



CANDIDATE ABILITY TEST

1.5 Mile Run – 15 Minute

Plank – 1 Minute

Two sets of 10 Push-ups

Two sets of 10 Sit-ups

**Farmer Carry 200 ft w/45 LB
Each Arm**



The Recruit Academy Entry Fitness Assessment is intended to establish a minimum baseline level of physical readiness necessary to safely participate in recruit academy training. The assessment evaluates cardiovascular endurance, muscular endurance, trunk stability, and weighted movement capacity associated with the physical demands routinely encountered during academy activities.



SCHEDULED REST

1.5 Mile Run - 15 Minute

Scheduled Rest at least 10 minutes

Plank - 1 Minute

Scheduled Rest at least 1 minute

Two sets of 10 Push-ups

Scheduled Rest at least 1 minute

Two sets of 10 Sit-ups

Scheduled Rest at least 1 minute

Farmer Carry 200 ft w/45 LB Each Arm



1.5 MILE RUN - 15 MINUTE

Purpose:

Measures cardiovascular endurance, aerobic capacity, and sustained work output. These attributes support sustained physical activity encountered during recruit academy training and firefighting operations, including prolonged exertion under load, advancing charged hose lines, climbing stairs, carrying equipment, and operating in full personal protective equipment for extended periods.

Standard:

Candidates must complete 1.5 miles (2.4 kilometers) within 15 minutes or less.

Execution Instructions:

1. Candidates will begin at the designated start line upon the evaluator's signal.
2. The course will be a measured track or marked route totaling 1.5 miles.
3. Running or jogging is permitted; walking is discouraged but allowed.
4. Time stops once the candidate crosses the finish line.

Performance Criteria:

- Completion of the full 1.5-mile distance.
- Finish time of 15:00 or less.
- Continuous forward movement.
- Compliance with course boundaries and instructions.

Failure Conditions:

- Exceeding the 15-minute time limit.
- Leaving the designated course.
- Receiving pacing assistance or outside aid.
- Unsafe behavior or inability to complete the distance.



PLANK - 1 MINUTE

Purpose:

Measures core stability, isometric muscular endurance, and the ability to maintain spinal alignment under sustained tension. These attributes are necessary for supporting posture, stability, and body control during lifting, carrying, climbing, crawling, and operating in full personal protective equipment.

Standard:

Candidates must maintain a proper forearm plank position continuously for 1 minute (60 seconds).

Execution Instructions:

1. Position forearms on the ground with elbows directly under the shoulders.
2. Extend legs straight behind with toes on the ground.
3. Raise the body to form a straight line from shoulders to hips to heels.
4. Engage the core, glutes, and legs while maintaining a neutral spine.
5. Hold the position continuously until the 60-second time limit is reached.

Performance Criteria:

- Straight body alignment maintained throughout (no sagging or piking hips).
- Forearms and toes remain in contact with the ground.
- Core engaged with controlled breathing.
- Continuous hold for the full 60 seconds without breaks.

Failure Conditions:

- Hips sagging or excessively raised.
- Knees, chest, or hips contacting the ground.
- Shifting out of position or stopping to rest.
- Inability to maintain proper form for the full 60 seconds.



TWO SETS OF 10 PUSH-UPS

Purpose:

Measures upper-body strength, muscular endurance, and trunk stabilization. This movement evaluates a candidate's ability to maintain body control and generate repeated pushing force, which supports repetitive physical activity encountered during academy evolutions, equipment handling and other physically demanding training activities.

Standard:

This event is pass/fail. Candidates must complete two (2) sets of ten (10) properly performed push-ups, with a rest period between sets, as directed by the proctor.

Execution Instructions:

1. Begin in a high plank position with:
 - Hands placed firmly on the ground at shoulder-width.
 - Feet together.
 - Body in a straight line from head to toe.
2. On the proctor's command, begin repetitions.
3. Lower the body in a controlled manner until:
 - Elbows reach at least a 90-degree bend.
 - Upper arms are parallel to the ground.
4. Push back up to the starting high plank position with full arm extension.
5. The proctor will count each correct repetition aloud.
6. Continue until ten (10) correct repetitions are completed.
7. After the first set, follow the proctor's direction for the rest period, then repeat for the second set.

Performance Criteria:

- Body remains in a straight line throughout each repetition.
- Elbows reach proper depth (minimum 90 degrees).
- Full extension at the top of each repetition.
- Controlled, continuous movement without excessive pause.
- Completion of 10 correct repetitions per set (20 total).
- Compliance with proctor instructions and cadence.

Failure Conditions:

- Failure to complete both sets of 10 correct repetitions.
- Breaking body alignment (hips rising, sagging, or slouching).
- Incomplete range of motion (not reaching required depth or lockout).
- Dropping to knees at any time during either set or stopping movement.
- Excessive or prolonged rest outside of the authorized rest period.
- Unsafe or uncontrolled technique.



TWO SETS OF 10 SIT-UPS

Purpose:

Measures trunk muscular strength/endurance and the ability to repeatedly flex and stabilize the torso during physical activity. Trunk endurance and stability support lifting, carrying, climbing, advancing hose lines, and maintaining body control during physically demanding academy activities.

Standard:

This event is pass/fail. Candidates must complete two (2) sets of ten (10) properly performed sit-ups, with a rest period between sets, as directed by the proctor.

Execution Instructions:

1. Lie on your back with knees bent and feet flat on the ground secured or anchored.
2. Arms will be crossed over the chest.
3. On the evaluator's signal, raise the torso until elbows contact the knees or thighs.
4. Lower the torso until shoulder blades contact the ground.
5. The proctor will count each correct repetition aloud.
6. Continue until ten (10) correct repetitions are completed.
7. After the first set, follow the proctor's direction for the rest period, then repeat for the second set.

Performance Criteria:

- Elbows contact knees/thighs at the top of each repetition.
- Shoulder blades touch the ground at the bottom.
- Arms remain properly positioned throughout.
- Repetitions are controlled and continuous (no bouncing or jerking).
- Completion of 10 correct repetitions per set (20 total).
- Compliance with proctor instructions and cadence.

Failure Conditions:

- Failure to complete both sets of 10 correct repetitions.
- Incomplete range of motion.
- Use of momentum or improper technique.
- Hands leaving the required position.
- Stopping due to fatigue before completion.



FARMER CARRY 200 FT - 45 LB EACH ARM

Purpose:

Measures grip strength/endurance, upper-body muscular endurance, trunk stability, and the ability to transport weighted equipment over distance. This movement is intended to simulate the transport of weighted equipment commonly encountered during recruit academy training and firefighting operations. Examples include: carrying hose bundles, forcible-entry tools, medical bags, and other operational equipment.

Standard:

Candidates will carry 45 pounds in each hand (90 pounds total) for a continuous distance of 200 feet without stopping.

Execution Instructions:

1. Lift the assigned weights using proper body mechanics and stand upright with the load held at each side.
2. Maintain a neutral spine, shoulders set back and down, chest up, and eyes forward.
3. Engage the core and walk the full 200-foot course using controlled, steady steps.
4. After crossing the finish line, lower the weights safely and under control.

Performance Criteria:

- Continuous forward movement.
- Full completion of the 200-foot distance.
- Weights remain off the ground for the entire carry.
- Safe posture and control maintained throughout.

Failure Conditions:

- Dropping or setting down either weight before completion.
- Stopping to rest during the carry.
- Excessive loss of control or unsafe technique.
- Failure to complete the full distance.

