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DEPARTMENT OF CIVIL SERVICE

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The Oneonta Fire Department has adopted the same physical fitness standards and procedure as the Police Officer Candidates prescribed by Municipal Police Training Council.

The elements of the test battery to be used for physical fitness screening are described below. Although these elements may not be directly representative of essential job functions to be performed by an entry-level firefighter, such elements do measure the candidate's physiological capacity to learn and perform the essential job functions. The minimum scores for employment as an entry-level firefighter as set forth below represents the 40th percentile of fitness. If a candidate does not successfully score in the 40th percentile of fitness in each of the elements of the test battery, the candidate shall not be deemed to have successfully completed the physical screening test. The 1.5 mile run shall only be administered to such individuals who have successfully completed each of the other two elements of the test batter (sit-up and push-up).

<u>MALE/AGE</u>	<u>SIT-UP</u>	<u>PUSH-UP</u>	<u>1.5 MILE RUN</u>
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60+	19	10	16:46
<u>FEMALE/AGE</u>			
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	-	18:18
60+	6	-	20:26

Sit-up Test: Muscular endurance (core body) - The score indicated above is the minimum number of bent-leg sit-ups performed in one minute.

Procedures for Sit-Up Test:

1. The subject starts by laying on the back, knees bent, heels flat on the floor, with their arms crossed and hands placed on top of their shoulders. The buttocks must remain on the floor with no thrusting of the hips.
2. A partner holds the feet down firmly.
3. The subject then performs as many correct sit-ups as possible in one minute.
4. In the up position, the individual should touch elbows to the top of their knees and then return until the shoulder blades touch the floor. Hands must remain in constant contact of the shoulders at all times.
5. Score is the total number of correct sit-ups. Any resting should be done in the up position.
6. Breathing should be as normal as possible, making sure not to hold your breath. Proper breathing technique is exhale upon exertion (as you are coming up).
7. Neck remains in the neutral position.
8. Incorrect sit-ups will not be counted towards your final number.

Push-up Test: Muscular endurance (upper body) – The score above is the minimum number of full body repetitions that a candidate must complete without breaks.

Procedures for Push-Up Test:

1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places a testing disc (3.5" thickness) on the floor below the subject's chest in line with the sternum.
2. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the testing disc. Subject then returns to the up position. This is one repetition.
3. Score is the maximum number of correct push-ups.

1.5 Mile Run: Cardiovascular capacity – The score indicated above is calculated in minutes: seconds.

Procedures for the 1.5 Mile Run:

1. Participants should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Participants should warm up and stretch thoroughly prior to the test.
2. Participants should not attempt to run too fast early in the run and become fatigued prematurely. A trained pacer might accompany the participants around the track during the actual test.
3. The participant runs 1.5 miles as fast as possible. If a 440 yard track is used, 6 laps must be completed using the inside lane (lane 1). If using a 400 meter track, an additional 15 yards must be run after the 6 laps are completed. If using a 1/8

mile indoor track. Participants must complete twelve (12) laps within the allotted time.

4. During the administration of the test, the participants can be informed of their lap times. Finish times should be called out and recorded.
5. Upon test completion, a mandatory cool down period will be enforced. The participants should walk slowly for about 5 minutes immediately after the run to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).

If you have any questions concerning the tests or test protocols, please contact me by email at jmaloney@oneonta.ny.us.

City of Oneonta Fire Department
Assistant Chief J. Maloney

Effective April 17, 2014 there will not be a retest for the physical agility test. Candidates must pass the physical agility test on the first attempt. Candidates who fail the testing your name will be withheld from certification for an appointment.