

OAK HARBOR FIRE DEPARTMENT
PROCEDURES FOR PHYSICAL ABILITY PERFORMANCE TEST

AERIAL CLIMB. Tests your leg strength, endurance and fear of heights. You shall climb an aerial ladder fully extended to 100 feet at a 70-degree angle, touch the top rung and return to the ground. You shall be equipped and wear gloves, helmet and a safety belt. This is a PASS/FAIL event. You must successfully complete the aerial climb to proceed.

BEAM WALK. Measures balance and the ability to maintain body equilibrium while carrying a load. You shall walk along a balance beam measuring approximately 16' long x 3 5/8" wide and 11 inches from the ground carrying a 25 pound weight without stopping, falling off or stepping off the beam. This is a PASS/FAIL event.

CHIN-UPS. Measures "dynamic strength" - the ability to effectively move your body weight. You will grasp the bar with palms facing away from the body; arms will be fully extended and feet off the floor. Without a swing, pull yourself up so your chin is touching the bar and then return to a position where your arms are fully extended in a smooth and continuous motion without excessive resting. Repeat this motion as many times as possible. Lifting straps are not allowed. This is a SCORED event.

WEIGHT LIFTS. Four lifts shall be performed:

SQUATS. You stand in a squat rack with a padded bar and with a lifting belt applied around your waist. A spotter will be in position behind you. You are required to squat 90 pounds until the thigh is parallel to the floor as many times as possible without interruption or stopping. Deep squats or partial squats shall not be allowed. This is a SCORED event.

BICEPS CURLS. You stand with heels eight inches from wall and arms held straight with an EZ Curl bar loaded with 60 pounds. You are required to curl the weight as many times as possible without interruption. The arms shall return to an extended (straight) position. Excessive upper body motion (swinging) will not be allowed. This is a SCORED event.

INCLINE SHOULDER PRESS. You are seated with your back against an incline board and you are required to press the weight (60 pounds) as many times as possible in a smooth and continuous motion without interruption. This is a SCORED event.

LAT PULLS. At a Lat Pull Machine, you shall pull 70 pounds in a smooth and continuous motion to the upper portion of the chest without interruption as many times as possible. You shall remain in an upright position and shall not be allowed to lean back excessively. Hand position on the bar shall be at shoulder width or greater. No weight lifting straps are allowed. Weight lifting shall be performed with as many repetitions for each activity as the participant can perform. This is a SCORED event.

SIT AND REACH FLEXIBILITY. Measures the flexibility of the hips, low back and hamstrings. You are in a seated position with the heels and back of the knees touching the floor. You reach forward to the toes or beyond holding the position for one second. The best of three attempts will be allowed. This is a PASS/FAIL event.

ABDOMINAL CURL. Determines trunk strength and endurance. You will assume a supine position with knees bent and feet in a position 12 inches from the buttocks not held down by another individual. Arms are held straight with hands resting on the thighs. Slide the hands up the thigh until the palms reach the kneecaps. Return to the point where the shoulder blades touch the floor. Repeat as many as possible in one minute. This is a TIMED and SCORED event.

ONE-MILE WALK/RUN. Provides a measure of stamina. You should be dressed in running shoes to perform this evaluation, and shall be timed for ability to walk/run one mile. The maximum amount of time allowed is 12 minutes. This event is TIMED and SCORED.

RE: NFPA 1001 * MIS REPORT 8/88 * KING COUNTY FIRE DIST 10
CITY OF BELLEVUE PHYSICAL AGILITY PERFORMANCE STANDARDS

PHYSICAL ABILITY TEST SCORING SYSTEM

734 points required to pass (an additional one (1) bonus point given for every 20 points over 734)

AERIAL CLIMB

PASS \ FAIL

BEAM WALK

PASS: 50 POINTS

FAIL: 0 POINTS

CHIN UPS

REPS	POINTS	REPS	POINTS
10	123	5	109
9	121	4	106
8	118	3	103
7	115	2	100
6	112	1	50

FLEXIBILITY

PASS: 50 POINTS

FAIL: 0 POINTS

ABDOMINAL CURLS

REPS	POINTS	REPS	POINTS
23	83	37	97
24	84	38	98
25	85	39	99
26	86	40	100
27	87	41	101
28	88	42	102
29	89	43	103
30	90	44	104
31	91	45	105
32	92	46	106
33	93	47	107
34	94	48	108
35	95	49	109
36	96	50	110
		51	111
		52	112
		53	113
		54	114
		55	115
		56	116
		57	117
		58	118
		59	119
		60	120
		61	121
		62	122
		63	123
		64	124
		65+	125

WEIGHT LIFTING

<u>SQUATS</u> (90 LBS)		<u>BICEPS CURL</u> (60 LBS)		<u>SHOULDER PRESS</u> (60 LBS)		<u>LAT PULLS</u> (70 LBS)	
REPS	POINTS	REPS	POINTS	REPS	POINTS	REPS	POINTS
10	90	5	80	10	90	20	90
11	91	6	82	11	91	21	91
12	92	7	84	12	92	22	92
13	93	8	86	13	93	23	93
14	94	9	88	14	94	24	94
15	95	10	90	15	95	25	95
16	96	11	92	16	96	26	96
17	97	12	94	17	97	27	97
18	98	13	96	18	98	28	98
19	99	14	98	19	99	29	99
20	100	15	100	20	100	30	100
21	101	16	101	21	101	31	101
22	102	17	102	22	102	32	102
23	103	18	103	23	103	33	103
24	104	19	104	24	104	34	104
25	105	20	105	25	105	35	105
26	106	21	106	26	106	36	106
27	107	22	107	27	107	37	107
28	108	23	108	28	108	38	108
29	109	24	109	29	109	39	109
30	110	25	110	30	110	40	110
		26	111				
		27	112				
		28	113				
		29	114				
		30	115				

CARDIOVASCULAR ENDURANCE – 1-MILE WALK/RUN

TIME (MIN)	POINTS	TIME (MIN)	POINTS
06:00	124	09:01 – 09:15	95
06:01 - 06:15	122	09:16 – 09:30	90
06:16 – 06:30	120	09:31 – 09:45	85
06:31 – 06:45	118	09:46 – 10:00	80
06:46 – 07:00	116	10:01 – 10:15	75
07:01 – 07:15	114	10:16 – 10:30	70
07:16 – 07:30	112	10:31 – 10:45	65
07:31 – 07:45	110	10:46 – 11:00	60
07:46 – 08:00	108	11:01 – 11:15	55
08:01 – 08:15	106	11:16 – 11:30	50
08:16 – 08:30	104	11:31 – 11:45	45
08:31 - 08:45	102	11:46 – 12:00	40
08:46 - 09:00	100	12:01 +	0