

# REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS

The fitness test is designed to evaluate the physical work capacity of individuals who wish to pursue a career in Firefighting. This test is demanding and will require a maximal effort from physically fit and active individuals.

Testing costs \$375.00 + GST. A Medical Clearance Form will be provided to candidates when they are invited to participate. This form must be completed by a physician prior to attempting the fitness test.

Each component 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 test will take approximately three hours to complete.

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

The following are detailed descriptions of the Testing Stations:

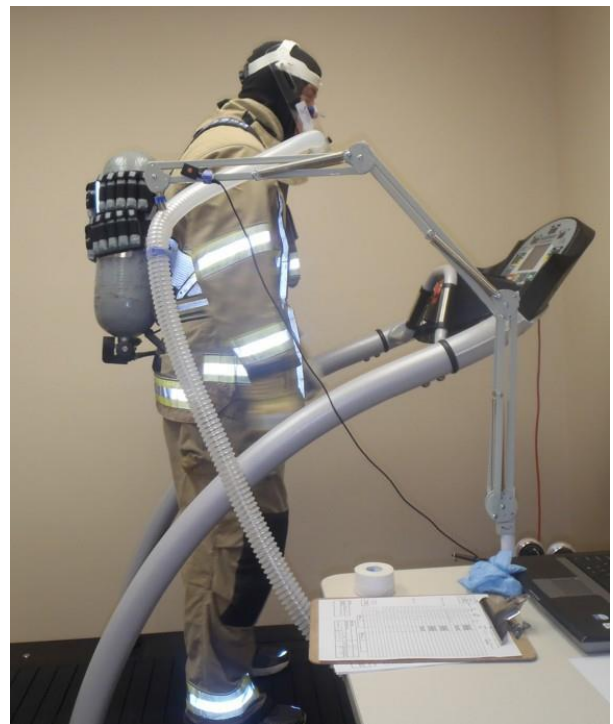
## 1. AEROBIC ENDURANCE

VO<sub>2</sub> 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 VO<sub>2</sub> 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.



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## 2. HOSE ADVANCE TEST

You must drag a 150-foot length of weighted 65 mm hose line 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 36 seconds.



## 3. HIGH VOLUME HOSE PULL TEST

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

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

This test evaluates upper body strength, power, and endurance.



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## 4. FORCIBLE ENTRY SIMULATION

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

The sled must be safely moved horizontally three feet within a maximum of 24 seconds.

This test evaluates strength and power in the upper body.



## 5. VICTIM DRAG

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

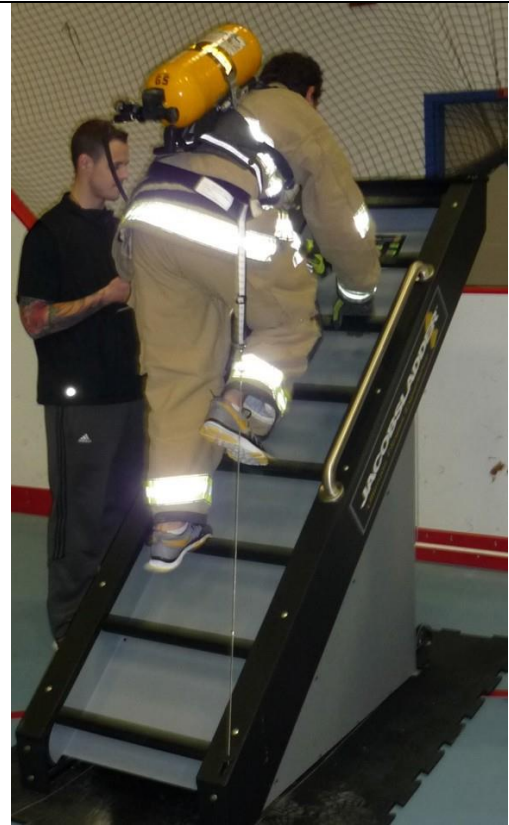


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## 6. LADDER CLIMB

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

This test evaluates muscle strength, endurance, and anaerobic capacity.



## 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/4:30 minutes and is designed to evaluate strength and endurance.



# **REGIONAL EMERGENCY SERVICES RECRUIT FITNESS TESTING PROCESS**

## **PREPARATION**

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**

- Photo Identification - must be provided to prove your identity prior to beginning.
- Medical Clearance Form - must be completed and signed by your Physician and produced.
- 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.