

COMMUNITY | INNOVATION | INTEGRITY | SERVICE | TEAMWORK



# FIREFIGHTER PHYSICAL ABILITIES TESTING GUIDE

2021



## Firefighter Physical Abilities Testing Guide

This guide has been developed to introduce you to the Surrey Fire Service (SFS) firefighter candidate physical abilities testing component of the recruitment process. The test consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. These tasks were developed to mirror real situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a firefighter to successfully complete.

The selection process for firefighters is very competitive. Although you are not required to read or use this guide, we encourage you to do so. The more prepared you are, the more likely you are to pass the test. There will be minimal instruction given during the testing process.

There are nine job-related physical ability test components that are individually timed. The following is an overview of the components/stations:

- Station 1: Confined Space
- Station 2: The Aerial Climb
- Station 3: Sled Drag
- Station 4: 10.67M (35') Ladder Extension
- Station 5: Tower Climb
- Station 6: Hose Roll Raise
- Station 7: Hydrant Kit Carry
- Station 8: Hose Advance
- Station 9: Storz Roll Carry

The following points should help to familiarize you with what will take place on the day of the test:

- Applicants are strongly encouraged to wear athletic shoes and appropriate clothing. You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be outfitted in attire that does not hinder your performance. **You will be required to wear a 22.7kg (50lb) weight vest to simulate the weight of a fire fighter's personal protective equipment.**
- Protective gloves will be provided at the test site for your use.
- All nine components of the PAT will be timed. Each test has a cut-off score and failure to complete that station in the allowed time will result in disqualification. You will only move to the next station if the task is completed properly and within the allotted time. **There will be no second chances or "do-overs".**

- Test Officiators will be assigned to time you while on the course. The Officiator will call out running times to assist you with your pacing. The Officiator will set the pace between stations. **There will not be time for rest or water breaks.**
- You must keep up and be ready to start the next station when told to do so. If you do not keep up or it is apparent that you are trying to extend the time between stations, you will receive a warning to keep pace. After two warnings you will be removed from the testing process.
- You will be allowed as much time as needed to complete each individual component within the maximum allotted time. How quickly you complete each task is not important if you complete it under the allotted time. Pay careful attention to the instruction of the test monitor. **Two instances of not following instructions during testing will result in elimination from the testing.**
- A candidate who does not pass the physical test on their first attempt because of a prop failure may request a second attempt. Second attempts will take place on the same day.
- If you look to be going into medical distress of any kind during the test, we reserve the right to stop the test for your own safety.
- It is the expectation of the Surrey Fire Service that this orientation guide will provide you with enough information to prepare for and succeed. The nine events that compose the Physical Fitness Test are outlined for you on the following pages. You will be given an opportunity to ask questions about test stations during the check in process.

### **On the Day of Testing**

Candidates should arrive 15 minutes prior to their scheduled start time to start the check in process. Please bring with you the following:

- Valid photo identification
- The completed Surrey Fire Service Physical Fitness Testing – Medical Clearance Form. **This form must be signed by a physician.** The medical clearance form is available at the end of this document.
- A completed PAR-Q & YOU questionnaire. The PAR-Q is attached at the end of this document.

## Station 1: Confined Space

The objective of this task is to ensure you are comfortable working in restricted working spaces and low visibility conditions.

