CITY OF MOLINE PHYSICAL AGILITY TESTS
MINIMUM PHYSICAL FITNESS REQUIREMENTS

The tests herein are designed to evaluate the basic physical condition of the candidate in endurance, strength, flexibility and agility. The Time Distance Run and the Ladder Climb must each be passed successfully. Because the requirements set are minimum standards, failure to pass any two of the five remaining tests would indicate the candidate is physically unfit for duty as an active member of the department, and testing will be terminated for that candidate.

Time Distance Run

Purpose: The purpose of this test is to measure the condition of the lungs, heart and vascular system -- aerobic capacity -- and is the best known index to a person's overall physical fitness.

Procedure: Candidate must run without stopping one and one-half miles within thirteen (13) minutes.

Failure to pass this portion of the test will eliminate the candidate from further consideration.

Ladder Climb

Purpose: The primary purpose of this test is to determine if the applicant has a fear of heights, and the climb, therefore, must be completed successfully. (Fire Department personnel will be on hand to assist with the apparatus and provide for the safety of the applicant.)

Procedure: Applicant with a Scott air tank on his/her back will climb an aerial ladder to a height of 65 feet. The ladder will be placed at a 75 degree angle.

Failure to pass this portion of the test will eliminate the candidate from further consideration.

Weight Carry

Purpose: To measure the overall strength of the applicant.

Procedure: The candidate, given a mannequin weighing up to 185 pounds, shall lift the weight from the floor and carry it 100 feet without stopping.

Push-Ups

Purpose: Push-Ups will demonstrate the candidate's strength to push as may be required in the use of pike poles, etc.

Procedure: Candidate lies flat on the floor, face down, with hands palm side down on the floor under the shoulders. The candidate then raises the body by extending the arms until they are perfectly straight, returning the original position and continuing without stopping to rest.

Minimum standard - 15 times

Carry and Balance

Purpose: The test is designed to measure how well the joint and muscle sensors react in order to control movement and maintain balance.

Procedure: The candidate, given a beam secured to a level floor and measuring 20 feet long by 3 to 4 inches wide, shall walk the length of the beam carrying a rolled section of fire hose without falling or stepping off the beam.

Sit-Ups

Purpose: The purpose of this test is to determine abdominal muscular and back muscular strength needed for lifting stretchers, pulling hose, lifting ladders and holding hose lines.

Procedure: Candidate lies flat on back with knee joints flexed at approximately 75 degree angle, hand firmly clasped behind neck. The examiner holds the feet down. The candidate will curl up to a sitting position, culminated when elbows touch knees in alternating sequence. The candidate returns to position when both shoulder blades touch the floor after each curl.

Minimum Standard - 35 without stopping within 1 minute

Agility Run

Purpose of this test is to show reaction and movement time as indicators of neuromuscular efficiency which are important in daily activities in firefighting.

Procedure: Two small blocks of wood are placed in circular areas one foot in diameter marked on the floor and 34 and 42 feet respectively from the starting point. At the signal "go" the candidate must go from behind the starting line and bring the blocks in one at a time and place them in a circular area marked behind the starting line. The candidate must then return the block one at a time to their original circle, and must return to a position behind the starting line. This process requires two round trips from the starting line to each of the circular areas. (The candidate must never have more than one block in the hand at any time.)

Minimum Standard - Must be completed within 27 seconds