

Practical
Assessment
simulation tests

FIT 4 FIRE PT

Information

Here is a simulation exercise of each physical test in a mock format. The equipment used is to simulate as close as possible the Firefighter physical tests without having the specific firefighting equipment.

If you can pass these tests this isn't a guarantee that you will pass on the day, but rather to give you a gauge of the style of tests that will be asked of you.

For some of these simulations, you will require the use of gym equipment.

Equipment carry mock test

For this test you will require 2 dumbbell's or kettlebells, which are approximately 15kg each.

Measure out a 25 metre course and place an object at either end to identify the length so you know how far you will need to travel. When talking about a length in the simulation, 1 x length = 25 metres. This is the distance of the equipment carry course that you will traverse back and forth with different pieces of equipment, weights and runs. Apart from the first hose reel, you are not permitted to run whilst carrying any of the equipment, you can only run when holding no equipment.

The time limit to complete this test is 5 minutes and 47 seconds.

Sled drag alternatives

- Lunge walk with Dumbbell
- Towel with weight plates resting on them
- uphill sprint

Equipment carry mock test

Exercise

1. Sled drag 1 x length (25 metres) sled to weigh approx. 10kg
(See info above if you don't have access to a sled for alternatives)

2. Run back 1 x length (25 metres)

3. Pick up a 15kg dumbbell in each hand and walk 4 x lengths (100 metres). Place weights down.

4. Pick up 1 x 15kg dumbbell and walk 1 x length (25 metres) with weight held at chest height. Place weight down at the 25 metre mark.

5. Run 3 x lengths (75 metres)

6. Pick up 1 x 15kg dumbbell in one hand, held at your side and 2nd dumbbell which is 12kg on your shoulder and walk 4 x lengths (100 metres)

7. Place weights down and then jog 4 x lengths (100 metres)

8. Pick up a 15kg dumbbell in each hand and walk 4 x lengths (100 metres). Place weights down and end of the test.

Ladder lift mock test

Exercise

1. Start with a barbell with a total weight of 30kg.
2. Deadlift the weight so you are stood straight, arms extended.
3. From this point, upright row the weight up to your chest.
4. Now slowly and controlled twist your wrists one at a time so that your palms are facing away from you.
5. From this position, press the weight above your head until your arms are fully extended. Hold for a second.
6. Return the back down to your chest height in a controlled manner.
7. Then lower the weight to your thighs, again in a controlled manner letting your wrists twist to the natural position of facing your thighs.
8. At this point, lower the weight back to the ground.

Ladder manoeuvre mock test

Exercise

1. Start with 1 x 25kg dumbbell.
2. Lift the weight with the correct lifting technique, lifting it with your legs, keeping your back straight. Walk 20 metres with the dumbbell in one hand.
3. Place the weight down in a controlled and safe manner, same as you picked up the weight.

This would be all that is required on the test, however make sure you do this test testing both hands, as you won't be able to choose which arm you lift the ladder with on the day of your test.

Casualty Evacuation mock test

Exercise

1. Start with 2 x 25kg dumbbells.

2. Lift the weight with the correct deadlifting technique, lifting it with your legs, keeping your back straight, in a neutral position.

3. Carefully walk backwards 30 metres whilst holding the weights in front of your thighs arms extended. If you have a partner who can guide you this will be beneficial.

4. Once walked the 30 metres, place the weights back down in a controlled and safe manner.

For your actual test, you will be guided by one of the instructors.

Ladder extension mock test

Exercise

1. Start at the lat pull down machine with single rope attachment.

2. Set the weight to 28kg.

3. Grip the rope with both hands and pull down then control it in a safe and speedily manner back to the starting position, this is 1 repetition.

4. Complete this movement continuously at a rate of 35 reps per minute, with a maximum of 23 reps. Once completed, take a 60 second rest, then continue as stated below.

5. Complete 1 repetition of 45kg pull down then rest 60 seconds.

6. Now complete 1 repetition of 52.5kg pull down then rest 60 seconds.

7. Finally finish on 1 repetition of 60kg pull down. This is the end of the test.