

Central Saanich Fire Department



Firefighter Applicant Physical Fitness Evaluation Appointment Checklist

This information package provides a detailed overview of the physical evaluation process. More information can be obtained from contacting Lisa Banfield at 250-544-4238.

You can contact the Central Saanich Fire Department about your appointment by phone at 250-544-4238 or by email at: lisa.banfield@csaanich.ca

Your letter of conditional acceptance from the **Central Saanich Fire Department** informs you of the date and time of your appointment.

Complete the Checklist!

<u>To do:</u>	<u>Action:</u>	<u>Done:</u>
<ul style="list-style-type: none">• Arrange doctor's appointment to complete medical clearance form (page 8 and 9)	<ul style="list-style-type: none">• Bring the completed Medical Clearance Form with you on your test day	
<ul style="list-style-type: none">• Read the Information Package carefully	<ul style="list-style-type: none">• Prepare as well as you can	
<ul style="list-style-type: none">• Questions/Problems?	<ul style="list-style-type: none">• Email us for help at lisa.banfield@csaanich.ca	

Firefighter Applicant Physical Fitness Evaluation Information Package

The physical evaluation program is administered by the School of Physical Education at the University of Victoria. **Please read the following information carefully in order to prepare for the tests.**

GENERAL INFORMATION

The tests will be completed at the Central Saanich Fire Department, 1512 Keating Cross Road Saanichton, British Columbia. You will be scheduled to attend a testing time on a weekend that is set by the Fire Department.

There are male and female locker rooms where you may change. You should bring your own towel if you want to shower afterwards

The testing program runs on a strict schedule, so you must be on time. If you are not familiar with the Saanichton area, please allow yourself a little extra time to acquaint yourself.

You should expect to be at the Fire Department for about 3-4 hours on your test day. This amount of time permits adequate rest between tests so that you will be able to perform as well as possible.

MEDICAL CLEARANCE FOR TESTING

The tests are very demanding and are designed to assess the physical capabilities of healthy individuals. In order to be tested, you must have a physician certify that you are medically fit to undertake the tests.

The ***Medical Clearance for Testing*** form (pages 8 and 9 of this package) **must be signed by your physician and you must bring it with you when you come to the Fire Department for testing. You will not be permitted to complete the tests unless this form has been completed by your physician.**

DESCRIPTION OF THE PHYSICAL FITNESS 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 are completed while wearing firefighting personal protective equipment (PPE) that weighs approximately 22 kg (50 lb). This ensemble includes: helmet, flash-hood, gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). You will not breathe from the SCBA, but you must carry it. For safety during the treadmill test, running shoes are substituted for firefighting boots.

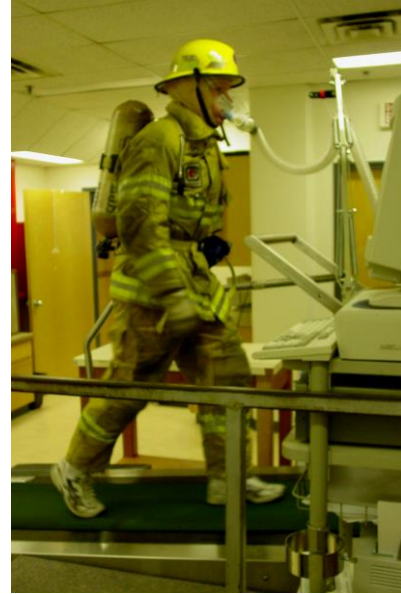
After completing the treadmill test, you will rest for 60 minutes before starting an orientation to the job-related performance tests. The orientation to the job-related tests consists of a “walk-through” session to practice each of the tasks. This will take approximately 30 minutes and will familiarize you with testing procedures and provides a suitable warm-up for the demanding tests that follow.

