

Person being tested: _____ Birthdate _____ Age _____

Tester: _____ Date of Test _____

CITY OF SANFORD FIRE DEPARTMENT PHYSICAL FITNESS ASSESSMENT

The Fire Department shall assure that employees/candidates who are expected to perform intense structural firefighting are physically capable of performing duties.

Warm up and stretching 10 minutes.

Beginning Vitals B/P _____ Pulse _____

1. Push Ups (1-minute time limit)

Purpose: To measure the strength of the shoulder-girdle muscles.

Starting Position: The member will begin in the starting position, with arms fully extended and the body in a straight line from head to heel. The feet may be no more than 12 inches apart. The member's hands and toes must remain on the floor/mat during the entire assessment. The body should maintain a rigid form from head to heel (the body may not bow unless resting in the up position). The member may rest in the up position only. The feet may not be supported or braced.

Complete Push-up: From the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90 degrees or less) before pushing back up to the starting position (the chest may touch the floor). If the member does not come down far enough, the push-up will not count. The member completes one full push-up after returning to the starting position. It is important to monitor the member's form and make sure the body does not bow at the waist as the member tires. The body must remain rigid during the assessment (the back must remain straight unless resting).

(3 Minute Rest after completion)

2. Crunches (1 minute time limit)

The crunch style sit up will be performed with the subject lying on his/her back with the knees bent to 90 degrees and arms extended by the sides. A mark will be placed at the subject's fingertips and a second mark will be placed four inches in front of the first mark. Each crunch style sit up will be done with the arms by the subject's side. The subject will rise upward in the crunching motion moving the finger tips from the first mark to the second mark. **This is not a full sit-up.**

(3 Minute Rest after completion)

Score: The score for these evolutions will be determined from the guidelines established in the SFD physical fitness testing standard operating procedure tables. 100% required for all new hire candidates.

Note: Once one of the exercises has started there should be a smooth and continuous motion, if a break of more than 5 seconds is recorded the evolution will be terminated and the total amount of each exercise completed will be logged.

3. Don 50LB Weighted Vest

For evolutions 4 through 9 there is no given time limit for completion. The score is pass/fail. Once an evolution has started it must be completed before stopping. The subject may pause between stations, if needed, but not to exceed 1 minute.

4. Stairway Climb

The subject will pick up a folded high-rise pack (50 ft section of 2.5) and place over their right or left shoulder. They will then climb the outside stairway of the training tower. After reaching the second landing the firefighter will drop the high rise pack and complete the hose hoist. After completing the hose hoist from the second floor the firefighter will pick up the high-rise pack and descend the stairway and place the hose at the starting position.

Pass_____

Fail_____

5. Hose Hoist

The firefighter will step to the edge of the second landing and pull a coiled 50' section of 3 inch hose to that floor. **The pull will be made using the hand over hand method.** (DO NOT USE THE RAIL AS A PULLY) Once the firefighter has pulled the hose to the second landing of the tower they will then place the hose in a designated area, pick up the high rise pack descend the stairwell placing the hose at the designated starting position. During the decent the firefighter must ensure they hit every step on the way down.

Pass_____

Fail_____

6. Forcible Entry Simulator

The firefighter will pick up an eight-pound sledgehammer, drive a weighted tire 5 feet. At the completion of the tire hit, the firefighter will place the sledgehammer on the ground and proceed to the next event.

Pass_____

Fail_____

7. Hose Advance

The subject will advance a charged 1 3/4" attack line a total of 100' in a straight line. At the end of the hose advance, the subject will discharge the hose and strike an obstacle placed 25' from the end of the advanced hose.

Pass _____ Fail _____

8. Dummy Drag

The subject will pick up and drag a 125-lb. rescue dummy a total of 100' in a straight line without stopping. A 125lb Rescue mannequin must be dragged backwards a distance of 100-ft. **Carrying the dummy is not permitted.** The mannequin must not be grasped by its clothing or appendages. The firefighter must grab the mannequin under the armpits and hold it as high as possible on his/her chest allowing the mannequins feet to drag the ground.