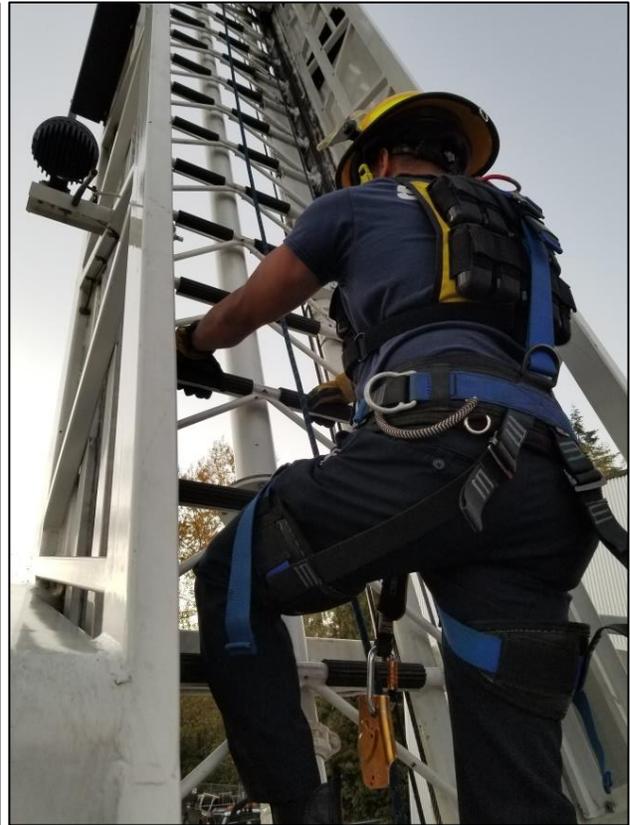
- You will have 4 minutes to complete this task.
- Before testing starts you will don the knee pads, blacked-out facemask, helmet and gloves.
- Your facemask must remain on throughout the test. Removing the mask before completing your task will eliminate you from the test. We will be watching from viewing hatches.
- The officiator will guide you to the entrance of the confined space prop.
- Upon entering the prop, you will immediately turn right.
- You will navigate a narrow passageway for a short distance and emerge into a small room. Locate another passage to your left and follow that passage to a second small room. In the far corner of the room you will find a weighted bag.
- Bring the bag with you as you retrace your way to the entrance point.
- Timing starts when you enter the prop and stops once you and the bag are out.



## Station 2: The Aerial Climb

The objective of this task is to ensure you are comfortable working at heights.

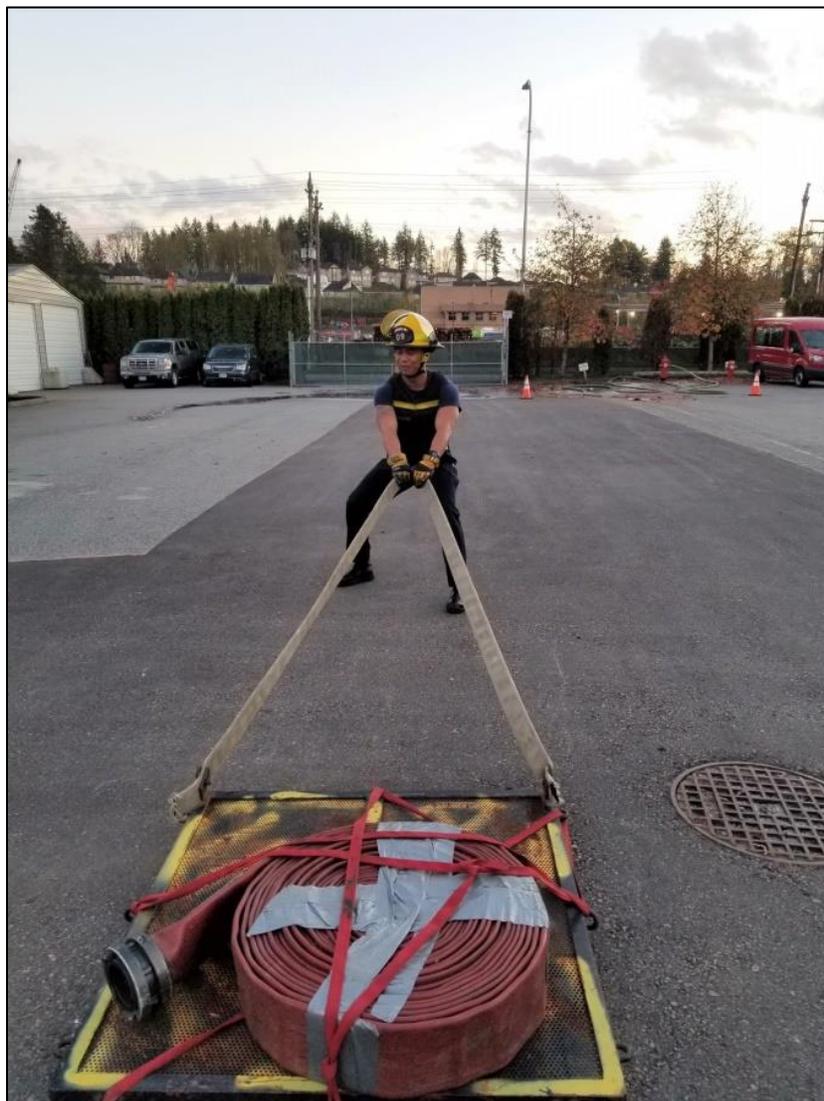
- You will have 4 minutes to complete this task.
- You will be in a harness and attached to a safety line while climbing the ladder.
- The allotted time is more than enough to complete the task in a safe manner.
- Climb ladder using rungs only. Do not skip rungs.
- On your way down, the officiator will call out “Step In” twice; once for each transition between aerial sections. Ensure your foot is on the rung properly at these transitions.
- Once harnessed, you will climb to the aerial platform at the base of the ladder and attach the safety line.
- When told to begin, you will ascend 23m (75’) and ring the bell attached to the top rung.
- After the officiator acknowledges you have rung the bell, you will descend.
- Timing will begin when you are told to start climbing and stop when both feet are planted back on the aerial platform.
- Failure to follow these instructions will result in dismissal from the test.



