



Meridian Fire Department

Firefighter Physical Fitness Test

Section 1: Introduction

The Firefighter Physical Fitness Test (FPFT) is assessing 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 5 events of the FPFT in order on the same day during their allotted time frame. All Participants are encouraged to show up 10 minutes prior to their scheduled check-in time to ensure you are on time. Please do not show up earlier than 10 minutes prior to check-in as parking will be limited. If you are more than 5 minutes late for your check in time, you will lose your opportunity to take the test and there will be no rescheduling the day of the test. After you are checked in at the front desk you will watch a video demonstration of the test itself. After the video you 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 a Participant does not meet the minimum standard of an 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 33 minute 35 second timer will be started. The timer will not be delayed for any individual. If a Participant shows up after the timer starts, they will have the remainder of the 1 minute for the deadlift to complete their lift. If a Participant does not arrive by the time the 1-minute timer is up it will be considered a failure and there will be no retake available.

A rest period is provided between each exercise to allow for recovery. Utilize this time to prepare mentally and physically for the subsequent task. 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 an individual is 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.

Anyone who has questions about range of motion due to a physical limitation should contact the test proctor prior to signing up.

Section 2: FPFT Movements

2.1 - 195 lb Deadlift (7 reps minimum)

(1 minute)



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

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 a 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 195lbs 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.

The recommended Deadlift preparation sets are—

- 8–10 repetitions at 95 lbs weight or with an empty bar (rest as needed).
- 5 repetitions at 135 (rest as needed).
- 5 repetitions at 165 lbs. (rest as needed or until Deadlift event starts).
- 1 repetition at 195 lbs. (rest as needed until Deadlift event starts).

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 195lbs. Participants will perform an attempt at 195lbs. 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 1 attempt to lift 195lbs, 7 repetitions.
- 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 their attempt.

- Participant will confirm that the grader is ready prior to any attempt to ensure the attempt is counted.
- If Participant fails to meet the minimum standard of this event, the test will be over.

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 aligns with spine, arms extended and hands grasping the barbell.
- The Participant will then lift the loaded hex bar by straightening knees and hips until they are fully extended. At which point the grader will call out the completed rep (For example: 1, 2, 3, no rep, 4, 5). DO NOT LOWER UNTIL YOU HEAR THE REP 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.)
- The Participant will lower the bar until it touches the ground. (Back should remain straight)
- The Participant will then repeat 6 more times without pausing at the bottom.
- When the Participant reaches full extension for the 7th time, they will lower the bar to the ground. Participant must confirm the grader says "GOOD" prior to lowering the bar after their final rep.

2.1d Safety:

- Graders may call a safety stop at any point if a Participant makes an unsafe movement. Participant will stop the attempt and the grader will explain the reason for the safety stop.
- Participants will be allowed 1 safety stop during the first 7 repetitions. The Participant 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)
- Safety stops will be called for any deviation from the movement standard.

2.1e No Rep and Termination of Event

No Rep will be called for the following reasons:

- If a 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, the Participant may continue their attempt, only that one rep will not count.

Termination of the event will be called for the following reasons:

- Drop the barbell.

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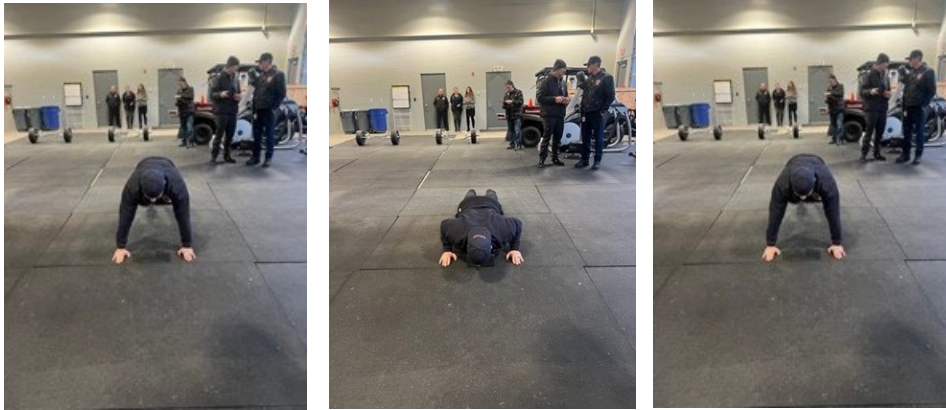
- Removes hands from the barbell between repetitions when the bar is on the ground. (Grip adjustment is allowed if hands do not leave the barbell.)
- Does not perform a continuous movement by resting on the ground. (Resting means there is an obvious lack of effort to move from the ground.)

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)

(2 minutes)



2.2a Objective: Complete minimum of 30 push-ups in 2-minute time frame.

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 plank position. There will be a “3, 2, 1, GO” countdown to start the event. On hearing the word “GO” Participants may begin their Push-Ups.
- Participants will have 2 minutes to complete the 30 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. Graders may say “NO REP” for a movement error during any repetition. (Further defined in 2.2d Movement Errors)
- Graders will count completed reps out loud.
- If Participant fails to meet the minimum standard of this event, the test will be over.



