

Morristown Fire Department

PHYSICAL FITNESS POLICY

6.0 PURPOSE

The purpose of this policy is to provide the minimum physical requirements for all Morristown Fire Department personnel to enable them to develop and maintain an appropriate level of fitness to safely perform their assigned duties.

6.1 SCOPE AND APPLICATION

The job of a firefighter is physically demanding. Above average aerobic capacity, flexibility, strength, and muscular endurance are all necessary attributes to perform the job of firefighter in a safe and efficient manner. It is the responsibility of each employee to maintain physical and mental fitness equivalent with the demands of their respective positions. A committee shall be established to develop the fitness program, proctor quarterly and annual fitness testing and monitor individual fitness.

6.2 PARTICIPATION

All emergency response personnel assigned to the stations are required to participate in the Peer Fitness Training Program lead by a Peer Fitness Trainer (PFT) or are REQUIRED to complete one hour of approved physical fitness activities lead by Lieutenants each shift. This hour of training will be done between the hours of 7:30 am and 9:00 am. Joint Apparatus participation will be allowed but must be approved by the Battalion Chief.

***APPROVED RECREATIONAL ACTIVITIES**

The following activities are the only ones authorized at this time: Remember to stretch before all activities. If any of these activities show a pattern of frequent injuries, then the activity will be subject to become abolished from this list.

- Weightlifting- ensure there are safety spotters in place and proper equipment

- Frisbee Throwing- including “Frisbee-Football”
- Basketball games like “Gotcha”
- Walking, Jogging, and Running at the station or at local parks (within your response zone)

The Morristown Physical Fitness Test may be conducted monthly to get all personnel familiar with not only the test but also what each individual needs to work on before the test is given to award a Pass/Fail grade.

6.3 REQUIRED EQUIPMENT

Appropriate attire (i.e. shorts, sweats, t-shirt, sweatshirt, shoes, etc.)

Equipment provided by Morristown Fire: Weighted vest, Helmet, and Gloves.

6.4 MORRISTOWN PHYSICAL FITNESS TEST

All events will be completed in a weighted vest, helmet, and gloves.

EVENT 1

Stair Climb- While wearing a weighted vest, you will be required to do a stair climb for three minutes with a twenty second warm up straight with a sixty-step-per-minute pace. Once completed the 85 feet walk begins to the next event.

EVENT 2

Hose drag- You start with a 200-foot 1 ¾ inch hose line dragging it 100 feet then drop to one knee while dragging the next 75 feet hand over hand. Once completed the 85 feet walk begins to the next event.

EVENT 3

Equipment carry- This event is to test your ability to carry power tools around the fire scene. After picking up two 25 pound dumbbells (one in each hand), you will walk 75 feet

around a cone and return 75 feet to the starting position. Once completed the 85 feet walk begins to the next event.

EVENT 4

Two ladders used to do a ladder raise and extension- This event tests your ability to take a ground ladder out of a truck and extend it to a roof or a window. After picking up and anchoring it against the push pull machine you will then lower the ladder back to the ground, walk to the next ladder at the side of the push pull machine and fully extend the ladder and then retract the ladder back to the original starting point. Once completed the 85 feet walk begins to the next event.

EVENT 5

Forcible Entry- This test measures the candidate's ability to force open a locked door or break down a wall. Using a sledgehammer, you will be prompted to hit a spot on a measuring device 10 times while keeping your feet in a good position. Once completed the 85 feet walk begins to the next event.

EVENT 6

Search- To mimic searching for a victim within a structure the candidate will crawl through a tube approximately 15 feet. Once completed the 85 feet walk begins to the next event.

EVENT 7

Rescue- To mimic the removal of a victim or partner, the next task requires you to drag a 165-pound mannequin 35 feet, then go around a cone and return 35 feet back to the starting point. Once completed the 85 feet walk begins to the next event.

EVENT 8

The last event will be used to mimic breaking and pulling down a ceiling to check for fire extension. With a pike pole in hand, you will push the tip into a weighted (60lb) portion of the ceiling 4 times, then be required to pull a weighted (80lb) portion 4 times. This is repeated for a total of 4 sets.

6.5 MORRISTOWN PHYSICAL FITNESS TEST PASS/FAILURE POLICY

Fire suppression personnel shall be required to complete a Candidate Physical Ability test (MPAT). The MPAT will be inclusive of 3 levels of completion status:

1st Level- Participant will complete within 10 minutes and 20 seconds and will be 12 hours compensatory time.

2nd Level- Participant will complete the test in 20 minutes and 40 seconds to maintain employment.

3rd Level- Participant cannot complete test. Participant will be referred to a physician for evaluation and to create a fitness action plan to enable them to pass the test within 12 months. The fitness action plan must be submitted to the Training Office within 30 days of failing the test. Participant shall elect to use a physician of their own choosing at their own cost. If participant is unable to pass the test within twelve months, he/she will be considered unfit or unable to perform the essential functions of fire suppression personnel and be separated from City employment.