### Station 3: Sled Drag

The objective of this task is to simulate a rescue scenario. This test replaces the traditional mannequin drag.

- You will have 46 seconds to complete this task.
- You will drag an 80kg (175lb) sled a total of 30m (100').
- You are to move backwards, dragging the sled 15m (50') around a pylon and then back to the starting point.
- The 38mm (1½") hose handle cannot go around your back or be wrapped around your arms or wrists.
- Timing will start when you grasp the 38mm (1½") hose handle on the sled and will stop once the sled completely crosses the finish line.



## Station 4: Ladder Extension

The objective of this task is to ensure you are capable of raising and lowering a 10.7m (35') ladder in a vertical position to maximum height.

- You will have 66 seconds to complete this task.
- You will fully lift and lower a weighted bag in a controlled, hand-over-hand fashion.
- The rope cannot be wrapped around the hands.
- The weight must be raised to a pre-determined height.
- The officiator will acknowledge when the weight has been raised and will instruct you to lower it to the ground.
- Lowering the weight must be done in a controlled hand-over-hand fashion. Allowing the rope to slip through the hands is not permitted.
- Timing starts when you touch the rope. Timing stops when weight is lowered to the ground.



## Station 5: Tower Climb

The objective of this task is to ensure you can carry equipment up multi storey buildings using stairwells only

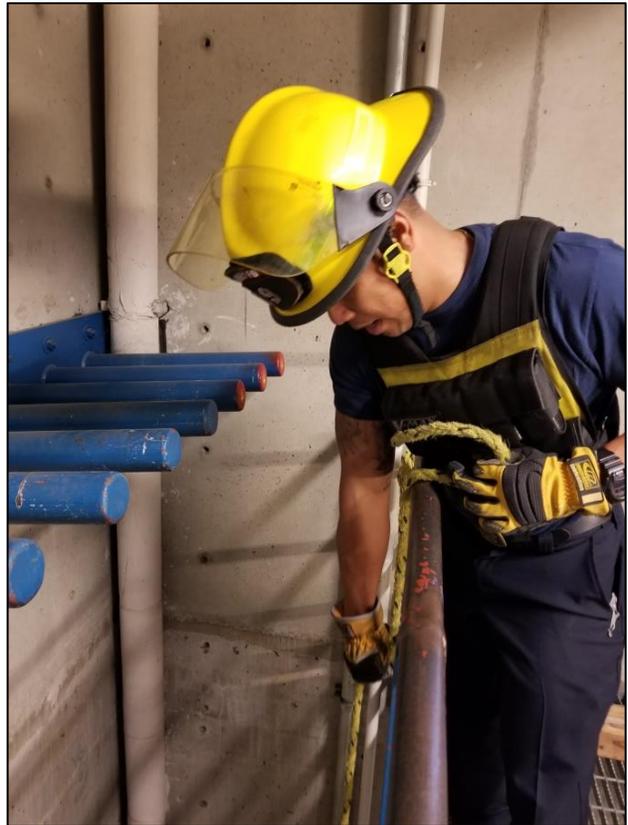
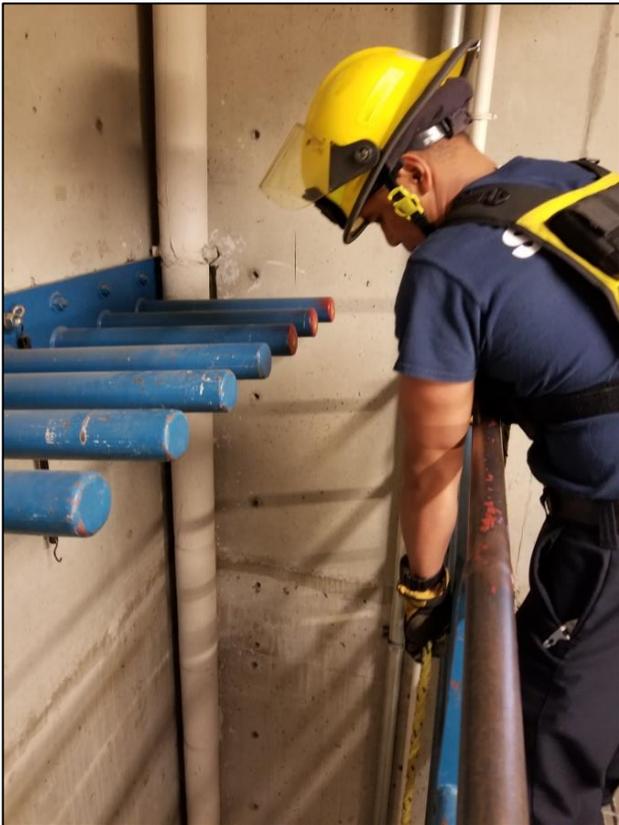
- You will have 3 minutes 8 seconds to complete this task.
- You will carry a hose bundle fold up and down 5 floors, 2 times.
- Pick up the bundle fold and place it on your right shoulder.
- Grip the handrail with your left hand and start climbing. You must maintain hand contact with handrail until you reach the top landing.
- Once on the top landing, shift the bundle fold to the left shoulder and grip the handrail with your right hand while descending. You must maintain hand contact with handrail during your descent.
- When you reach the starting point, shift the bundle fold back to your right shoulder and repeat the climb and descend a second time following the same procedures.
- A foot must land on each stair, do not skip stairs.
- Timing starts when you touch the bundle fold and stops when you place the bundle fold on the ground after the second descent.



