

ST. LUCIA FIRE SERVICE TRAINING SCHOOL

Recruitment Physical Aptitude/ Readiness Test

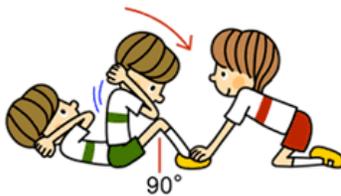
To be eligible for recruitment, all applicants must complete a competitive Physical Aptitude/Readiness Test. The test consists of **two parts**, each containing four (4) and six (6) components respectively. This helps to evaluate whether the candidates possess the physical strength and stamina required to successfully undertake the basic training which demands a high level of fitness. Success in the first segment will determine the candidate's progress to the next segment.

Physical Aptitude Test Part I

TIME ALLOTTED:

Males - Two (2) minutes maximum; Females - Two and a half (2.5) minutes maximum

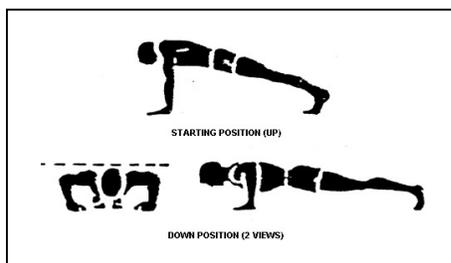
Sit-ups **Twenty (20) seconds**



Male Reps	Female Reps
20	15

Lie on your back with knees bent so that feet are flat on the floor. Your partner should hold your feet to keep it in position. Arms should be kept at your side or folded across your chest. Move your body from the floor to an upright sitting position in rhythmic fashion. This test measures muscular endurance for situations requiring the use of lifting, pulling, carrying or running at full speed.

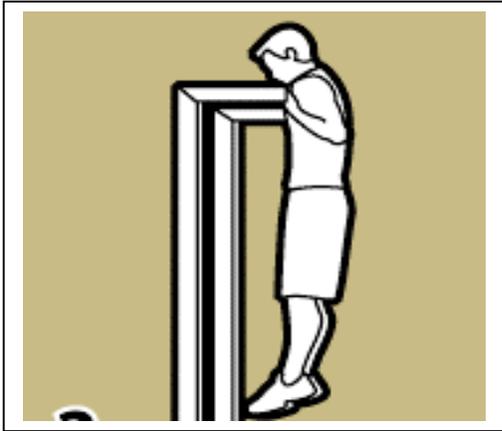
Push-ups **Fifteen (15) seconds**



Male Reps	Female Reps
15	10

From the prone position (facedown) place palm flat under the shoulder and push your body up until arms are straight. Continue this movement without locking the elbow or touching the surface, keeping your back straight throughout. Your buttocks should not bulge and your head should remain in the forward position. This test measures absolute strength for use of force in lifting/carrying persons or maneuvering heavy equipment.

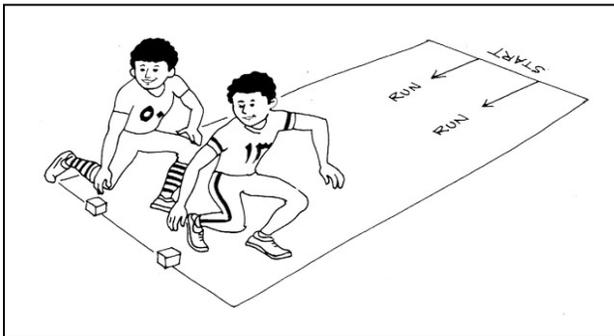
Pull-ups Eight (8) seconds



Male Reps	Female Reps
8	5

Mount onto the cross bar with both hands. Grip should be 12''- 14'' apart with palms facing the body. Cross feet to allow complete suspension of body weight with arm fully extended. Pull both arms till chin reaches the bar, then lower your body with arms fully extended. You should not kick, snap your body or bend your hip during the repetitions. This test measures upper body strength for supporting body weight on a ladder or while being suspended and for lifting/carrying persons in rescue situation.