Pass _____ Fail _____

NOTE: After the dummy drag, the candidate may remove the weighted vest.

9. Hose Lift

Lift eight (8) sections of 3-inch hose from the bay floor and place them on top of an elevated position approximately 3 feet in height.

Pass _____ Fail _____

Ending Vitals: B/P _____ Pulse _____

After ending vitals are taken the subject will receive a ten-minute rest period before finishing testing with objective 10.

10. Walk, Run, Jog

2 Mile walk, run or jog (your choice)

Time _____ (See chart for appropriate scoring)

Each candidate must score 100% on each evolution to pass. Any applicant failing any evolution of the fitness test will be disqualified and asked to leave the testing area.

Physical Fitness Testing Table for Age Group under 30 years

2.0 Mile Walk/Run

Crunches

Push-Ups

Time	Score	Reps	Score	Reps	Score
		SUPERIOR		SUPERIOR	
26.00	Pass	60	100	40	100
		59	98	39	98
		58	96	38	96
		57	94	37	94
		56	92	36	92
		ABOVE AVERAGE		ABOVE AVERAGE	
		55	90	35	90
		54	88	34	88
		53	86	33	86
		52	84	32	84
		51	82	31	82
		AVERAGE		AVERAGE	
		50	80	30	80
		49	78	29	78
		48	76	28	76
		47	74	27	74
		46	72	26	72
		BELOW AVERAGE		BELOW AVERAGE	
		35	70	25	70
		34	68	24	68
		33	66	23	66
		32	64	22	64
		31	62	21	62

Physical Fitness Testing Table for Age Group 30-39 Yrs

2.0 Mile Walk/Run

Crunches

Push-Ups

Time	Score	Reps	Score	Reps	Score
		SUPERIOR		SUPERIOR	
28:00	Pass	55	100	34	100
		54	98	33	98
		53	96	32	96
		52	94	31	94
		51	92	30	90
		Above Average		Above Average	
		50	90	29	87
		49	88	28	84
		48	86	27	80
		47	84	26	78
		46	82		
		Average		Average	
		45	80	25	75
		44	78	24	72
		43	76	23	69
		42	74	22	66
		41	72		
		Below Average		Below Average	
		40	70	21	63
		39	68	20	60
		38	66	19	57
		37	64		

Physical Fitness Testing Table for Age Group 40-49

2.0 Mile Walk/Run

Crunches

Push-Ups

Time	Score	Reps	Score	Reps	Score
		SUPERIOR		SUPERIOR	
29:00	Pass	44	100	26	100
		43	98	25	97
		42	96	24	94
		41	94	23	91
		40	90		
		ABOVE AVERAGE		ABOVE AVERAGE	
		39	87	22	88
		38	84	21	84
		37	80	20	80
		36	78	19	76
		AVERAGE		AVERAGE	
		35	75	18	72
		34	72	17	68
		33	69	16	64
		32	66	15	60
		BELOW AVERAGE		BELOW AVERAGE	
		31	63	14	56
		30	60	13	52
		29	57	12	48
		28	54	11	44

Physical Fitness Testing Table for Age Group 50 +

2.0 Mile Walk/Run

Crunches

Push-Ups

Time	Score	Reps	Score	Reps	Score
		SUPERIOR		SUPERIOR	
32:00	Pass	40	100	22	100
		39	98	21	97
		38	96	19	94
		37	94	18	91
		36	90		
		Above Average		Above Average	
		35	87	17	88
		34	84	16	84
		33	80	15	80
		32	78	14	76
		Average		Average	
		31	75	13	72
		30	72	12	68
		29	69	11	64
		28	66		
		Below Average		Below Average	
		27	63	10	50
		26	60	9	47
		25	57	8	45
		24	54		