2.2c Standard:

- Participant begins 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.
- Participant bends 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.

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- Participant will then push the whole body up from the down position as a single unit returning to the up position. This completes the rep.
- The Participant's hands must be flat on the ground beneath the shoulders. Hands may be no wider than a thumbs width away from the shoulder. (On your knuckles is allowed)
- The Participant's 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 grader.

2.2d Movement Errors:

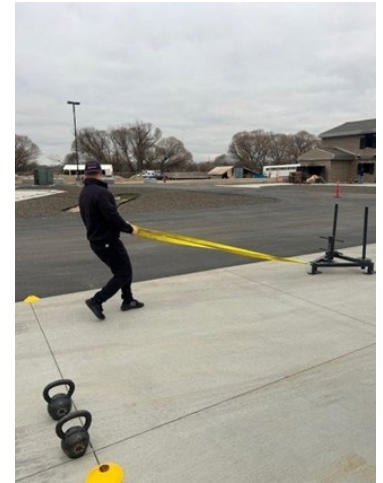
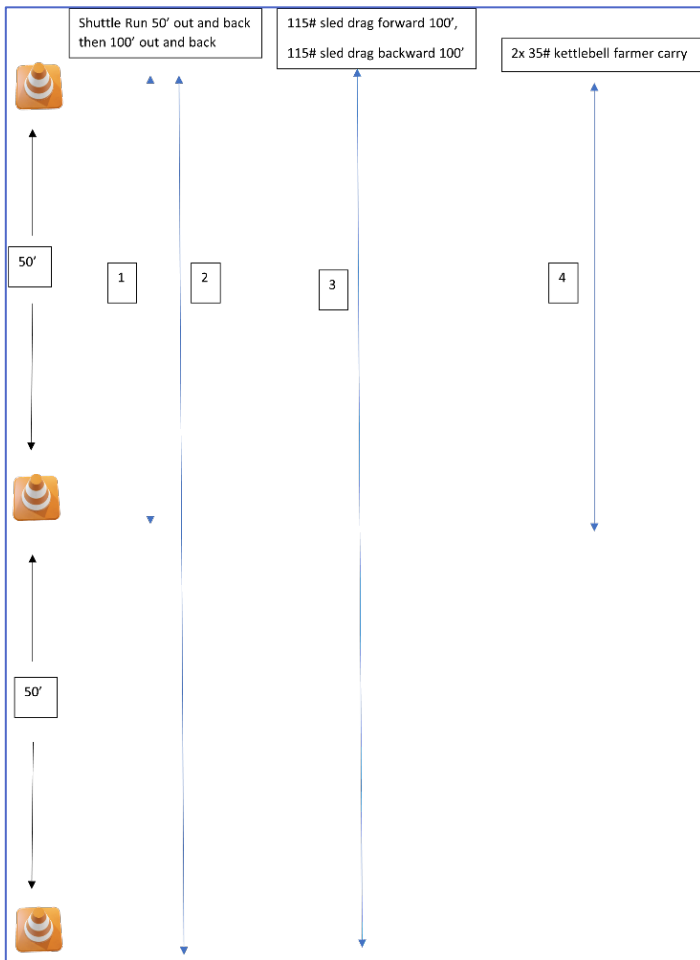
- A repetition will not count if any of the following movement errors occur during a repetition:
 - Failing to maintain a straight body alignment from the head to the ankles throughout the repetition.
 - Failing to fully extend elbows in the up position.
 - Failing to have shoulder inline or just below 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)

(2 Minutes 15 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 the Participant 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 their 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. Graders may say “NO REP” for a task error during any task. (Further defined in 2.3d Task Errors) If this occurs, the Participant must go back and fix their error to move forward.
- If Participant fails to meet the minimum standard of this event, the test will be over.

2.3c Standards:

- Task 1: Shuttle Run 50' Out and Back, Shuttle Run 100' Out and Back
 - Participant 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: 115lbs Sled Drag Forward (100') and 115 lbs Sled Drag Backward (100')
 - Participant 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 (35lb 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 your hands on the farmer's carry.

2.3e Equipment:

- 115# (total weight with sled and added weight) sled with strap
- 2 x 35 lb kettlebells

2.4 - Plank Hold (1:20 minimum)

(1 minute 20 seconds)



2.4a Objective: Maintain a plank hold for 1 minute and 20 seconds.

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

2.4b Instructions:

- 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.
- If the Participant breaks form or rests on the ground, the test is considered complete.

2.4c Equipment:

- Level Surface

2.5 - 1.5 Mile Run (13 minute minimum)

(13 Minutes)



2.5a Objective: Complete a 1.5 mile run in the shortest time possible.

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:

- Start at the designated starting point.
- Follow the designated route or track.
- Run continuously until reaching the finish line, covering 1.5 miles.
- The 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.

Note: This manual provides detailed instructions for the FPFT, but it is essential to consult the official guidelines and regulations provided by the relevant firefighting authority or testing organization for the most accurate and up-to-date information.

