

EFRS Fire Cadet Physical



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The Fire Cadet physical is designed for applicants to demonstrate that they have the physical capabilities to keep themselves safe and lessen the chance of injury during Fire Cadet activities.

It is a PASS/FAIL test. You will not be scored against the other applicants. It is only used to see if you can complete the tasks or not. Applicants are expected to provide their own workout clothing and athletic footwear. They will NOT be wearing bunker gear or SCBA.

The test will involve a 10-minute treadmill test, followed by a 10-minute rest period. Afterwards, 4 physical tests will be completed in succession, with a 2-minute rest period between each test.

Please contact firecadets@edmonton.ca if you have any questions or are looking for suggestions/ tips on preparing for the physical tests

The Treadmill Test

- The test is to be performed in proper fitness attire and footwear. No Bunker gear or SCBA.
- The applicants complete the test to the best of their ability. No touching the handles or treadmill during the test.
- Test time starts with the three-minute warmup. The cadets must complete the 3-minute cool down at the end of their time.
- Max Treadmill time of 10 minutes + 3 minutes cool down.
- Once completed, there will be a 10-minute recovery time, before the strength and endurance tests begin.

Strength and Endurance test

Applicants must perform the required reps for the push-ups, pull-ups and hold of the side plank for the entire test duration.

Reasons to terminate the strength and endurance tests:

1. Reach completion of test parameters
2. Perform 3 incorrect push/pulls with verbal warnings
3. Receive 3 verbal warnings regarding posture during planks
4. Joint or muscle pain

Recovery: 2 minutes in between, push/pull and each side plank

The Treadmill Test



Time	Speed	Grade
0:00 to 3:00	3.0 MPH	0%
3:01 to 4:00	4.5 MPH	0%
4:01 to 5:00	5.0 MPH	2%
5:01 to 6:00	5.5 MPH	2%
6:01 to 7:00	5.5 MPH	4%
7:01 to 8:00	5.5 MPH	4%
8:01 to 9:00	5.5 MPH	6%
9:01 to 10:00	5.5 MPH	6%

Mandatory Cool Down

0:00 to 1:00	3.0 MPH	0%
1:01 to 2:00	3.0 MPH	0%
2:01 to 3:00	3.0 MPH	0%

Muscular strength and endurance



Push-ups

- 5-inch prop (chest to prop)
- Metronome set to 80 BPM
- Minimum cadet pass: 10 push-ups



Inverted Row (Horizontal Pull-Up)

- Horizontal pull-up bar
- 5-inch prop (chest to prop)
- Metronome set to 80 BPM
- Minimum cadet pass: 10 pull-ups



Side Planks

- Feet staggered, 1 foot in front of the other
- Side plank on both sides
- Elbow or straight arm on the floor
- Minimum cadet pass: 45 seconds per side



Farmers Carry

- 20 lb dumbbells (1 in each hand)
- Carry a distance of 30 metres unbroken
- Weight will be lifted from the floor