

Testing Battery

Survival Swim:

- Purpose: The purpose of this test is to evaluate a candidate's ability to survive in the water by swimming and bobbing or treading water.
- Rationale: Milford is a city with an extensive coastline. With many community activities and costal related storm emergencies, firefighters are required to perform water rescues and emergency tasks in proximity to water. Firefighters must be able to survive in the water when put in those situations.
- Scoring: The survival swim will consist of two (2) parts. Both parts will take place in an indoor pool under controlled conditions with lifeguards and a safety crew present. The Survival Swim test is a pass/fail event. Candidates that pass the Survival Swim test will earn 10 pts and shall proceed to the Firefighter Fitness portion of the test.
1. Part one is an untimed surface swim for 100 yards (4 lengths of the pool). The candidate must continuously swim 100 yard using any combinations of these four strokes: Crawl Stroke, Breast Stroke, Back Stroke (the arms must come out of the water) or the Side Stroke. The Dog Paddle or any other Survival Stroke ***cannot*** be used. Swimming must be continuous, except to change strokes. The bottom or sides of the pool must not be touched except to turn at each end of the pool.
 2. Part two shall take place immediately upon completion of part one. Rest is not allowed. Upon completion of the 100 yard swim the candidate will tread water, or bob for 5 minutes. While treading water or bobbing, the candidate cannot grab hold of the sides of the pool for any reason. Such action will result in immediate failure of this test.

Once again, the survival swim test is a pass/fail event. Candidates that pass the survival swim test shall proceed to the Firefighter Fitness portion of the exam.

Candidates who appear to be in danger, based on the assessment of the safety crew, or require assistance to remain buoyant will be removed from the test and will not pass.

Pull Ups:

Purpose: The purpose of this test is to evaluate a candidate's upper body pulling ability and strength.

Rationale: Upper body pulling ability and strength are needed to perform specific firefighter duties.

Scoring: Points are awarded according to the number of repetitions and are gender specific.

Point Values:

Male

Reps	Points
13	10
12	9
11	8
10	7
9	6
8	5
7	4
6	3
5	2
4	1
Less than 4	0

Female

Reps	Points
6	10
5	8
4	6
3	4
2	2
1	1
Less than 1	0

Push Ups:

Purpose: The purpose of this test is to evaluate a candidate's chest and arm muscular endurance.

Rationale: Chest and arm muscular endurance are needed to perform firefighter duties.

Scoring: Points are awarded according to the number of repetitions and are gender specific. Female push-ups are the standard modified female push-ups.

Point Values:

Male

Reps	Points
75	10
68	9
60	8
53	7
46	6
39	5
32	4
25	3
17	2
9	1
Less than 9	0

Female

Reps	Points
50	10
46	9
41	8
36	7
31	6
26	5
21	4
16	3
11	2
6	1
Less than 6	0

Sit Up Test:

Purpose: The purpose of this test is to evaluate a candidate's abdominal musculature endurance.

Rationale: Weak abdominal muscular endurance contributes to lower back problems and can be related to other musculoskeletal injuries.

Scoring: Points are awarded according to the number of repetitions and are gender specific.

Point Values:

Male

Reps	Points
45	10
41	9
37	8
33	7
29	6
25	5
20	4
15	3
10	2
5	1
Less than 5	0

Female

Reps	Points
40	10
36	9
32	8
28	7
24	6
20	5
16	4
12	3
8	2
4	1
Less than 1	0

Long Jump:

Purpose: The purpose of this test is to evaluate a candidate's leg power by determining the distance the candidate can jump across the floor.

Rationale: Leg strength and power are required to perform firefighter duties.

Scoring: Points are awarded according to the distance a candidate can jump across the floor and are gender specific.

Point Values:

Male

Dist. Ft.-In	Points
8'0"	10
7'8"	9
7'6"	8
7'2"	7
7'0"	6
6'8"	5
6'6"	4
6'2"	3
6'0"	2
5'8"	1
Less than 5'8"	0

Female

Dist. Ft.-In	Points
6'2"	10
6'0"	9
5'10"	8
5'6"	7
5'4"	6
5'0"	5
4'10"	4
4'8"	3
4'4"	2
4'2"	1
Less than 4'2"	0

Stretch and Reach:

Purpose: The purpose of this test is to evaluate a candidate's low back and hamstring flexibility by determining the distance the candidate can extend the fingers beyond the feet.

Rationale: Lack of flexibility in the lower back and hamstrings can contribute to low back Injuries.

Scoring: Points are awarded according to the distance a candidate can reach on the testing apparatus and are gender specific.

Point Values:

Male

Dist. Inches	Points
23.00	10
21.75	9
20.50	8
19.50	7
18.50	6
17.50	5
16.50	4
15.50	3
14.50	2
12.25	1
Less than 12.25	0

Female

Dist. Inches	Points
24.00	10
23.75	9
22.50	8
21.50	7
20.50	6
20.00	5
19.25	4
18.25	3
17.00	2
15.50	1
Less than 15.50	0

Dumbbell Press:

Purpose: The purpose of the test is to evaluate a candidate's shoulder and arm muscular endurance by pressing a 25# dumbbell over the candidate's head as many times as possible.

Rationale: Arm and shoulder muscular endurance are needed to perform firefighting tasks that require over the head movements.

Scoring: Points are awarded according to the number of times the candidate can press a 25 # dumbbell over the head and are gender specific.

Point Values:

Male

Reps	Points
50	10
45	9
40	8
35	7
30	6
25	5
20	4
15	3
10	2
5	1
Less than 5	0

Female

Reps	Points
30	10
27	9
24	8
21	7
18	6
15	5
12	4
9	3
6	2
3	1
Less than 3	0

12 Min Run:

Purpose: The purpose of this test is to evaluate a candidate's aerobic endurance by determining the distance the candidate can run in 12 minutes.

Rationale: A well-conditioned cardiovascular system lowers the chance of developing cardiovascular disease.

Scoring: Points are awarded according to the distance run in 12 minutes and are gender specific.

Point Values:

(The 12 Minute Run is done in the gymnasium. 1 lap = 330 ft 4 laps = ¼ mile)

Male

Dist.	Miles	Laps	Points
1.75		28	10
1.69		27	9
1.63		26	8
1.56		25	7
1.50		24	6
1.44		23	5
1.38		22	4
1.31		21	3
1.25		20	2
1.19		19	1
Less than 1.19		19	0

Female

Dist.	Miles	Laps	Points
1.50		24	10
1.44		23	9
1.38		22	8
1.31		21	7
1.25		20	6
1.19		19	5
1.13		18	4
1.06		17	3
1.00		16	2
0.94		15	1
Less than 0.94		15	0

Overall Scoring:

For all candidates that have completed the Survival Swim test, a total score will be calculated by adding the scores earned on each of the Fitness tests. The composite score will be used to rank the candidates based on their physical fitness performance. Their physical fitness test ranking will then be considered along with other firefighter candidate tests performed by the City of Milford to determine the final ranking.