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.**

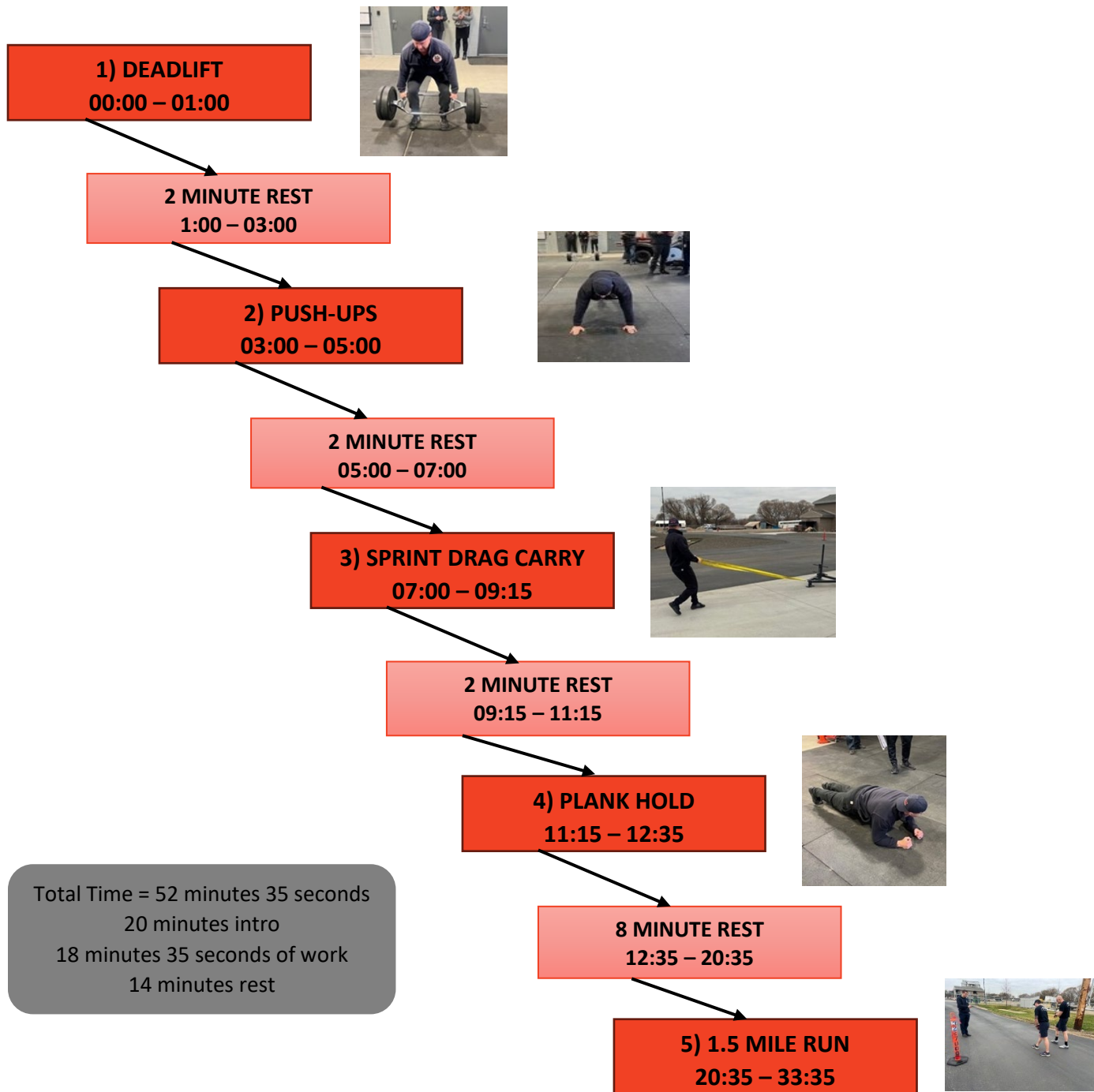
- **Required attire:**
 - Shirt
 - Shorts
 - Closed Toe Shoes
- **Optional Attire:**
 - Watch
 - Sweatshirt
 - Sweatpants
 - Hat/Beanie
 - Cold weather gloves for outside event during the winter

Participants will not be allowed the use of lifting aids.

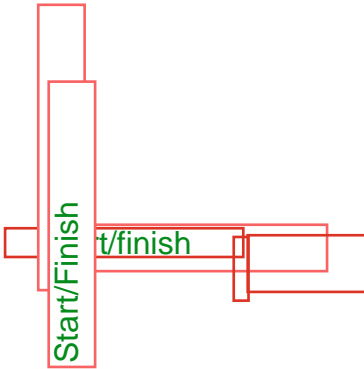
- **Lifting aids include, but are not limited to:**
 - Knee sleeves
 - Lifting Belt
 - Wrist Wraps
 - Gloves to improve grip on equipment.
 - Chalk (liquid or powder)

*Medical braces such as knee braces and ankle braces, must be approved ahead of time.

Section 5: FPFT Test Day Flow



Section 6: Parking and Course Map



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Section 7: Department Contact Info

Meridian Fire Department

Test Proctor:

Email Address:

Phone Number: