



LAGUNA FIRE RESCUE PROGRAM

Physical Fitness Agility Test Requirements



General Purpose

The purpose of the physical fitness agility test is to provide the Pueblo of Laguna Fire Rescue Program with a firefighter that is well conditioned, realizing that performances by firefighters under varying conditions of stress and exertion requires the maintenance of high levels of physical fitness.

The applicant should refrain from smoking, chewing tobacco, or eating at least 2 hours prior to the physical agility test. Time will be allotted for stretching and warm-up exercises. During the administration of the test, applicants will be informed of their lap times.

In order to progress to the interview phase all physical agility requirements must be successfully completed.

Examination

Procedure and order for testing is as follow:

1. Warm up/ stretch for 3 minutes.
2. Perform the 1Mile Run test, active cool down for 5 minutes
3. Perform the One Minute Sit-Up test; recover for 2-3 minutes.
4. Perform the One Minute Push-Up test, recover 5 minutes
5. Don Bunker gear and perform the Modified Combat Challenge

Aerobic Power 1 Mile Run			Upper Body Strength 1 Minute maximum number of push ups			Muscular Endurance 1 Minute maximum number of sit ups		
Age	Male	Female	Age	Male	Female	Age	Male	Female
20-29	12:00	12:00	20-29	29	23	20-29	38	32
30-39	12:00	12:00	30-39	24	19	30-39	35	25
40-49	12:00	12:00	40-49	18	13	40-49	29	20
50-59	12:00	12:00	50-59	13	12	50-59	24	14
60+	12:00	12:00	60+	10	2	60+	19	6

Aerobic Power Instructions

The applicant shall stretch and warm-up prior to this test.

1. This is the 1 Mile Run Test, which provides an estimate of cardiorespiratory fitness level.
2. The test will measure the time required to run 1 mile.
3. Prior to the test, you should warm-up per your normal training regime.
4. To start the test you will gather at the start line. At the signal, begin to run as fast as possible until you reach the finish line or complete the correct number of laps, which is 4 laps.
5. During the test, pacing devices, external assistance, or devices that impair individuals from hearing instructions will be prohibited. Lap times will be provided during the test if running on a track.
6. As you cross the finish line, your time will be recorded in minutes and seconds. The finish time will be used to estimate your cardiorespiratory fitness level.
7. After finishing the test, continue to walk slowly for 5 minutes to cool-down. Do not stop moving.
8. If at any time participants run astray from the described course or utilize any external assistance or participate in procedures not listed, then the test will be terminated and results will not be recorded. If you feel any distress during or after the test, inform a test administrator and do not continue the test

Muscular Endurance Instructions:

1 Minute Sit-Up Test

This Test measures muscular endurance of the abdominals.

1. The test will count the number of correct sit-ups completed in the 1 minute duration.
2. The positioning for the Sit-Up Test is as follows:
(The administrator should say the following with a model demonstrating at the same time.)
 - To start the test you will be lying on the ground with your knees bent, feet flat on the floor and hands interlaced and held behind the head.
 - The neck should remain in a neutral position without pulling or yanking on the head with the hands.
 - A partner will hold your feet down firmly with only his or her hands.
 - The up position is obtained when the elbows touch the knees.
 - The down position is obtained when the shoulder blades touch the floor.
5. If it is necessary to rest during the test, you may only do so in the up position, while maintaining the hands behind the head.
6. Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.
7. A correct sit-up will be counted each time the up position is met while maintaining proper form. Correct sit-ups will be indicated by a counter verbally announcing the number completed or if not counted, then the counter will indicate why not counted.
8. If at any time the form described above is broken by raising the buttocks, unlocking the hands, not going all the way up, pulling on the head, or any other item outside of the form described previously, then the incorrect sit-ups will not be counted. If the continual incorrect form is deemed unsafe to your health, then the test may be terminated.

1 Minute Push-Up

This test measures muscular endurance of the upper body; It specifically targets the anterior deltoid, pectoralis major and triceps.

