



BOISE FIRE FIREFIGHTER PHYSICAL FITNESS TEST



Boise Fire Department

Firefighter Physical Fitness Test

Section 1: Introduction

The Firefighter Physical Fitness Test (FPFT) assesses a firefighter's or civilian's general fitness as it relates to the occupation of firefighting. This manual provides detailed instructions for each component of the FPFT, including the required movements, time limits, and rest periods. It is essential to follow these guidelines to ensure accurate and consistent testing.

Participants complete the five events of the FPFT in order, on the same day during their allotted timeframe. Participants are encouraged to show up 15 minutes prior to the scheduled check-in time. Participants are discouraged from arriving earlier than 15 minutes prior to check-in as parking will be limited. After participants are checked in, they will watch a video demonstration of the test itself. After the video, participants will have approximately 15 minutes to prep and warm up. Start times will be based on one clock at the test facility, which will be designated and made known to all participants.

If participants do not meet the minimum standard of any event, it will be considered a failure, and the test will be over.

The FPFT will begin with the Deadlift. At the designated start time, the overall 35-minute test timer will be started. The timer will not be delayed for any individual

A rest period is provided between each exercise to allow for recovery. Participants should utilize this time to prepare mentally and physically for the subsequent task. Participants should stay hydrated and focus on controlled breathing during rest periods.

Any violation of the movement standards and range of motion will result in the repetition(s) being disallowed. Any movement deemed uncommon or out of the ordinary, or used to amend, shorten, or change the accepted movement standard or range of motion, including line of action, of any workout movement can and will be disallowed. If participants are unable to meet the specific range of motion required for a movement, they are not permitted to substitute another movement or utilize outside tools/assistance to reach the range of motion.

Section 2: FPFT Movements

2.1 - 195 lb. Deadlift (7 reps minimum, 15 reps maximum)

(1 minute)



2.1a Objective: Complete 7 reps within 1 minute at 195 lbs.

The 195 lb. Deadlift measures lower body muscular strength required to lift heavy loads safely and effectively from the ground. The Deadlift is a strong predictor of participant's ability to lift and carry a civilian, fellow firefighters, and equipment. This test event requires well-conditioned back and leg muscles that assist participants in load carriage and in avoiding injuries to the upper and lower back.

Participants should know whether they can lift 195 lbs. for the test and should have lifted that weight in training. They should be confident that they can lift 195 lbs. 7 times, while maintaining energy for the subsequent FPFT events.

2.1b Instructions:

- Participants shall line up behind their assigned barbell, at most, 2 minutes prior to their assigned start time.
- Barbells will be pre-loaded with 195 lbs. Participants will perform an attempt at 195 lbs. Weight clips must always be on the barbell during an attempt.
- Regular Deadlift with a hex bar is the only acceptable method for this event. No lifting aids allowed (explained in Section 4).
- Participants will have one attempt to lift 195 lbs., 7 repetitions. After the 7th repetition, the participant may perform max repetitions, up to 15.
- 10 seconds prior to the start time the command "Get Ready" will be announced. The overall timer will be started with a 10 second countdown. There will be a "3, 2, 1, GO" countdown to start the event. On hearing the word "GO", participants may begin the Deadlift event.
- Participants will confirm that the evaluator is ready prior to any attempt to ensure the attempt is counted.

2.1c Standard:

- The standard for a successful attempt is 7 continuous repetitions. 7 continuous repetitions begin in the starting position.
- The starting position is feet in contact with the floor, knees and hips bent, back flat, head aligned with spine, arms extended and hands grasping the barbell.
- Participants then lift the loaded hex bar by straightening knees and hips until they are fully extended, at which point the evaluator will call out the completed rep (For example: "1, 2, 3, NO REP, 4, 5"). Participants will not lower until the rep is called. The lift needs to be done under control with no loss of balance. Hips and shoulders should rise together. Knees shall remain in line with toes. Back should remain straight.
- Participants will lower the bar until it touches the ground. Back should remain straight.
- Participants will repeat 6 more times without pausing at the bottom.
- When participants reach full extension for the 7th time, participants may lower the bar to the ground or continue for max reps up to 15. Participants must confirm the evaluator says "GOOD" prior to lowering the bar after their final rep.

