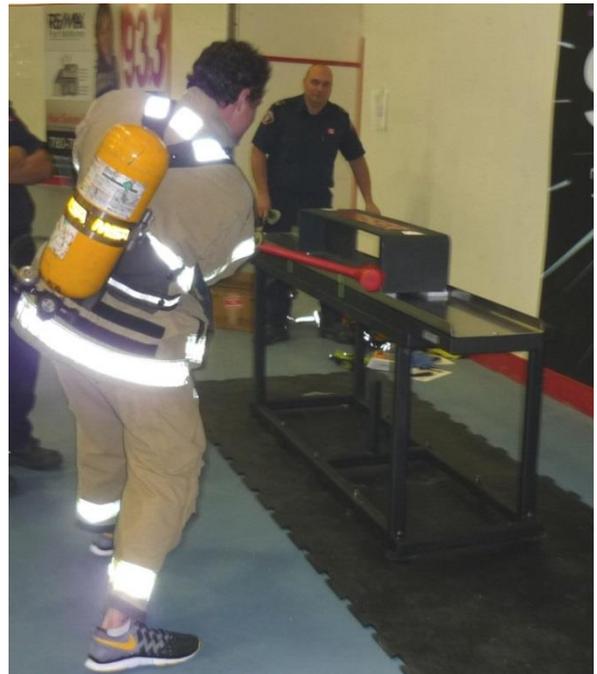


4. FORCIBLE ENTRY SIMULATION

You must use a 4.5 kg (10 lb) sledge hammer to rapidly and repeatedly strike a heavy sled.

The sled must be safely moved laterally 3 feet within a maximum of twenty four (24) seconds.

This test evaluates strength and power in the upper body.



REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

5. VICTIM DRAG

You must drag a 68kg (150 lb) mannequin a total distance of 30m (100 ft)

You must partially lift a mannequin and walk backwards for 15 meters past a pylon and come back to the starting point in less than 49 seconds.

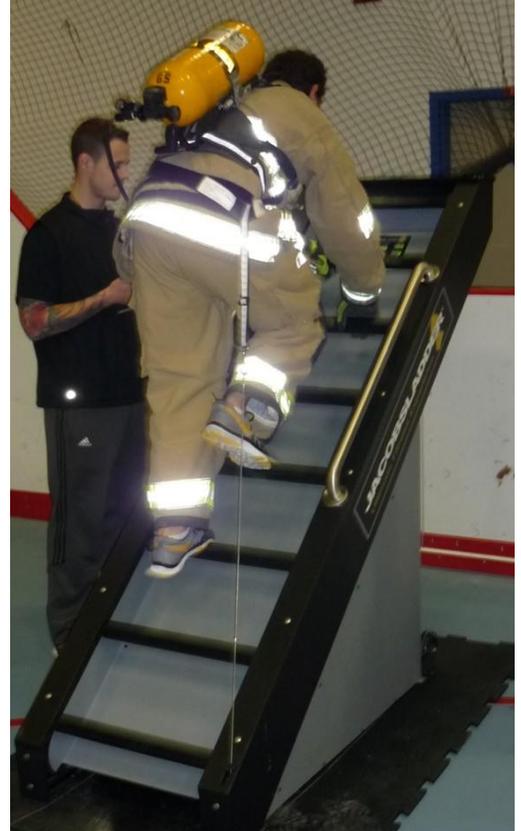
This test evaluates muscle strength and endurance.



6. LADDER CLIMB

Using a “Jacobs Ladder” you must continually climb 150 rungs within 109 seconds.

This test evaluates muscle strength, endurance and anaerobic capacity.



REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

7. EQUIPMENT CARRY/VEHICLE EXTRICATION TEST

You must carry (separately) an extrication tool of 18kg (40 lb) and a hose roll of 40kg (90 lb) a total distance of 30 m (100ft)

You must then hold the extrication tool in specific positions for a measured period of time to simulate work conditions.

This test must be completed within 270 seconds and is designed to evaluate strength and endurance.



PREPARATION FOR THE FITNESS TEST

In order to maximise your performance, come to the Fitness test well-nourished and rested. You should not strenuously exercise for several days prior to the test and sleep well the night before.

Do not eat for at least two hours before your appointment, however it is important to be well hydrated and nourished as the tests are very demanding.

ITEMS TO BRING TO THE FITNESS TEST

Photo Identification - must be provided to prove your identity prior to beginning the Fitness Test.

Medical Clearance - must be completed and signed by your Physician and produced prior to the Fitness Test.

Clothing – shorts, two t-shirts, running shoes, extra socks, warm-up clothing. You should change into a dry T-Shirt and wear warm up gear during the 60 minutes rest period.

Nutrition – Bring a water bottle for hydration. You may want to eat a small amount during the rest period, however overeating may negatively affect your performance.

REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

FIREFIGHTER APPLICANT PHYSICAL FITNESS EVALUATION

MEDICAL CLEARANCE FOR TESTING

APPLICANT NAME: _____

The Physical Fitness test is designed to evaluate the physical work capability of healthy physically active individuals. Each test requires maximal effort and all tests are completed while wearing personal protective equipment that weighs approximately 22kg (50 lb.). The equipment includes a balaclava, gloves, firefighting jacket and pants and self-contained breathing apparatus (SCBA). The test is conducted by Alberta Sport Development Center staff and is not medically supervised. The test is described below.

Aerobic Endurance

Maximum oxygen uptake (VO₂ Max) will be measured during a progressive incremental test on a treadmill. During the test, expired gases are monitored with an automated metabolic measurement system to calculate the rate of oxygen consumption. Heart rate is measured continuously with a telemetry system. Depending on fitness level and motivation, this test requires the individual to walk on the treadmill for between 10 – 20 minutes. Regardless of the fitness level of the individual, the test normally involves a maximal effort and is terminated when the person is too fatigued to continue. Combined with the exercise stress, the weight and heat retention properties of the PPE result in a significant level of fatigue.

Hose Advance Test

Applicants drag a 150 foot length of weighted 65mm hose a distance of 180 feet. This tests anaerobic ability and lower body strength

High Volume Hose Pull Test

Applicants pull a bundle of fire hose weighing 56 kg (123 lb.) a distance of 50 feet three times in succession. This test upper body strength, power and endurance.

Forcible Entry Simulation Test

Using a 4.5 kg (10 lb.) sledge hammer, the applicant must laterally move a heavy sled Three feet in 24 seconds. This evaluates upper body strength and power.

Victim Drag Test

The applicant must drag a 68 kg (150 lb) mannequin a total distance of 30 m (100ft). This evaluates muscle strength and endurance.

Ladder Climb Test

The applicant must climb 150 rungs on the “Jacobs Ladder” in 109 seconds. This evaluates strength endurance and anaerobic capacity.

REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

Equipment Carry – Vehicle Extrication Test

Applicant must carry (separately) an extrication tool of 18 kg (40 lb) and hose roll of 40 kg (90 lb.) a total of 30 m, and then hold the extrication tool in specified positions for a measured period of time. This test measures strength and endurance.

Please answer the following questions to complete the form:

Resting Heart Rate _____bpm

Resting Blood Pressure_____mm Hg

Is this individual taking any medication that could affect the normal physiological responses to exercise?

No _____ Yes_____ If yes, please explain.

Is there any medical reason that this individual should not undertake very strenuous exercise?

No _____ Yes_____ If yes, please explain.

I certify that this applicant has been given a medical examination and is medically fit to undertake the Physical Fitness Evaluation described above.

Physicians Name: _____**Date:** _____

Clinic Stamp:

Telephone: _____

Signature: _____