



Cabot Fire Department

1000 South 2nd Street
CABOT, ARKANSAS 72023
501-843-7671 • FAX 501-941-5043
www.cabotar.gov



Firefighter Applicant Fitness Test

Name: _____ Date: _____

Total Time _____

Assessment Overview

Taking the Fitness Assessment:

This document contains important facts about the firefighter applicant fitness test. The firefighter profession is mentally and physically demanding. We owe the citizens of Cabot our best! It is the applicant's responsibility to know if they are physically and medically capable to perform strenuous activities. This test is a measure of your ability to do certain activities that are important to the job of a firefighter. This **IS** a pass or fail test, to gauge a potential firefighter's functional fitness. The firefighter applicant fitness test is conducted following a successful untimed, tethered climb up and down a CFD aerial apparatus. A time of **8:00:00 minutes** or less on the firefighter applicant fitness test is required to move forward to the written test. If an applicant does not complete an event(s) or the required number of repetitions in an event, or does not meet the required time for the entire test, any and all are considered a failure for the firefighter applicant fitness test.

Parts of the assessment:

There are (11) events in the firefighter applicant fitness test. Each event will be described in the following. This firefighter applicant fitness test is conducted as a full event with participants moving from one event to the next to simulate a fire scene or a medical emergency. Participants will wear a 20lb weighted vest, firefighter helmet, and gloves. The aforementioned items will be supplied by CFD. An evaluator will follow each participant to ensure proper form, required repetitions, and guide the applicant as necessary. There are no points in this assessment, although an overall time is taken. The time is kept to determine pass or fail and to rank the applicants in the hiring process.

Event #1: Walk/Run

This event is to warm the body up and stimulate a moderate increase in heart rate. The participant may walk, run, or combination (carrying the Keiser hammer) 1 lap on the sidewalk around Central Station. The tool will be carried until completion of the Keiser Sled event. The time starts with the first step.

Event #2: Hose Advancement The hose advancement is advancing a charged hose line. (1¾" - 2 50' sections charged) Hose is advanced 1 full length of the bay.

Event #3: Keiser Sled

This event is to simulate "cutting a roof" or actively using a tool in a repetitive motion which is required on most fire scenes. The Keiser Sled is to be hammered from one end of the Keiser to the other. Hammer will be left at the sled upon completion.

Event #4: Ladder Climb

This event is climbing a ladder. Fixed in place wall ladder at Central Station is to be used. Climb to the top of the ladder and step onto the "Crow's Nest" and prepare for the equipment hoist.

Event #5: Equipment Hoist

This event uses arm and core strength to pull equipment on a rope system. (3" Roll) Roll will be hoisted, touched by the participant, and lowered under control to the bay floor. When complete, climb back down the wall ladder and advance to the next event.

Event # 6: Pike Pole

This event simulates the fatigue experienced while using a pike pole for extended periods of time. This event will measure overhead strength and endurance for overhead work. (45lb bar) x10 repetitions is the standard. Hands may be switched at any time.

Event #7: Deadlift

This event is to measure lower body strength and to simulate lifting equipment and patients. (140lbs) x10 repetitions is the standard. This event will be conducted using 1 Hex Bar with 1- 45lb plate on each side.

Event #8: Crawl

This event is to measure maneuverability in low visibility environments. 1 full length of the bay is the standard. Firefighters must maintain 2 points of contact with the floor at all times to achieve the standard.

Event #9: Victim Move

This event measures the ability to remove a downed firefighter or victim. The "victim" is to be moved 1 full length of the bay. There is no standard of moving the "victim" other than by the individual firefighter's own power. The "victim" may be pushed, pulled, carried, or any combination of the 3 methods.

Event # 10: Release Push-ups

This event measures the use of upper body strength of the firefighter to push their full body weight in gear. The whole body must move in unison for the rep to count. 10 repetitions is the standard

Event #11: Finish Fast Move in an expedient manner (run, jog, fast walk) the length of the bay. This event measures short burst endurance. Timing ends!