DESCRIPTION OF THE PHYSICAL FITNESS TESTS (Continued)

Each test is followed by a rest period of 3 minutes for recovery and hydration. You are not permitted to leave the testing area or remove the PPE during the rest periods. The tests are described briefly in the following sections:

1. Aerobic Endurance

Aerobic fitness will be predicted during a progressive exercise test to exhaustion on a treadmill. After a standardized 5-minute warm-up, you will walk at 3.5 mph and 10% grade for 8 minutes. If you can continue to exercise, the grade (and if necessary, speed) will be increased every minute until you reach exhaustion. Depending on your fitness level and motivation, this test may last up to about 20 minutes. In order to pass the aerobic fitness standard, you must complete the 5-minute warm-up and the 8-minute stage at 3.5 mph and 10% grade (13-minutes total).



2. Charged Hose Advance Test

You will drag a charged (full of water) 38 mm (1.5 inch) hose a distance of 45 m (125'). Three 15 m (50') lengths of hose are "snaked" behind the starting line. The nozzle is held over the shoulder and you advance to the finish line as quickly as possible (*running is not permitted*). This test assesses lower body strength and power and must be completed safely in less than 32 sec.



3. High Volume Hose Pull Test

You will pull a bundle of hose weighing approximately 56 kg (123 lb) a distance of 15 m (50') over a smooth concrete floor using a rope. This task is repeated 3 times. During this test, you must stand still and pull the hose bundle towards you using 16 mm (5/8") rope. This test assesses upper body strength, power, and endurance and must be completed safely in less than 102 sec.



DESCRIPTION OF THE PHYSICAL FITNESS TESTS (Continued)

4. Forcible Entry Simulation Test

You will use a 3.6 kg (8 lb) "dead blow" sledge hammer to move a weighted truck tire (102 kg or 225 lb) a distance of 30.5 cm (12") as rapidly as possible. This test assesses muscle strength, power and endurance, particularly in the upper body and must be completed safely in less than 45 sec.



5. Victim Drag Test

You will drag a mannequin weighing 68.2 kg (150 lb) a total distance of 30 m (100'). The test starts with the mannequin lying "face-up" on the floor. You will lift the mannequin and walk backwards for 15 m, turn around a traffic cone and return to the start line as quickly as possible. This test assesses muscle strength and endurance and must be completed safely in less than 49 sec.



6. Ladder Climb Test

You will climb a 7.3 m (24') ladder to the 10th rung and return to the floor as quickly as possible.

This task will be repeated five times.

This test assesses muscle strength, endurance, and anaerobic capacity and must be completed safely in less than 108 sec.



DESCRIPTION OF THE PHYSICAL FITNESS TESTS (Continued)

7. Equipment Carry/Vehicle Extrication Test

You will carry small (18 kg or 40 lb) and large (36 kg or 80 lb) vehicle extrication tools (the “Jaws of Life”) a total distance of 30 m (100’).

In addition, you will lift and hold the 18 kg tool in specific positions that simulate the work required to remove a vehicle door.

This test is designed to evaluate the strength and endurance required to lift, carry and use heavy tools in rescue situations. This test must be completed safely in less than 270 sec.



8. Aerial Ladder Climb

You will climb to the top and back of our 75 foot aerial ladder. This is not a timed test. It will be done slowly and safely.

This test is designed to evaluate your ability to deal with height.



9. Confined space test

You will be required to put on a blacked out mask and find your way through a small obstacle course.

This test is designed to test your ability to work in dark and confined spaces.

10. Dexterity Test

You will be required to couple and un-couple hose and perform other tasks using both your left and right hands. You will also be asked to perform tasks from memory.

This test is designed to test your ability to listen and take direction.



EFFECTIVE PREPARATION FOR THE TESTS

In order to do your best, you should come to the Fire Department 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?

Clothing

Bring the following items of clothing with you: **shorts, two T-shirts, running shoes, extra socks, and sweats**. Your T-shirt will be wet from sweat after the treadmill test. You should change into a dry shirt and then put on sweats to keep warm during the 60-minute rest period.

We have a good selection of firefighting boots; however 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).

Nutrition

You should bring a water bottle or sports drink (e.g., Gatorade). You may want to eat a **small** snack (e.g., banana or energy bar) during the rest period between the treadmill test and the job-related tests.