300 yards shuttle run (274m)



Male Time	Female Time
60 Secs	70 Secs

This test is performed on a hard surface. Two (2) Straight lines are drawn 50 yards apart. You are required to run between them six (6) times within the set time, turning on the lines. The candidate can use a crouch or stand-up start, both feet being behind the start/ finishing line. On the final lap, the candidate sprints past the finish line. This test measures the candidate's cardio vascular condition for endurance and the use of force beyond two (2) minutes.

Physical Aptitude Test Part II

Each of the following procedures will be demonstrated by an instructor prior to execution by the candidates. Candidates are to carefully observe and take note in order to execute the test properly.

Hose drag and hold

Test Focus: Upper and lower body muscular strength and endurance.

Description

You are required to drag a charged 38mm hose for 10m to a designated 1m by 1m marked square. Standing in this square you are to open the branch and then direct the flow for 2 x 30 seconds holds at two (2) different targets (30 seconds at Target A, 30 seconds at Target B), slowly close the branch.

Pass Criteria

You must be able to drag the hose the required 10 metres. You must be able to open the branch, control and direct the flow at the nominated targets for the required duration, whilst remaining in the 1m by 1m square. Correct manual handling techniques and stable and safe posture must be maintained at all times.

Firefighter rescue

Test Focus: Whole body functional strength, endurance and power; aerobic and anaerobic capacity.

Description

You are required to safely lift and drag/carry a dummy (approximately 90kg) around a square course, 20m in length.

Pass Criteria

This test must be completed in a maximum of 60 seconds. You must be able to lift and drag/carry the dummy around the 20m course, remaining on the outside of the marked lines. You must not drop the dummy. Correct manual handling techniques and a safe posture must be maintained at all times.

Tunnel crawl

Test Focus: Claustrophobia, (fear of being in narrow or confined spaces); coordination; ability to operate in dark confined spaces.

Description

With a frosted face mask fitted, you are required to crawl through a tunnel, approximately 15m in length, and exit the tunnel at the end. The face mask will then be removed for 10 seconds, replaced, then you must re-enter the tunnel and crawl in the opposite direction, back to the starting position.

Pass Criteria

You must be able to complete both circuits of the tunnel in the direction stipulated. You must move at a consistent and safe pace, always in a forward direction and not remove the face mask throughout the crawl unless told to do so.

Beam Walk

Test Focus: Balance; agility; coordination

Description

Carrying standard bolt cutters, you are required to walk forwards along a balance beam for 2.5m, make a 180° turn, and then walk backwards for the remaining 2.5m (5m total beam length)

Pass Criteria

You have to successfully walk the length of the beam. You must walk both forwards and backwards as specified, with your hips square to the beam at all times. A safe and stable posture must be maintained at all times.

Hose reel drag

Test focus: Upper and lower body muscular strength, power and endurance.

Description

You are required to take a 25mm high pressure hose from the back of the Appliance (fire truck), drag the hose in a straight line towards a 20m barrier, turn 45 degrees around the barrier and drag the hose further 10m to a 1m marked surface. Following placement of the branch on the ground, you are required to stand in the square, turn around, and pull in a further 10m of hose.

Pass Criteria

This test must be completed in a maximum of 50 seconds. You must be able to drag the hose the required 30m and pull in a further 10m of hose, whilst remaining in the 1m square. Correct manual handling techniques and a safe and stable posture must be maintained at all times.

Ladder climb

Test Focus

Acrophobia (fear of heights); leg strength; coordination

Description

You are required to climb a 10.5m extension ladder at a height to be determined, dismount over the railing onto the landing, remount the ladder and return to ground level.

Pass criteria

You must climb the ladder one rung at a time, dismount at the top maintaining 3 points of contact (i.e. do not jump), remount the ladder and return to ground level safely.