



Candidates may take the required qualifying physical fitness test after receiving medical clearance to participate in the test. All tasks are scored on a pass / fail basis and a candidate must safely pass all tasks designated. If a candidate fails any element, the test will be immediately terminated. Retesting will be in accordance with EHS procedures.

Note: All elements of Test 1 must be completed without a break between activities.

TEST 1a – Three Minute Step Test

For 3 minutes the candidate will lift one foot at a time while stepping on and off a 12-inch bench. The candidate must keep pace with a metronome set at 96 beats per minutes.

Fail: Candidate stops stepping prior to 3 minutes
Candidate fails to keep up with the metronome

TEST 1b – Stair Climb Test

The candidate must go up and down a flight of stairs five (5) times in one (1) minute.

Fail: Unable to go up and down the flight of stairs.
Unable to complete the task within one minute.

TEST 1c – Obstacle Vault

The candidate must be able to get over a 3 feet high obstacle in a safe manner (hurdling or diving not permitted).

Fail: Unable to get over the obstacle within 5 seconds.

TEST 1d – Door Unlock and Lock

The candidate must properly unlock, pass through, then relock a standard use security door.

Fail: Unable to perform this maneuver within 45 seconds.

TEST 1e – Body Transport Test

The candidate must pull a blanket with a 160 lb. dummy for thirty (30) feet.

Fail: Unable to pull the dummy the designated distance.

TEST 2 – Assume Restraining Positions

The candidate must perform two (2) cycles of the following maneuvers: Start in the standing position, kneel on both knees, and return to standing position.

Fail: Unable to assume the kneeling position or stand up
Unable to complete 2 complete cycles.

TEST 3 – Suspended Figure Raise

The candidate must lift a 120-pound hanging dummy (using a bear hug) high enough to relieve the tension on the rope (thereby taking pressure off the neck) and hold for 5 seconds.

Fail: Unable to relieve the tension on the rope.
Unable to hold for 5 seconds.

TEST 4 – Lift and Carry

(except Youth Division Aide IV candidates)

The candidate must lift an 80-pound back pack, place the pack on his/her back and attach as if to wear on a hike. Carry the back pack 30 feet, remove, and safely place the back pack on the floor.

Fail: Unable to lift the designated weight
Unable to carry the designated weight the full distance.
Unable to safely place the weight on the floor.

TEST 5 – CPR Simulation Test

The candidate must be able to assume the CPR position on the floor (kneel on both knees with hand on chest) and perform CPR movements for 3 minutes.

Fail: Unable to assume CPR position.
Unable to safely perform movements required for CPR
Unable to maintain position and activity for 3 minutes.