1. The test will count the number of correct push-ups completed in 1 minute.
2. The positioning for the full push-up test is as follows:
(The administrator should say the following with a model demonstrating at the same time.)
 - Prior to beginning the test, you will lie on the ground face down, feet together, hands slightly wider than shoulder width apart, and fingers pointed forward.
 - The body will form a straight line from the ankles, through the knees, hips, back, and shoulders to the head.
 - To start the test you will be in the up plank position where the body forms a straight line from the head to the ankles with the head in a neutral position, arms at soft extension, and feet together.
 - A test administrator or partner will place his or her fist under your chest in the middle of the sternum to verify that the down position has been obtained. If testing a female, a 3 inch high sponge will be used in place of the fist.
3. The positioning for the modified push-up test is as follows:
(The administrator should say the following with a model demonstrating at the same time.)
 - Prior to beginning the test, you will lie on the ground face down, knees together and flexed at a 90 degree angle, feet crossed and in the up position, hands slightly wider than shoulder width apart slightly in front of the shoulders, and fingers pointed forward. Knees will be supported by a mat.
 - The body will form a straight line from the knees, through hips, back, and shoulders to the head.
 - To start the test, you will be in the up plank position where the body forms a straight line from the head to the knees with the head in a neutral position, arms at soft extension, and feet together.
 - A 3 inch sponge will be used in place of the fist.
4. If it is necessary to rest during the test, you may only rest in the up position while maintaining the up plank position where the body forms a straight line from the head to the ankles with the head in a neutral position, arms at soft extension, and feet together.
5. Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.

6. A correct push-up will be counted each time the planked body is lowered from the up position to the down position where the chest touches the fist or sponge and returns to the up position with the arms at soft extension while maintaining proper form. Correct push-ups will be indicated by a counter announcing the number completed or they will indicate why not counted.

7. If at any time the form described above is broken by raising or piking the buttocks, sagging the midsection of the body, arching the back, lifting a hand or foot, not going all the way down or up, lifting the neck or any other item outside of the form as described previously, then the incorrect push-ups will not be counted. If the continual incorrect form is deemed unsafe to your health, then the test may be terminated.

Modified Combat Challenge

The following Modified Combat Challenge will be performed with applicants wearing full Bunker Gear and a SCBA pack to show firefighting skill ability to perform tasks. You will have **7 minutes** to complete the following:

1. 24 foot ladder climb
2. 5 swing using mallet against tire
3. 100 Feet Wet Hose Drag
4. Stair Climb: walking up and down a set of bleachers
5. Hand over hand hose hoist
6. 75 Feet Rescue Drag



LAGUNA FIRE RESCUE PROGRAM

Physical Fitness Agility Test Waiver



I, _____, (print name) execute this Waiver and Release in favor of Pueblo of Laguna, and its departments, officers, employees, agents, assigns and insurers (herein called "POL").

I, the undersigned, hereby request permission to take the physical agility test as a part of my application for employment or continued employment within the Pueblo of Laguna Fire Rescue Program. I am fully aware of the risks and dangers involved, and that unanticipated and unexpected dangers may arise during such activities and I agree to assume all risks of injury to my person and property that may be sustained in connection with preparing for and taking said test.

In consideration for being permitted to take this test, I, myself, my heirs, legal representatives and assigns, release and hold harmless the POL from all claims, demands and causes of action for all damage, bodily injury or liability of any kind that might accrue to me or arise out of this activity. I hereby agree not to bring suit or other legal action, either State or Federal, based upon any claims against the POL arising directly or indirectly from my participation in the test.

By signing below, I acknowledge that I have read and fully understand the terms of this Release and that I have received and read a copy of the testing protocol. My agreement to this release and attendance, participation and preparation for this test is voluntary and I am not in any way employed by or an agent of the Pueblo of Laguna Fire Rescue Program.

Print Name: _____

Witness Print Name: _____

Signature: _____

Signature: _____

Date: _____

Date: _____

IMPORTANT

**Candidate, you MUST SIGN this FORM when you report for the Physical Agility Test.
WITHOUT THIS SIGNED FORM, YOU WILL NOT BE TESTED.**