



# Chambersburg Fire Department

130 North Second Street • Chambersburg, PA 17201-1640  
Telephone: (717) 261-3230  
Fax: (717) 261-3296



Dear Fire Applicant,

On behalf of the Chambersburg Fire Department, I would like to welcome you to the Fire Candidate testing process and thank you for your interest in the department. The Chambersburg Fire Department makes every attempt to be as transparent as possible during the testing process in order to allow each candidate an opportunity to best prepare themselves for testing. The testing process consists of 3 phases – Written Exam, Physical Agility, and Conditional Offer/Secondary Physical Testing.

**WRITTEN EXAM**  
**JUNE 11, 2025**  
**6:00 PM**  
**LOCATION –**  
**235 SOUTH 3<sup>RD</sup> STREET,**  
**CHAMBERSBURG, PA 17201**  
**(NO ONE WILL BE ACCEPTED PAST 6:00 PM)**

- Phase I – Application and written test. In accordance with Civil Service Rules and Regulations, in order for a candidate to proceed to phase II, the candidate must achieve a score of at least 70% on the Civil Service Written Examination. A candidate who successfully achieves a passing score will then be invited to take part in Phase II of the testing process – Physical Agility Testing.



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- Phase II – Physical Agility Testing. Testing will be conducted on June 28, 2025 at the McKinley Street Fire Station, 261 East McKinley Street, Chambersburg, PA 17201.

Testing consists of hose stacking, ladder climb, hose relay, obstacle course and a charged hose repositioning station. All stations must be passed in order to be placed on the eligibility list. A detailed description of each station is attached to this letter. Please bring a fire helmet and gloves if possible. If you do not have helmet and gloves, these items will be made available to you.

All candidates who successfully pass both the **written and physical agility testing** will be placed on an eligibility list. All candidates shall be listed by their respective scores from highest to lowest. Upon the need to fill a vacancy within the department, this list shall be used to select qualified applicants to take part in further interview and testing.

- Phase III – Conditional Offer and Secondary Agility Testing. Upon the need to fill a vacancy, a candidate will be selected from the Civil Service list compiled from initial testing. Such candidate will take part in an oral interview and if selected may be given a conditional offer of employment which will require further psychological and physical testing. Further testing consists of push-ups, sit-ups, vertical jump, bench press, 300 meter sprint, and a 1.5 mile run or 2500 meter row. In order to allow candidates to further physically prepare for the secondary agility test, a written description of all requirements is attached to this letter.

**THE SECONDARY AGILITY TESTING IN PHASE III IS ONLY  
CONDUCTED IF A CANDIDATE RECEIVES A CONDITIONAL OFFER OF  
EMPLOYMENT.**



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Lastly, if a candidate is successful and receives an offer of employment, such candidate must successfully complete the Harrisburg Area Community College Fire Academy (HACC). The academy consists of 9+ weeks at the fire academy as well as a 7-week EMS academy (EMS academy is not required if the new hire has a current and valid PA EMT-B license). The fire academy consists of rigorous daily physical activities as well as academic skills. A candidate must be successful in both areas in order to successfully complete the academy. Successful completion of the fire academy is necessary to retain employment and continue on as a Probationary Firefighter.

Respectfully,

Dustin L. Ulrich, MPA, CFO  
Fire Chief/EMS Director



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## CIVIL SERVICE TEST ENTRY LEVEL PHYSICAL FITNESS TEST COMPLETION OF THIS TEST WILL PLACE YOU ON AN ELIGIBILITY LIST

(FIRE APPLICANT MUST PASS THE ENTRY LEVEL WRITTEN TEST WITH  
A 70% OR BETTER TO MOVE ON TO THIS PHASE OF THE PROCESS)

### FIRE CANDIDATE PHYSICAL AGILITY TEST

These are minimum standards for all applicants. This is a pass/fail test.  
Failure of any of the tests will result in the applicant being disqualified.

1. Hose stacking to top rack by picking up and stacking eight (8) hose bundles and then returning them to their original location within three minutes.
2. Ladder climbing by ascending and descending a 65 foot ladder.
3. Hose relay requiring a hose bundle to be carried fifty (50) yards and a 2-1/2 inch hose to be extended fifty (50) yards, and then both to be returned to their original positions within three minutes.
4. Obstacle course requires carrying a hose bundle and climbing, crawling and running to complete the course in one minute, thirty seconds.
5. Charged hose reposition requires the moving of a charged hose over a series of barrels in two minutes.



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CONDITIONAL OFFER PHYSICAL AGILITY TEST  
(ONLY NEED TO TAKE IF YOU HAVE BEEN GIVEN AN  
INTERVIEW AND OFFERED A CONDITIONAL OFFER OF  
EMPLOYMENT)

CANDIDATE MUST COMPLETE (FAIR OR BETTER) IN 5  
OF THE 6 CATEGORIES

1. Aerobic capacity -1.5 mile run or 2,500 meter row\*
2. Anaerobic Power (Sprinting Ability) -300 meter run
3. Anaerobic Power (Explosive Leg Strength) -Vertical Jump
4. Muscular Strength (Upper Body) -1 RM Bench Press
5. Muscular Endurance (Upper Body) -Maximum Push-ups
6. Muscular Endurance (Core Body) -1 Minute Sit-ups



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## 1.5 MILE RUN TEST

### Male

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	< 10:00	< 10:30	< 11:00	< 11:15
Excellent	10:00-11:00	10:30-11:30	11:00-12:30	11:15-13:59
Good	11:01-12:30	11:31-13:00	12:31-14:30	14:00-16:15
Fair	12:31-14:45	13:01-15:35	14:31-17:00	16:16-19:00
Poor	14:46-16:30	15:36-17:30	17:01-19:00	19:01-20:00
Very Poor	>16:31	>17:31	>19:01	>20:01