Be careful to practice in advance so that you know how much to eat and drink during 3+ hours of intermittent, extremely strenuous exercise. If you eat or drink too much you will feel sick and do poorly. If you eat and drink too little, you will get dehydrated and do poorly.

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.

WHAT DO I NEED TO BRING? (Continued)

Identification

Your drivers' license (with photograph) is required in order to register for the test and verify your identity.

Medical Clearance

You must bring the **Medical Clearance for Testing** document that has been completed by your physician. This document provides medical clearance for you to undertake the specific tests in this program. You will not be permitted to do any of the tests until the Medical Clearance for testing document has been signed by your physician.

Central Saanich
Fire Department



**Central Saanich Fire Department
Medical Clearance for Testing**

Applicant Name: _____

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 are completed while wearing firefighting personal protective equipment (PPE) that weighs approximately 22 kg (50 lb). This ensemble includes: helmet, flash-hood, gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). The applicant is not required to breathe from the SCBA, but must carry it. For safety during the treadmill test, running shoes are substituted for firefighting boots. The tests are administered by the Central Saanich Fire Department, and are **not medically supervised**. The test procedures are described briefly below:

Aerobic Endurance

Depending on fitness level and motivation, this test normally 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 exercise. Combined with the exercise stress, the weight and heat retention properties of the PPE result in a significant level of fatigue.

After completing the treadmill test, the applicant will rest for 60 minutes before moving on to the job-related performance tests.

JOB-RELATED PERFORMANCE TESTS

Prior to completing the job-related tests, the applicant will complete a “walk-through” session where they are allowed to practice each of the tasks. This takes approximately 30 minutes and serves to familiarize the applicant with testing procedures and provides a suitable warm-up for the demanding tests that follow. Each test is followed by a rest period of 3 minutes for recovery and hydration. Applicants are not permitted to leave the testing area or remove the PPE during the rest periods.

Charged Hose Advance Test

Applicants drag a charged (full of water) 38 mm (1.5 inch) hose a distance of 45 m (125'). Three 15 m (50') lengths of hose are "snaked" behind the starting line. The nozzle is held over the shoulder and applicant advances to the finish line as quickly as possible. This test assesses lower body strength and anaerobic power.

JOB-RELATED PERFORMANCE TESTS (Continued)

High Volume Hose Pull Test

Applicants pull a bundle of hose weighing approximately 56 kg (123 lb) a distance of 15 m (50') over a smooth concrete floor using a rope. This task is repeated 3 times. During this test, the applicant is stationary and must pull the hose bundle towards them using 16 mm (5/8") rope. This test assesses upper body strength, power, and endurance.

Forcible Entry Simulation Test

Using a 3.6 kg (8 lb) "dead blow" sledge hammer, the applicant moves a weighted truck tire (102 kg or 200 lb) a distance of 30.5 cm (12") as rapidly as possible. This test assesses muscle strength, power and endurance, particularly in the upper body.

Victim Drag Test

The applicant drags a mannequin weighing 68.2 kg (150 lb) a total distance of 30 m (100'). The test starts with the mannequin lying "face-up" on the floor and the applicant standing. The applicant lifts the mannequin and walks backwards for 15 m, turns around a traffic cone and returns to the start line as quickly as possible. This test assesses strength, power, and agility.

Ladder Climb Test

The applicant climbs a 7.3 m (24') ladder to the 10th rung and returns to the floor as quickly as possible. This task will be repeated five times. This test assesses muscle strength, endurance, and anaerobic capacity.

Equipment Carry/Vehicle Extrication Test

The applicant carries small (18 kg or 40 lb) and large (36 kg or 80 lb) vehicle extrication tools (the "Jaws of Life") a total distance of 30 m (100'). In addition, the applicant will lift and hold the 18 kg tool in specific positions that simulate the work required to remove a vehicle door. The tools will then be returned to the storage cabinet. This test is designed to evaluate the strength required to lift, carry and use heavy tools in rescue situations.

Is this individual taking any medication that could affect 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.

Physician's Name _____ Date _____

Address _____

_____ Telephone _____

Signature _____