2.1d Safety:

- Evaluators may call a safety stop at any point if participants make an unsafe movement. Participants will stop the attempt and the evaluator will explain the reason for the safety stop.
- Participants will be allowed 1 safety stop during the first 7 repetitions. Participants will have 1 additional opportunity to lift 195 lbs. for 7 repetitions. The attempt must be started prior to the end of the 1-minute timer.
- If a safety stop is called after the first 7 repetitions, the attempt will be over, and the score will be recorded.
- Safety stops will be called for any deviation from the movement standard.

2.1e NO REP and Termination of Attempt

"NO REP" will be called for the following reasons:

- If participant begins to lower the barbell prior to hearing the rep count, which confirms full extension.
- Failure to touch the weight to the ground.
 - These will not constitute a termination, participant may continue their attempt, only that one rep will not count.
- If participant drops the barbell, the attempt will be over, and the last rep will not count.

Termination of an attempt will be called for the following reasons:

- Dropping the barbell.
- Removing hands from the barbell between repetitions when the bar is on the ground. Grip adjustment is allowed if hands do not leave the barbell.
- Not performing a continuous movement by resting on the ground. Resting means there is an obvious lack of effort to move from the ground.

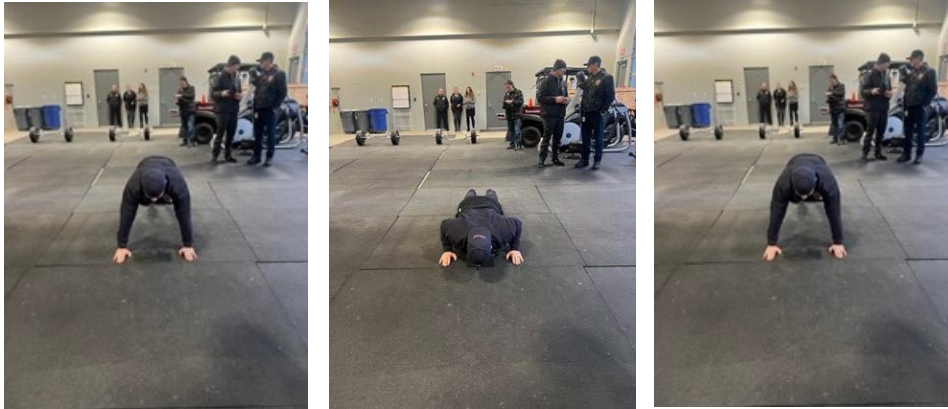
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2.1f Equipment:

- Standard Hex Bar
- Bumper plates and/or steel plates
 - Weight of Bar and Plates shall equal 195 lbs.
- Spring Clips or Collars

2.2 - Push-Ups (30 minimum, 75 maximum)

(2 minutes)



2.2a Objective: Complete minimum of 30 push-ups, maximum of 75 in 2 minutes.

The Push-Up is a two-minute timed event that measures upper body muscular endurance and has high correlation with the repetitive and sustained pushing used in fireground tasks. When conducted to standard, the Push-Up provides a safe, equipment-free test of large muscle groups in the upper body, lower body, and trunk.

2.2b Instructions:

- Participants will stand near their assigned location during their 2-minute rest period. 10 seconds prior to the start time the command "Get Ready" will be announced, at which time the participant may assume the prone position with chest on the ground. There will be a "3, 2, 1, GO" countdown to start the event. On hearing the word "GO" participants may begin the Push-Up event.
- Participants will have 2 minutes to complete the minimum number of push-ups.
- 1 repetition is lowering the body to the ground until your shoulder is inline or just below your elbow then pushing back up till elbows are fully extended. Shoulders, hips, knees, and ankles should remain in a straight line during the movement.
- Participants may rest in any position.
- There are no safety stops for this event. Evaluators may say "NO REP" for a movement error during any repetition. (Further defined in 2.2d Movement Errors)
- Evaluators will count completed reps out loud.



2.2c Standard:

- Participants begin this event in the plank position, with hands directly underneath the shoulders and the shoulders hips, knees, and ankles in a straight line. This denotes the up position.
- Participants bend the elbows to lower the body to the down position. The down position is signified when the shoulder is inline or just below the elbow.
- Participants will then push the whole body up from the down position as a single unit returning to the up position. This completes the rep.

