



WHAKARATONGA IWI

FIRE
EMERGENCY

NEW ZEALAND

PRE-ENTRY PHYSICAL TEST



About the test

The Pre-Entry Physical Test ensures that candidates who are successful through the recruitment process have the minimum level of strength and fitness for the 12-week Recruit Training Course.

The test is comprised of 2 parts:

1. Job-Related Tasks

8 exercises simulating scenarios that may be experienced by a firefighter.

2. Strength and Endurance Test

This includes 4 exercises that test a candidate's general strength.

Job-Related Tasks

For this test you are required to wear clothing and footwear suitable for physical activity. You are required to wear a Breathing Apparatus set (which weighs approximately 16kgs) and gloves, which will be supplied to you on the day.

There is a 30-metre transition walk between 5 of the 8 tasks. You will be given 8 minutes 15 seconds to complete the test (including the transition walks).

The Job-Related Tasks:

1. **Hose reel advance:** 40 metres

Transition – 30 metres

2. **Simulated ladder extension:** 28kg raise with 7 second hold

Transition – 30 metres

3. **Weighted stair climb:** 25 repetitions with an added 18kg

Transition – 30 metres

4. **Simulated ladder extension:** 28kg raise with 7 second hold (opposite arm)

Transition – 30 metres

5. **Coiled hose carry:** 17kg hose 50 metres

Transition – 30 metres

6. **Un-weighted stair climb:** 25 repetitions with no added weight

7. **Horizontal haul aloft:** 16kg weight to a height of 10 metres

8. **Dummy drag:** 30 metre drag with 90kg weight



Hose reel advance

This task requires you to run a hose-reel off the drum over a distance of 40 metres. You may run or walk however, this is the only time you are permitted to run during the test.

You will:

- Place the hose over your shoulder
- Firmly grasp the branch
- Once you reach the 40m mark place the branch down next to the cone

Simulated ladder extension

This task requires you to raise a 28kg weight to a height of 5 metres followed by a 7 second hold. This is completed twice during the testing.

- You may start with a two-handed pull but must then use a hand-over-hand method.
- Your upper body must remain vertical throughout the task however you are permitted to bend your knees.
- The weight must continue to travel in an upward direction.
- Once the weight reaches the required height you will then hold the line in one hand between your shoulders and the top of your head for 7 seconds.
- Your helper will count the 7 seconds aloud from their stopwatch.
- No other part of the line can be touching your body.
- If the line slips, the count will stop and will not restart until the line is secured.
- The load will then be returned to the ground in a controlled hand-over-hand manner.



Stair climb

This task requires you to complete 25 stair repetitions carrying an additional 18kg weight.

- You must step up and down 25 times.
- The additional weight will be placed across the cylinder of the BA set.
- Your whole foot must be placed on the step and both heels must make contact with the top step.
- The helper will count your steps.

Simulated ladder extension

For the second time, you are required to raise a 28kg weight to a height of 5 metres followed by a 7 second hold. The hold must be done with the opposite hand to the previous ladder extension. The same conditions for the first extension also apply.

Hose carry

This task requires you to carry a 17kg-coiled hose at chest height over a distance of 50 metres.

- Hold the coil by the lugs between shoulder and eye level.
- The hose must not touch the chest.
- You may hold it to one side if more comfortable or for improved visibility.
- The hose cannot be put down for the duration of the test.

Stair climb

This task requires you to complete 25 stair repetitions. There will be no additional weight added this time.

- You must step up and down 25 times.
- Your whole foot must be placed on the step and both heels must make contact with the top step.
- The helper will count your steps.

Horizontal haul aloft

This task requires you to haul a 16kg weight to a height of 10 metres.

- You must maintain a stationary position and use a hand-over-hand method.
- The weight must continue to travel in an upward direction.
- You must not wrap the line around your hands.
- Once the weight has reached the top, control it back to the ground using a hand-over-hand method.
- You are not permitted to allow the line to slip through your hands at any point.

Dummy drag

This task requires you to drag a 90kg dummy over a distance of 30 metres.

- You must walk backwards over the 30-metre distance.
- Once started you cannot stop and must maintain contact with the dummy for the entire time.
- If you trip or fall and still manage to keep contact with the dummy you may get up and continue the task as long as you do so immediately.
- The timer will stop when the dummy passes the finish line.



Strength and Endurance Test

The second part of the Pre-Entry Physical Test is the general Strength and Endurance Test. This consists of 4 exercises conducted in the following order:

- Shoulder press
- Grip strength
- Deadlift
- Press-up

The grip strength test and the deadlift will be based on your body weight, which will be measured on the day of your test. You will be placed in a weight category which determines the targets required for each of the strength and endurance exercises. See page 11: Body Mass Scale Schedule.

All of these exercises are scored out of 5. To be successful, you must achieve a score of at least 10 with no more than one marginal score. One score of 0 in any of the exercises will be deemed unsuccessful for this stage of testing.



Shoulder press

This is a strength and endurance test of the shoulders and arms. For this test you will be required to press a 20kg bar above your head in time with a metronome.

- The test is performed from the standing position.
- You will complete as many reps as possible to a maximum of 17.
- The repetition tempo is one second up/one second down in time with the metronome.
- If reps fall out of time, the count will pause, and you will have 2 reps to regain tempo.
- The test will end if you stop or fall out of rhythm a second time.
- The reps completed up to that point will be recorded.
- Your score will be based on how many repetitions are completed.

