

**STRATHMORE FIRE DEPARTMENT
APPLICANT PHYSICAL FITNESS EVALUATION
APPOINTMENT CHECKLIST**

The information package provides a detailed overview of the physical evaluation process. More information can be obtained from the Strathmore Fire Department by contacting the office during business hours at (403)934-3022 or by e-mail at: firehall@strathmore.ca

Complete the Checklist!

- ❑ Arrange a Doctor's appointment to complete the Medical Clearance Form
- ❑ Read the information package carefully
- ❑ Bring the completed Medical Clearance Form with you on the test day
- ❑ Follow the instructions to prepare as well as possible
- ❑ Question? Concerns? E-mail the Selections Board at: firehall@strathmore.ca

FIREFIGHTER APPLICANT PHYSICAL FITNESS EVALUATION INFORMATION PACKAGE

The Strathmore Fire Department administers the physical evaluation program. ***Please read the following information carefully in order to prepare for the tests.***

GENERAL INFORMATION

The tests will be completed at the Strathmore Fire Station located at 721 Lakeside Boulevard. Generally, the physical tests are done about one or two months prior to the candidates start date, but will vary according to the needs of the Department. The official results will remain the property of the Town of Strathmore Fire Department. The testing program runs on a strict schedule, so you must be on time. If you are not familiar with the location of the Fire Station, please allow yourself a little extra time. You should expect to be at the Fire Station for about 2 to 3 hours on your test day. You should be at the Station approximately 15 – 20 minutes prior to the test.

TESTING LOCATION

The tests are conducted at the Fire Station located at 721 Lakeside Boulevard in Strathmore. This large building with the red roof is located just off highway #1, north of the lights by the McDonald's restaurant. Please enter via the door on the south side of the building. A door bell is located there as well. Please do not use the parking lot on the south side of the building. There is adequate parking to the east of the fire hall. Staff will be there to greet you. There are male and female washrooms on the premises where you can change and shower if you wish. You should bring your own towel etc. We have no provision for securing your valuables.

COST OF TESTING

There is no fee associated with this test. The Town of Strathmore will inform you of your appointment time for physical testing.

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 must be signed by your physician and you must bring it with you when you come to the Fire Hall for testing. You will not be permitted to complete the test unless this form has been completed by your physician.***

DESCRIPTION OF THE PHYSICAL FITNESS TESTS

This program is designed to evaluate the physical work capabilities of healthy physically active individuals. Each test requires a maximal effort. All of the tests are completed while wearing a 22 kg (50 lb) weighted vest to simulate the wearing of firefighting personal protective equipment (PPE). For safety during the testing, your own good fitting running shoes and clothing are used as well as a helmet that will be provided by the Department. After completing the treadmill test you will immediately proceed to the remainder of the test involving job related skills. Before the treadmill exercise you will receive 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 familiarize you with the testing procedures and provide a suitable warm-up for the demanding tests to follow. After your test you will be provided time for recovery and hydration. You are not permitted to leave the testing area or remove the PPE during the test period. The tests are described briefly in the following sections:

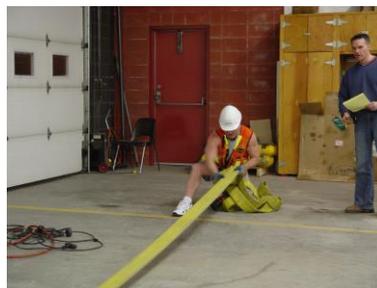
1. Aerobic Endurance

Aerobic endurance will be measured on the treadmill. After a standardized 30 second warm-up, you will walk at 3.5 mph and 10% grade for 3 minutes. In order to pass the aerobic fitness standard, you must complete the 3 minute stage at 3.5 mph and 10% grade. This serves to warm your muscles and increase your heart rate for the remainder of the testing.



2. Hose Advance Test

You will drag an uncharged (no water) 65mm (2.5 inch) hose a distance of 30 m (100') around a 90 degree turn and then further advance the hose 15 m towards you using a hand over hand method of pulling it towards yourself. 45 m 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 (a steady run is permitted) This test assesses lower body & arm strength and power.



3. Equipment Carry Test

You will first remove then carry two pails of foam (27 kg or 60 lb each) a total distance of 30 m (100') and then replace them one at a time to the table you originally took them off of. This test is designed to evaluate the strength and endurance required to lift, carry and use heavy tools in rescue situations.



4. Ladder Raise Test

You will perform a one man ladder raise with a 7.3 m (24') ladder, extend the ladder to the ceiling level then return it to the floor as quickly as possible. This test assesses upper body muscle strength and coordination. Assistance will be provided to stabilize the ladder during this test.



5. Forcible Entry Simulation Test

You will use a 3.6 kg (8 lb) "dead blow" sledgehammer to move a weighted truck tire (102 kg or 225 lbs) a distance of 30.5 cm (12") as rapidly as possible. This test assesses muscle strength, power and endurance particularly in the upper body.



6. Victim Drag Test

You will drag a mannequin weighing 81 kg (180 lbs) a total distance of 21 m (70'). The test starts with the mannequin lying "face-up" on the floor. You will lift the mannequin and walk backwards for 10.5 m, turn around a traffic cone and return to the start line as quickly as possible. This test assesses muscle strength and endurance.



7. High Volume Hose Pull Test

You will pull a bundle of hose weighing approximately 56 kg (123 lbs) a distance of 10 m (35') over a smooth concrete floor using a rope. During this test you must stand still and pull the hose bundle towards you using 16mm (5/8") rope. This test assesses upper body strength, power and endurance.



EFFECTIVE PREPARATION FOR THE TESTS

In order to do your best, you should come to the Fire Hall on your testing day well nourished and well rested. You should not do strenuous exercise on the day 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.

CLOTHING

Bring the following items of clothing with you: a pair of shorts or sweat pants, a T-shirt, good fitting running shoes, socks, and a pair of work gloves. Your T-shirt will be wet from sweat after the testing. You should change into a dry clothing after your tests to keep warm.

IDENTIFICATION

Your driver's license (with Photograph) is required to register for the test and verify your identification.

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 your physician has signed the Medical Clearance for Testing document.