- Participants' hands must be flat on the ground beneath the shoulders. Hands may be no wider than a thumb's width away from the shoulder. On the knuckles is allowed.
- Participants' knees may not touch the ground during the movement, toes must be touching the ground and feet must remain together or up to a boot width measured by the evaluator.

2.2d Movement Errors:

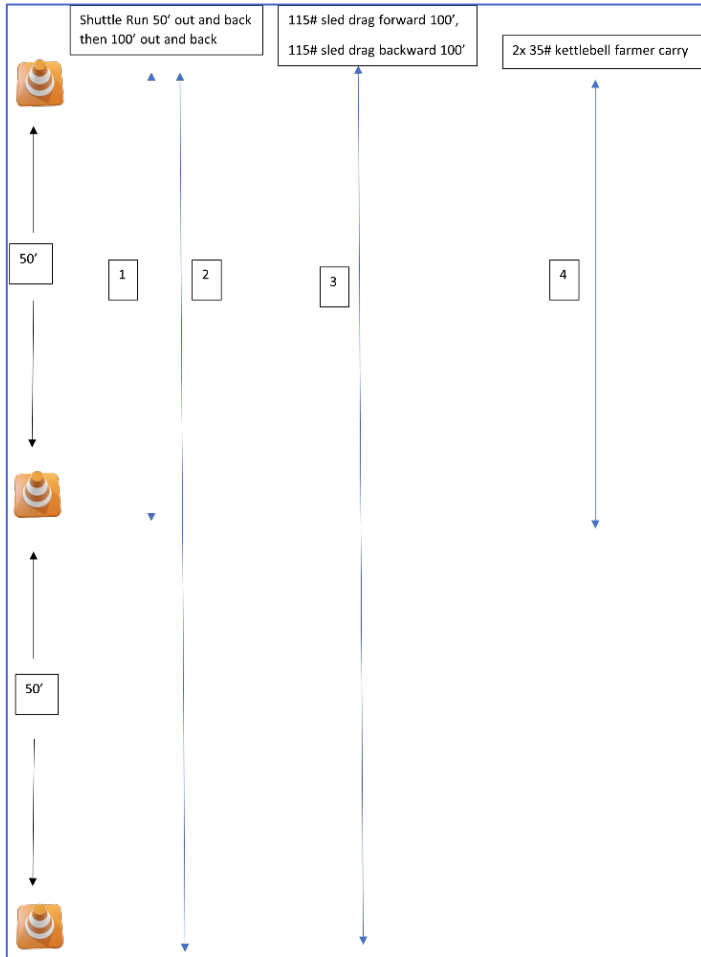
- A repetition will not count if any of the following movement errors occur during a repetition:
 - Failing to maintain a straight body alignment from the head to the ankles throughout the repetition.
 - Failing to fully extend elbows in the up position.
 - Failing to have shoulder inline or just below the elbow.
 - Failing to keep hands within the set width at any point during the repetition.
 - Failing to keep the feet within a boot's width apart.

2.2e Equipment:

- Level surface

2.3 - Sprint Drag Carry (2:15 minimum, 1:20 maximum)

(2 Minutes 30 seconds)



2.3a Objective: Complete a series of tasks in the specified order and time.

The Sprint-Drag-Carry is a timed, 600-foot shuttle event that measures anaerobic capacity as well as muscular endurance and muscular strength. These components of fitness are needed to accomplish high intensity tasks for relatively brief periods of time from a few seconds to a few minutes. This physical capacity contributes to a participant's ability to react rapidly to changing fireground environments, deploy, move, and flow hose lines quickly, equipment carriage, locate a victim and carry them to safety.

2.3b Instructions:

- Participants will stand near their assigned location during their 2-minute rest period. 10 seconds prior to the start time the command "Get Ready" will be announced, at which time participants may assume the start position with both feet behind the starting line. There will be a "3, 2, 1, GO" countdown to start the event. On hearing the word "GO", participants may begin the Sprint-Drag-Carry event.
- Participants will have 2 minutes and 15 seconds to complete this event.
- Complete all tasks in the specified order and as quickly as possible.

- There are no safety stops for this event. Evaluators may say “NO REP” for a task error during any task. (Further defined in 2.3d Task Errors) If this occurs, participants must go back and fix their error to move forward.