## Station 6: Hose Roll Raise

The objective of this task is to ensure you are capable of hoisting equipment using a rope.

- You will have 52 seconds to complete this task.
- You will be required to raise a hose roll weighing 25kg (55lb) to a height of 17m (56') using the attached rope.
- In a hand-over-hand fashion, raise the roll until it touches the top rail of the guard rail.
- Dragging the rope over the railing is not permitted.
- The officiator will acknowledge when the roll has touched the top rail and you can begin to lower the hose roll.
- In a controlled fashion, lower the hose roll back to the floor. Letting the roll drop or allowing the rope to slide through the hands is not permitted.
- Timing will start when you touch the rope and stop when the hose roll is back on the ground.



## Station 7: Hydrant Kit Carry

The objective of this task is to ensure you can carry equipment in environments which require balance.

- You will have 30 seconds to complete this task.
- You are required to carry a hydrant kit in one hand and walk across the rungs of a 4.2m (14') ladder without falling off the ladder.
- You must step on each rung of the ladder. You cannot skip rungs.
- When you reach the end of the ladder, step off, turn around and proceed back across the ladder to the starting point in the same fashion.
- If you drop the kit or fall off the ladder, you must start again from the beginning point of the direction you were traveling.
- If you drop the kit or fall off the ladder a second time you will be eliminated from the testing.
- The stopwatch will not be reset if you fall off ladder or drop the kit.
- Timing starts when you touch the kit and stops when the kit is placed back on the X on the ground.



## Station 8: Hose Advance

The objective of this task is to ensure you are capable of advancing fire hose during fire ground operations

- You will have 30 seconds to complete this task.
- You will advance 45m (150') of charged 45mm (1¾") fire hose 30m (100').
- You may grip the hose in any fashion.
- Timing starts when you touch the nozzle or hose.
- When you and the nozzle cross the finish line the timer will be stopped.



## Station 9: Storz Roll Carry

The objective of this task is to ensure you are capable of typical post incident cleanup.

- You will have 15 seconds to complete this task.
- You will lift and carry a 41kg (90lb) roll of large diameter supply line 15m (50').
- You will lift the roll from the tailboard of a fire truck, carry it around the pylon and back to the truck.
- When you reach the truck, return the hose roll flat on the tailboard.
- Timing will start when you touch the roll and stop once the roll is placed flat on the tailboard.