Grip strength

This test requires you to squeeze a dynamometer to test your grip strength.

- A minimum reading of 35 is required before you are rated against the body mass scale.
- The dynamometer will be correctly adjusted to the size of your hand.
- You must hold the dynamometer with your arm by your side.
- Squeeze the dynamometer, exerting as much pressure as possible.
- Both arms are tested, and the final reading is the lower result of the two.
- The score will be given as per the Body Mass Scale Schedule.

Deadlift

This test requires you to exert maximum force against a static platform while in a deadlift position. This test simulates your ability to lift and hold a large mass.

- You must achieve a minimum reading of 105kg before you are rated against the body mass scale.
- The chain will be adjusted so the bar is positioned just above your kneecap.
- You may use an overhand, underhand, or mixed grip to hold the bar.
- Position your feet on each side of the chain and make sure your back is straight.
- You will need to exert a maximum effort for at least 5 seconds.
- The highest reading will be recorded.
- The score will be given as per the body mass scale schedule.



Press-up

This test requires you to perform press-ups in time with a metronome. You will complete as many reps as possible to a maximum of 21. Knee press-ups are not permitted.

- You will lie on the ground with your shoulders on the line and arms extended at a 90-degree angle.
- Slide your hands back until your fingers are behind the line where your elbows were.
- Once in this position you will fully extend your arms to assume the starting position.
- While keeping your body flat and rigid, bend your elbows until you reach a 90-degree angle.
- Fully extend your arms to return to the starting position to complete one rep.
- If reps fall out of time the count will pause and you will have 2 reps to regain tempo. back in time.
- The test will end if you stop or fall out of rhythm a second time.
- Your score will be based on how many repetitions completed.

Body Mass Schedule and Scoring Schedule

Below is the Scoring Schedule. As stated previously, you require a minimum score of 10 to pass, with no more than one marginal score. A 0 score in any of the exercises will also be unsuccessful.

Exercise	Score	0	1	2	3	4	5
Shoulder Press	Number (20kg Bar)	7 or less	8-9	10-11	12-13	14-16	17+
Grip Strength	% Body Weight – Min 35kg	40% or less	40-44%	45-49%	50-54%	55-59%	60%+
Deadlift	% Body Weight – Min 105kg	115% or less	115-129%	130-149%	150-165%	166-189%	190%+
Press-Up	Number (Full)	9 or less	10-11	12-14	15-17	18-20	21+
		Fail	Marginal	Marginal	Pass	Pass	Pass

Below is the Body Mass Scale Schedule. You will be weighted and placed into a weight category on the day of your test. This will then indicate what weights you are required to use in the grip strength and deadlift.

Body Mass rounding	Candidate Body Mass	Grip Strength						Dead Lift					
Mass range	SCORE	0 (<)	1	2	3	4	5 (>)	0 (<)	1	2	3	4	5 (>)
≤60-62.49	≤60	< 35				35	36	< 105			105	106-112	113+
62.50-67.49	65	< 35			35	35-38	39	< 105			105	106-121	124
67.50-72.49	70	< 35			35-37	38-41	42	< 105		105	106-114	115-131	133
72.50-77.49	75	< 35		36	36-40	41-44	45	< 105		105-110	111-122	123-140	143
77.50-82.49	80	< 35	35	36-39	40-43	44-47	48	< 105	105	106-118	119-131	132-151	152
82.50-87.49	85	< 35	35-37	38-41	42-45	46-50	51	< 105	106-109	110-125	126-139	140-160	162
87.50-92.49	90	< 35	35-39	40-44	45-48	49-53	54	< 105	106-115	116-133	134-147	148-170	171
92.50-97.49	95	36	38-41	42-46	47-51	52-56	57	106	109-121	122-140	141-155	156-180	181
97.50-102.49	100	38	40-44	45-49	50-54	55-59	60	114	115-128	129-148	149-164	165-189	190
102.50-107.49	105	41	42-46	47-51	52-56	57-62	63	120	121-134	135-155	156-172	173-199	200
107.50-112.49	110	43	44-48	49-53	54-59	60-65	66	114	115-141	142-163	164-180	180-208	209
112.50-117.49	115	45	46-50	51-56	55-62	63-68	69	131	131-147	148-170	171-188	189-218	219
117.50-122.49	120	47	48-52	53-58	59-64	65-71	72	137	138-154	155-178	179-197	198-227	228
122.50-127.49	125	49	50-55	56-61	62-67	68-74	75	143	144-160	161-185	186-205	206-237	238
127.50-132.49	130	51	52-57	58-63	64-70	71-77	78	148	149-167	168-192	193-213	214-246	247
132.50-137.49	135	53	54-59	60-66	67-72	73-80	81	154	155-173	174-200	201-221	221-256	257
137.50-142.49	140	55	56-61	62-68	69-75	76-83	84	160	161-179	180-207	208-230	231-265	266
142.50-147.49	145	57	58-63	64-71	72-78	79-86	87	165	166-186	187-215	216-238	239-275	276
147.50-152.49	150	59	60-66	67-73	74-81	82-89	90	171	172-187	188-222	223-246	247-284	285