

Firefighter Recruitment Physical Fitness Test

Applicants' physical fitness is tested to ensure they possess physical capabilities necessary for firefighting. The Morinville Fire Services administers this test.

A grouping of the highest-ranked applicants who passed the test will advance to the next stage of the recruitment process.

Location

- The physical fitness test is conducted at the Don Found Fire Station located at:
10021 -100 St., Morinville AB.
- Washrooms/change-rooms are available within the fire station

What to Bring

- **Government issued identification with photograph** (i.e.: driver's license)
- **Clothing** – short-sleeved t-shirt (no sleeveless), shorts/sweatpants/track pants & running shoes
- **Hydration and Nutrition** – water bottle or sports drink and small snacks for rest periods

Physical Fitness Test

Personal Protective Equipment: All tests are to be completed while wearing firefighting personal protective equipment (PPE) that weighs approximately 22 kg (50 lbs). The PPE includes the helmet, flash-hood, gloves, pants, boots, jacket and self-contained breathing apparatus (SCBA). Applicants will not breathe from the SCBA, but must carry it. For safety on the ladder during the job simulation tests, a fall-protection harness is worn.

Orientation/Walk-Through: The orientation to the job simulation tests consists of a “walk-through” session to practice each of the tasks. This chance to familiarize applicants with testing procedures takes approximately 30 minutes. It provides a suitable warm-up for the demanding tests that follow. The orientation is mandatory and must be completed by all applicants.

Rest Period: Each test is followed by a rest period of 3 minutes for recovery and hydration. Applicants are not permitted to leave the testing area or remove any of the PPE during rest periods.

The tests are described briefly in the following document:

[Firefighter Applicant Physical Evaluation Information Package](#)

Effective Preparation

- Arrive well-nourished and well rested (strenuous exercise on the days immediately before is not recommended)
- Practice in advance to know the amount to eat and drink during three hours of intermittent, extremely strenuous exercise (optimal nutrition and hydration strategies are individual)
- Avoid alcoholic beverages for at least 24 hours prior to the test
- Avoid smoking and caffeinated beverages for at least 2 hours prior to the test
- Avoid eating for at least 2 hours prior to the test (for early morning appointments, do not skip breakfast but eat a light meal 3 hours prior)

Note: *The firefighter recruitment process is subject to change.*