## SURREY FIRE SERVICE Physical Fitness Testing - Medical Clearance Form

\_\_\_\_\_ has applied to take part in our fire fighter recruitment process. The physical fitness testing component is comprised of the tasks listed below. Based on this physical abilities assessment, the applicant may be employed by the Surrey Fire Department.

Please review the physical testing requirements, then indicate your recommendation for this individual's participation at the bottom of this form.

The individual will be required to perform the following simulated fire fighting tests wearing a 50 lb/23 kg weighted vest to simulate the combined weight of firefighting personal protective clothing and equipment.

- Ascend and descend a 75' (23m) aerial ladder in a controlled, safe manner.
- Retrieve an object from a dark, confined space while wearing a blacked-out face mask.
- Drag a 175 lb/80 kg steel sled a distance of 100' (30m).
- Fully raise and lower a weighted bag (80 lb/36 kg) in a controlled fashion.
- Carry a 150' (45m) bundle of folded hose (55 lb/25 kg) on the shoulder up and down four floors, two times.
- Lift and lower a 50' (30m) section of rolled hose (50 lb/23 kg) using a 5/8" (15mm) rope a distance of 30' (9m).
- Carry a hydrant kit (45 lb/20 kg) while walking on the rungs of a 14' (4m) ladder that is lying flat and raised approximately 4" (10cm) above the ground. Walk to the end of the ladder, step off and then return to the starting position (28' (8.5m) in total)
- Advance a 150' (45m) length of charged 1 1/2" (38mm) hose until the line lies fully extended behind the candidate. Approximate distance 130' (40m).
- Carry a rolled fire hose (80 lb/36 kg) a distance of 50' (15m).

Upon reviewing the physical fitness components as outlined above, and in my medical opinion,

\_\_\_\_\_  
Candidate's Name (please print) is:

\_\_\_\_\_ **Fit to perform this test**

\_\_\_\_\_ **Not fit to perform this test**

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

***Please print or stamp:***

Physician's name:

Address/Phone:

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

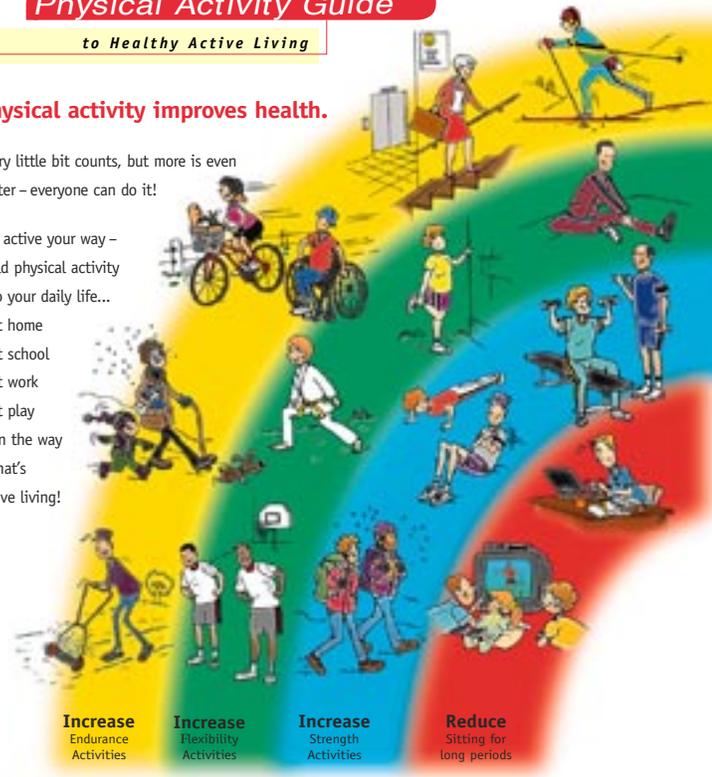
CANADA'S  
**Physical Activity Guide**  
to Healthy Active Living

## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



Choose a variety of activities from these three groups:

**Endurance**  
4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

**Flexibility**  
4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**Strength**  
2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or [www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

## Benefits of regular activity: Health risks of inactivity:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul> | <ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul> |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

© Reproduced with permission from the Minister of Public Works and Government Services Canada, 2002.

### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

#### References:

- Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. **J. Clin. Epidemiol.** 45:4 419-428.
- Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.
- PAR-Q Validation Report, British Columbia Ministry of Health, 1978.
- Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). **Can. J. Spt. Sci.** 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».