2.3c Standards:

- Task 1: Shuttle Run 50' Out and Back, Shuttle Run 100' Out and Back
 - Participants will sprint 50 feet away from the starting line, touch the 50' line with **1 foot and 1 hand**, and sprint back to the starting line, touch it with **1 foot and 1 hand**.
 - Then sprint 100 feet away from the starting line, touch the 100' line with **1 foot and 1 hand**, and sprint back to the starting line, ensuring both feet cross the line.
- Task 2: 115 lb. Sled Drag Forward (100') and 115 lb. Sled Drag Backward (100')
 - Participants will then grab the straps in any manner. (i.e., over the shoulder or around the waist.)
 - Face forward and drag the sled 100 feet away from the starting point, until the sled crosses the 100' line.
 - Turn the sled around, face backward and drag the sled 100 feet away from the 100' line, until the sled crosses the finish line.
 - Participants are allowed to stop to adjust or rest.
- Task 3: 50' Out and Back Farmer's Carry (35 lb. kettlebells)
 - Participants will then pick up the two 35 lb. kettlebells.
 - Carry the kettlebells 50 feet away from the starting point, **both feet** cross the line, and return.
 - Participants are allowed to stop and set kettlebells down.

2.3d Task Errors:

- “NO REP” will be called for any of the following task errors. Participants must stop and complete task before continuing:
 - Not having both feet behind the starting line to begin.
 - Not touching lines with 1 foot and 1 hand on the shuttle run. Not crossing the starting line with both feet at the end of the shuttle run.
 - Not crossing the 100' line or the starting line with the sled.
 - Not crossing the 50' line or starting line with both feet with both kettlebells in participant's hands on the farmer's carry.

2.3e Equipment:

- 115 lb. total weight with sled and added weight
- Sled with strap
- 2 x 35 lb. kettlebells

2.4 - Plank Hold (1:20 minimum, 2:30 maximum)

(3 minutes)



2.4a Objective: *Maintain a plank hold for minimum 1 minute and 20 seconds to maximum 2 minutes and 30 seconds.*

The Plank Hold is a test of trunk stability, strength, and endurance. This test has a high correlation with injury prevention and overall athletic performance.

2.4b Instructions:

- Participants will assume a prone position with the elbows directly under the shoulders and forearms on the ground.
- Keep the body in a straight line from head to toe, engaging the trunk and glutes.
- Hold the position for as long as possible within the given time limit.

2.4c Equipment:

- Level surface

2.5 - 1.5 Mile Run (13 minute maximum)

(13 Minutes)



2.5a Objective: Complete a 1.5 mile run within 13 minutes.

The 1.5-mile run is a test of aerobic capacity and muscular endurance. It applies to common firefighter tasks such as sustained firefighting and rescue efforts. It will be completed on an improved road course. There is a programmed 8-minute rest between the Plank Hold and 1.5-mile run.

2.5b Instructions:

- Participants will start at the designated starting point.
- Follow the designated route or track.
- Run continuously until reaching the finish line, covering 1.5 miles.
- Participant's time will be recorded upon crossing the finish line.

Section 3: Safety Considerations

- Prioritize safety for all FPFT components.
- Ensure proper warm-up and cool-down routines are followed.
- Use proper lifting techniques and maintain good form throughout the movements.
- Encourage participants to listen to their bodies and avoid pushing beyond their capabilities.
- Provide supervision and assistance if necessary.

Remember, the FPFT is designed to assess participants' general physical fitness and endurance. Regular training and preparation are crucial for success. Good luck!

Section 4: Attire and Lifting Aids

Participants shall wear proper attire to the test. There will not be an opportunity to change prior to the test other than to remove an item, like jacket or sweatpants. **No headphones or music allowed throughout the test. Participants will not be allowed the use of lifting aids.**

- **Required attire:**
 - Shirt
 - Shorts
 - Closed-Toe Shoes
- **Optional Attire:**
 - Watch
 - Sweatshirt
 - Sweatpants
 - Hat/Beanie
 - Cold weather gloves for outside event during the winter
- **Lifting aids include, but are not limited to:**
 - Knee sleeves
 - Lifting Belt
 - Wrist Wraps
 - Gloves to improve grip on equipment.
 - Chalk (liquid or powder)

Section 5: FPFT Test Day Flow

