

Rope Pull



Starting from an erect position facing forward, straddling the rope on the floor, the applicant bends and picks up a length of static 16 mm (5/8") nylon rope attached to a bundle of hose weighing approximately 56 kg (123 lb). The test time begins when the applicant reaches for the rope.

Keeping the feet securely in place, the applicant uses the rope to pull the bundle over the floor a distance of 15.24 m (50'). The participant then walks 15.24 m (50') and repeats the pull, walks back 15.24 m (50') and repeats the pull for the third and final time. The test time stops when the hose bundle has crossed the line for the third time.

This test assesses upper body strength, power, and endurance. The test must be completed safely in less than 103 seconds.