### Female

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	<13:00	<13:45	<14:30	<16:30
Excellent	13:00-14:30	13:45-15:55	14:30-16:30	16:30-17:30
Good	14:31-16:30	15:56-17:30	16:31-19:00	17:31-19:30
Fair	16:31-19:00	17:31-19:30	19:01-20:00	19:31-20:30
Poor	19:01-19:30	19:31-20:00	20:01-20:30	20:31-21:30
Very Poor	>19:31	>20:01	>20:31	>21:31



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## CONCEPT II 2500 METER ROW TEST

### Male

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	< 9:15	< 9:35	< 10:00	< 10:45
Excellent	9:15- 9:49	9:35-10:19	10:00-10:44	10:45-11:30
Good	9:50-10:30	10:20-11:00	10:45-11:25	11:31-12:00
Fair	10:31-11:20	11:01-11:50	11:26-12:15	12:01-12:45
Poor	11:21-12:20	11:51-12:50	12:16-13:15	12:46-13:45
Very Poor	12:21+	12:51+	13:16+	13:46+

### Female

Age	39 and under	40-49	50-59	60 and above
Superior	<10:55	<11:30	<11:45	<12:30
Excellent	10:55-11:19	11:30-11:49	11:46-12:24	12:30-13:09
Good	11:20-12:00	11:50-12:30	12:25-13:05	13:10-13:50
Fair	12:01-12:50	12:31-13:20	13:06-13:55	13:51-14:40
Poor	12:51-13:50	13:21-14:20	13:56-14:55	14:41-15:40
Very Poor	13: 51+	14:21+	14:56+	15:41+





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## 300 METER RUN TEST (SECS)

<u>Gender</u>	<u>Male</u>					<u>Female</u>				
<u>Age</u>	20-29	30-39	40-49	50-59	60 & above	20-29	30-39	40-49	50-59	
<u>Superior</u>	<48.0	<49.0	<55.0	<61.0	<65.0	<56.0	<60.0	<66.0	<77.0	
<u>Excellent</u>	48.0 to <51.0	49.0 to <52.0	55.0 to <60.0	61.0 to <68.0	65.0 to <76.0	56.0 to <59.7	60.0 to <66.5	66.0 to <72.0	77.0 to <83.0	
<u>Good</u>	51.0 to <55.0	52.0 to <56.0	60.0 to <66.0	68.0 to <77.4	76.0 to <85.0	59.7 to <62.7	66.5 to <72.0	72.0 to <80.5	83.0 to <91.0	
<u>Fair</u>	55.0 to <60.0	56.0 to <61.0	66.0 to <74.8	77.4 to <85.0	85.0 to <95.0	62.7 to <74.5	72.0 to <80.5	80.5 to <101.8	91.0 to <103.0	
<u>Poor</u>	60.0 to <69.0	61.0 to <70.0	74.8 to <86.0	85.0 to <99.0	95.0 to <108.0	74.5 to <88.0	80.5 to <93.5	101.8 to <116.0	103.0 to <123.0	
<u>Very Poor</u>	69.0 or >	70.0 or >	86.0 or >	99.0 or >	108 or >	88.0 or >	93.5 or >	116.0 or >	123.0 or >	





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## VERTICAL JUMP TEST (INCHES)

<u>Gender</u>	Male				Female			
<u>Age</u>	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
<u>Superior</u>	>25.0	>24.0	>20.3	>19.5	>18.1	>16.0	>13.3	>10.1
<u>Excellent</u>	25.0 to >23.0	24.0 to >21.0	20.3 to >18.0	19.5 to >16.5	18.1 to >17.0	16.0 to >15.0	13.3 to >12.7	10.1 to >9.5
<u>Good</u>	23.0 to >21.0	21.0 to >20.0	18.0 to >16.5	16.5 to >14.5	17.0 to >15.5	15.0 to >13.0	12.7 to >11.1	9.5 to >7.9
<u>Fair</u>	21.0 to >19.0	20.0 to >18.5	16.5 to >15.0	14.5 to >13.5	15.5 to >13.9	13.0 to >12.0	11.1 to >9.0	7.9 to >5.8
<u>Poor</u>	19.0 to >17.0	18.5 to >16.0	15.0 to >13.0	13.5 to >11.0	13.9 to >12.0	12.0 to >10.2	9.0 to >7.1	5.8 to >3.9
<u>Very Poor</u>	17.0 or <	16.0 or <	13.0 or <	11.0 or <	12.0 or <	10.9 or <	7.1 or <	3.9 or <



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## MUSCULAR TESTS

	<u>1 RM Bench Press (ratio)*</u>	<u>Sit Ups (number)**</u>	<u>Standard Push Ups (number)***</u>
<u>Superior</u>	>.97	>42	>38.0
<u>Excellent</u>	.97 to >.84	42 to >35	38.0 to >29.0
<u>Good</u>	.84 to >.74	35 to >31	29.0 to >22.0
<u>Fair</u>	.74 to >.66	31 to >25	22.0 to >16.0
<u>Poor</u>	.66 to >.58	25 to >20	16.0 to >11.0
<u>Very Poor</u>	.58 or <	20 or <	11.0 or <

\*ratio-weight lifted to body weight

\*\* number within one minute

\*\*\* women are permitted to perform "modified" push-ups