

**CITY OF NORMAN FIRE DEPARTMENT
FIREFIGHTER RECRUIT
PHYSICAL AGILITY & PRACTICAL TESTS**

You will be required to demonstrate your ability to perform (8) Fire Department work-related tasks. Each task must be satisfactorily completed within a specified time. The tests you will take are described below.

Test 1: **CARDIO-RESPIRATORY FITNESS**

Applicant must complete 1 ½ mile run in allotted time and stay within parameters of test protocol.

Measures: This is a measure of an individual's maximal oxygen intake with a sub-maximal predictive test.

Test 2: **BALANCE TEST – DYNAMIC EQUILIBRIUM**

Applicant will walk the distance of a four- (4) inch balance beam carrying a 50-foot section of fire hose, turn around and walk back. **NOTE:** This test may differ slightly.

Measures: This is a measurement of special abilities. There are sensory and motor responses, how the joint and muscle senses react to control movement and maintain balance.

Test 3: **HIP FLEXIBILITY**

The applicant, starting from an erect position with feet apart, shall move a weight in the following manner: bend over, grasp the weight with both hands while it is at a point on the floor between the feet, and lift weight to waist level, then place the weight on the floor approximately 12 inches outside the left foot, and without letting go, raise the weight to waist level and touch it to the floor 12 inches outside the right foot. The weight shall then be moved alternately in this fashion from left foot to waist level to right; right to waist level to left until it has been moved a pre-determined set of times.

Measures: The degree of flexibility and range of motion in the hip joint.

Test 4: **PULL-UPS**

Applicant grasps bar overhead with palms facing away and pulls body up until the chin is just over the bar as many times as possible while returning to the starting position with arms extended. Applicant should not sway body in vertical alignment.

Measures: Shoulder and back muscle force capability is assessed.

Test 5: **SIT-UPS**

Applicant, lying on an incline board on their back with knees flexed at approximately 75 degree angle, hands clasped firmly across the chest, curls up until elbows touch knees, then returns to position where both shoulder blades touch the mat. Maximum number completed in one- (1) minute thirty (30) seconds is recorded.

Measures: This is a measurement of abdominal muscle endurance.

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Test 6: PUSH-UPS

The applicant will begin with arms fully extended, palms of hands and balls of feet on the floor. The applicant will bend arms at the elbow until the chest touches the floor, bearing no weight, then return to the starting position. Maximum number completed recorded in a specified time frame.

Test 7: WEIGHT CARRY

1. Lift weight (dummy) in any manner you choose so that it is not touching the ground while you are behind the mark, once you cross the mark you must maintain control of weight.
2. Carry weight 100 feet to marker.
3. Remove weight and place on the ground.

EQUIPMENT ASSEMBLY PRACTICAL TEST

On the day of the chief's interview, applicants will be required to complete the following practical test.

This is a test of manual dexterity. Candidates will be required to follow the diagrams provided to assemble and disassemble a hose appliance, hose and nozzle. This test is to be completed within a specified time. This portion of the examination is Pass/Fail. The Equipment Assembly Tests aim to assess your level of fitness, strength and manual dexterity as well as your level of confidence in simulated exercises. These tests are designed to reflect a firefighting operational practice.