



CUMBRIA FIRE & RESCUE SERVICE

PHYSICAL TRAINING UNIT: Practical and Physical Tests



Practical Test

If you are successful at the application stage you will be invited to undertake a series of tests designed to assess both physical and mental fitness, the tests are all Fire Service related and are designed to measure the candidates ability to understand, absorb and carry out instructions as well as assessing both cardiovascular and strength related fitness.

Candidates must pass the initial aerobic capacity test to progress onto the following suite of tests. **All participants should be aware that the day is physically demanding and is designed to replicate the amount of effort needed at the scene of an incident. Any person suffering from temporary illness, injury or receiving antibiotics or other drugs should not attend until they are well.**

Bleep Test

About: This test is designed to assess candidate's aerobic capacity. This is the first physical test undertaken as failure to meet the required standard of $42 \text{ ml.kg}^{-1}.\text{min}^{-1}$ (Level 8.8), will result in the participant not being able to continue with the rest of the practical tests. The test is run outside in the drill yard, and requires participants to run between cones set 20m apart at increasing speeds, at each end of the 20m shuttle you will be required to turn sharply at pace.

Equipment: Candidates require good sturdy trainers, comfy running clothing (shorts/tracksuit bottoms and t-shirt).

Standard: Level 8.8 = Aerobic capacity of 42 ml.kg.min .

Ladder Climb

About: This test is designed to assess candidate's confidence at height. Candidates wearing a full working at height harness are required to ascend the ladder to 2/3 of its height and take a leg lock. They will then be asked to lean back away from the ladder, letting go with out-stretched arms whilst looking over their shoulder at the fire-fighter below. The fire-fighter will then ask them to read the number displayed at the foot of the ladder. Once complete the candidate will be asked to do the reverse, step back up onto the rounds of the ladder and to descend.

Equipment: Full Personal Protective Equipment (PPE) and working at height harness will be provided.

Standard: The task must be carried out with full confidence.

Ladder Lift

About: This will test applicants upper and lower body strength, and is used to simulate the strength needed when both under-running and restoring the 12 and 13.5m appliance ladders. Candidates wearing full PPE are required to lift a ladder simulated bar 24kg in weight above a designated marker above shoulder height. Candidates will first get the chance to have a practise go with a smaller weight of 14kg in preparation for the test.

Equipment: Full PPE will be provided.

Standard: The bar must be raised above the designated height.

Casualty Evacuation

About: This will test applicant's upper and lower body strength, and is used to simulate the strength needed when required to drag a casualty to safety. Candidates are required to drag a dummy roughly 55kg in weight around a 30m course within the set time. Candidates will be facing and walking backwards whilst carrying out this assessment and therefore will be guided.

Equipment: Full PPE will be provided

Standard: Timed test.

Enclosed Space

About: This is a test to assess confidence in enclosed and dark spaces. Firstly candidates will don a Breathing Apparatus Mask to make sure that they are happy whilst wearing such mask. Secondly a designated course will be laid out inside the BA chamber and candidates will be tasked with navigating their way around the darkened chamber whilst wearing an obscured BA mask under the supervision of CFRS personnel.

Equipment: Full PPE will be worn including a BA mask.

Standard: Confidence must be shown throughout the test.

Equipment Assembly

About: This is an assessment to test candidate's manual dexterity. Applicants will be first given a demonstration of how to assemble the equipment and then be asked to assemble, then disassemble the equipment themselves, following photo instruction.

Equipment: Full PPE must be worn, including gloves.

Standard: Timed Test.

Equipment Carry

About: This test is designed to assess upper and lower body strength as well as their ability to follow instruction. Applicants will carry designated items of equipment up and down a course of 25m. Candidates will be given a demonstration of correct lifting technique prior to the test and will be reminded throughout the test of what equipment to pick up. This is not a test of memory. Please find a list of test equipment below:

1. Run out 25m of hose reel and place by cone, run back.
2. Walk 4 lengths (100m) whilst carrying 2 lengths of hose at arm length
3. Drop one length of hose, pick the other length up by its lugs to shoulder height and carry 1 length (25m), place down by the cone and run 3 lengths (75m)
4. Walk 4 lengths (100m) whilst carrying a length of hard suction on your shoulder and a basket strainer in your opposite hand.
5. Run 4 lengths (100m)
6. Finally, walk 4 lengths (100m) whilst carrying a 25kg barbell.

Equipment: Full PPE must be worn.

Standard: Timed test.

This level of fitness must be maintained throughout Operational Service, fitness will be assessed on an annual basis and personnel must meet the required standards to remain on operational duty.

For more information please contact Tom Wright, Cumbria Fire and Rescue Service Fitness Advisor on: 01768812555 or 07879880350