

**Mendocino College Firefighter 1 Academy**  
**PT Assessment**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

<u>EVENTS</u>	<u>TIME/REPS</u>
1. 1.5-mile run / 3 mi. walk	_____
2. Push-Ups (60 sec.)	_____
3. Pull-Ups/Flexed Arm Hang	_____
4. Front Plank (on elbows)	_____
5. Body Weight Squat	_____
6. Left Side Plank	_____
7. Right Side Plank	_____

Additional topics TBD by Instructors

**Administration Instructions**

**Run / Walk: 1.5-mile run / 3-mile walk**

Looking for sub-12 min. 1 1/2 run and sub-45 min. walk.

Ensure a minimum of a 5-minute warm-up and light stretching prior to the running event.

5 min. warm-down, light stretching afterwards.

### **Push-ups:**

Done with legs together, body as flat as possible, down position elbows at a min. of 90 degrees, with full extension at the top.

Rest while in proper form is OK, no piking (ie. butt in the air).

### **Pull-ups:**

Static hang for each repetition. No kipping. As close as you can get their chins to the bar (bar must be at least even with their eyes), all the way down to full extension.

(If none can be done, timed 90-degree flexed hang)

### **Front Plank:**

Forearms on ground, toes pointed toward ground, spinal alignment.

Maintain position for max. time with body off the ground in good form.

Looking for 2 min.

### **Body Weight Squats:**

Arms at 90 degrees to legs, legs 90-degree angle in bottom position, full extension at the top.

### **Left-Side Plank and Right-Side Plank**

Selected forearm and elbow on ground, raise hips off ground so body is in a straight line. Hold for max time.

Looking for 90 sec. each side.

## **Mendocino College Firefighter 1 Academy Physical Agility Test**

**Topic: Physical Agility Test**

**Time frame: 0:12**

**Level of Instruction: 1**

**Authority: Mendocino College**

**Terminal Learning Objective:**

- **Condition:** Student, Work-out PPE (head protection, shirt, shorts or sweatpants, running shoes, gloves, and 45lb weight vest), 100 ft bundle of 1 ¾ hose, SCBA
- **Task:** The student will complete each section of the physical agility course.
- **Standard:** Complete the course with 80% passing score. 80% passing score is 12 minutes or less. 90% score is sub-10 minutes. 100% score is sub-8 minutes.

**Enabling Learning Objectives:**

**The student will demonstrate the proficiency of donning their full PPE.**

**Materials Needed:**

- Work out PPE
- 100 ft of 1 ¾ hose apartment bundle
- 1 Chainsaw (tool carry)
- 1 Circular Saw (tool carry)
- Kaiser Sled and Sledgehammer
- 150 ft preconnected hose with nozzle (charged hose drag)
- 100 ft uncharged hose with nozzle (uncharged hose drag)
- 200 ft of 2 ½ hose with nozzle (hose coupling station)
- 1 rescue dummy weighing approximately 165 lbs. (simulated firefighter drag)
- Weight machine for the push and pull station (ceiling breach & sheetrock pull)
- 75 ft of 13 mm rope (simulated tool hoist)
- 50 ft of 2 ½ hose (simulated tool hoist)

**Starting Point:**

**1<sup>st</sup> Step:**

Dressed in Work-out PPE as listed above, including 45 lb weight vest, you will pick up a 100 ft bundle of 1 ¾ hose rolled in a hotel pack load, carry it over your shoulder and walk up the tower to the top (6<sup>th</sup> floor).

#### 2<sup>nd</sup> Step:

Keiser Sled- With the bundle still on your shoulder, turn around and walk down to the 5<sup>th</sup> Floor of the tower and place the bundle on the ground. You will then walk inside the Conex box where there is a Keiser Sled. You will stand on top of the sled and use the sledgehammer to hit the sled between your legs from one end to the other.

#### 3<sup>rd</sup> Step:

Once you have completed the Keiser Sled station you will walk out of the Conex box and pick up the bundle and continue down the tower to the 3<sup>rd</sup> story.

#### 4<sup>th</sup> Step:

Hose Hoist- You will then place the bundle on the ground once more and walk into the Conex box where there is a window with a rope tied to a rolled hose. You will lean your upper body out of the window and hand over hand lift the hose roll until it is sitting on the window ledge. Once on the ledge you will lower the hose roll hand over hand until the roll is back on the ground (make sure to not let the rope slip through your hands). You then will go outside of the Conex box and carry the hose bundle to bottom of the tower.

#### 5 Step:

Uncharged Hose Drag- Once you are outside of the tower you will place the hose bundle onto the ground and continue to the next station which is the dry hose pull. You will walk with a purpose to the dry hose. With the hose over your shoulder, you will fast walk to the instructed location and get on one knee where you will pull the hose hand over hand until the desired coupling is across a predetermined line.

#### Step 6:

Charged Hose Drag- You will walk with a purpose to grab the nozzle that is connected to 150 ft of charged 1 ¾ hose. You will drag the hose until instructed to stop. Keep your body weight forward and dig into the ground with your toes, do not let the hose pull you backwards. Once the hose is completely dragged you will place the nozzle on the ground (without dropping it!) and move on to the next station which is the tool carry.

#### Step 7:

Tool Carry- You will find a chainsaw and a circular saw on a table. You will need to one-by-one lift each tool and place it on the ground. You will lift the chainsaw and place it on the ground and then lift the circular saw and place it on the ground. You will then squat down and lift both tools and carry them to a predetermined point and then walk back to the starting point. You will place the tools on the ground and lift one by one back onto the table.

#### Step 8:

Ladder Raise- After the Tool Carry is completed you will walk over to a 24 ft ladder that is laying on the ground. Your job will be to go to the tip of the ladder and lift the ladder up. You will need to walk rung over rung till the ladder is vertical. Once the ladder is vertical, you will need to extend the fly with the halyard until the ladder is fully extended. Make sure the dogs are locked! Once the dogs are locked you will need to unlock the dogs and retract the fly. You will then need to walk backwards rung over rung until the ladder is back flat on the ground. Move on to the next station.

#### Step 9:

Body Drag- After the Ladder Raise you will go towards a dummy lying on the ground. Your job will be to drag the dummy a total of 35 ft. Once at the desired point, you will rotate 180 degrees and drag the dummy back to the starting point. Once the dummy is back at the starting point you have completed this station.

#### Step 10:

Ceiling Breach and Pull- The next station is the Ceiling Breach and Pull. You will walk with a purpose to the station where there is a Breach bar and Pull bar. You will perform 3 sets of 5 reps for each exercise. You will specifically do 5 reps of Breach bar then 5 reps of Pull bar and that will equal 1 set. After 3 sets you have completed this station. Move on to the Hose Coupling.

#### Step 11:

Hose Coupling- There will be 3 lengths of hose that need to be coupled together, starting with a nozzle. You will connect the male end to the

female end of each hose. Once you have coupled all the hose together you will be done with the physical agility test and your time will stop.

## **Mendocino College Firefighter 1 Pack Test**

The pack test is a job-related test of the capacity for arduous work. It consists of a 3-mile hike with a 45-pound pack over level terrain. A time of 45 minutes. This test was established as the standard for wildland firefighters.

Topic: Pack Test

Time Frame: 0:45

Level of instruction: 1

Authority: Mendocino College

### **Terminal Learning Objective:**

- Condition: Student, pt gear, running shoes, 45 lb. weight vest.
- Task: The student will complete a 3-mile pack test wearing a 45 lb. weight vest. The student will not be allowed to run during the test.

The student will warm up for 5 minutes prior to the beginning of the test.

The student will complete a cool down lap after completing the 3-mile test. The student will complete light stretching after.

- Standard: Complete the test with 80%. 80% is 45 minutes or less. 90% 40 minutes or less. 100% sub 35 minutes or less.

Enabling Learning Objectives:

- The student will complete the 3 miles pack test with an 80% passing score within the 45-minute time frame.
- The student will demonstrate proper stretching techniques prior to starting the test.

**Materials Needed:**

- Pt gear (shirt, shorts and or sweatpants)
- Running Shoes
- 45 lb. weight vest