



Borough of Chambersburg

*A full service municipality in Franklin County
celebrating over 65 years of consumer owned natural gas
service over 100 years of community electric and a
regional wastewater, water, and municipal solid waste utility*

CLOSING DATE FOR APPLICATION:

4:00 PM, Friday, June 3, 2022

Applications **MUST** be returned by mail or in person at Borough of Chambersburg, Borough Hall, 100 S. Second Street, Chambersburg, PA 17201 (Monday through Friday – 8 am to 4 pm (No Holiday Drop offs)). All applications must be turned in no later than Friday, June 3, 2022 at 4:00 PM. All applicants must be 18 years old and have graduated high school (or equivalent) by the application deadline. All applications will be turned over to the Borough Secretary for processing.

NOTE: A \$20.00 fee is required when applications are submitted in any form. The check or money order for \$20.00 should be made payable to the *Borough of Chambersburg.* The application will not be processed if the fee is not received.

Also, note that both your application and background require acknowledgment that all is true and correct under penalty of law to be accepted. **Background checks are only required if a conditional offer is made.**

DATE, TIME AND LOCATION OF WRITTEN EXAMINATION:

Wednesday, June 15, 2022 – 5:30 PM

To be conducted in Chambersburg Recreation Center (Bard Hall – downstairs-Southside of the building) 235 South Third Street, Chambersburg, PA. In order to participate on test day, your application and payment must have been received. **No monies or applications will be collected on test day. Test starts promptly at 5:30 pm and no admittance will be allowed after the start of the test. A form of identification must be brought while checking in for the written test and agility test.**

All applicants will need to get a score of at least 70% on the written exam to take the second part of the testing process which is the physical agility test (a pass/fail test). Physical agility testing information is included within the application packet.

Applications are on our webpage at: <http://www.chambersburgfire.com>
or Chambersburg Fire Department Headquarters, 130 North Second Street,
Chambersburg, PA 17201; or by calling 717-251-2477

EQUAL OPPORTUNITY EMPLOYER:

THE BOROUGH OF CHAMBERSBURG DOES NOT DISCRIMINATE ON THE BASIS OF AGE, GENDER, MARITAL STATUS, RACE, COLOR, CREED, NATIONAL ORIGIN, POLITICAL AFFILIATION, RELIGION OR DISABILITY. ANY PERSON WHO NEEDS AN ACCOMMODATION IN ACCORDANCE WITH THE AMERICAN'S WITH DISABILITIES ACT DURING THE APPLICATION PROCESS SHOULD CALL 261-3201 (TDD 261- 3227).

ELIGIBILITY EXAMINATION FOR POSITION OF FIREFIGHTER IN THE CHAMBERSBURG FIRE DEPARTMENT

The purpose of this examination is to develop an eligibility listing for the position of Firefighter in the event of a vacancy. Veterans will be given preference in accordance with law.

All positions with the Borough of Chambersburg that require direct contact with children under age 18 are required to provide a background check sufficient to determine child abuse clearance which includes:

- A Child Abuse Clearance through the Child Welfare Portal
- A Pennsylvania State Police Request for Criminal History Check
 - A FBI Fingerprint Criminal History Clearance

You must be 18 years of age or older, in good physical condition, of good moral character and must pass a written examination and a physical agility test to be placed on the eligibility list.

You must be a high school graduate or have equivalent experience or training.

Must have and maintain a valid Commonwealth of Pennsylvania motor vehicle operator's license, 3 years clean driving history, and be insurable in the independent opinion of the Borough's motor vehicle insurance underwriter, in order to be eligible for this position.

You must obtain and retain a Commercial Driver's License and successfully complete an accredited Emergency Vehicle Operations Course.

You must be a resident or take up residence within 25 driving miles of the corporate boundaries of the Borough of Chambersburg within one year of the date of employment.

Your workweek will average 42 hours. Overtime will be paid for all hours other than your regularly scheduled shifts in accordance with the Collective Bargaining Agreement.

You'll start at \$55,062.70 (2021) annually, with raises during and after 1 years' probation with advancement increases up to a maximum for Firefighter VII of \$72,015.10 (2021) annually. You will receive disability insurance, life insurance and retirement benefits. Your uniforms and equipment will be furnished.

If hired you must successfully complete the Harrisburg Area Community College Fire Academy.

You become eligible for vacation after one year of employment.

Opportunities may be available for a fluent Bilingual English-Spanish Firefighter appointment, should one become available. The applicant should indicate on their application that they are fluent in both Spanish and English.

OBTAIN APPLICATION AT:

Headquarters Fire Station - 130 North Second Street, Chambersburg, PA between 8am and 4pm or at www.chambersburgfire.com. For more information call - 717-251-2477

CLOSING DATE FOR APPLICATION: 4:00 PM Friday, JUNE 3, 2022

Applications MUST be returned by mail or in person to the Borough of Chambersburg, Borough Hall, 100 S Second Street, Chambersburg, PA 17201 between the hours of 8 am and 4 pm Monday through Friday (No Holidays). A \$20.00 fee is required when applications are submitted. The check or money order for \$20.00 should be made payable to the Borough of Chambersburg.

DATE AND TIME OF WRITTEN EXAMINATION – Wednesday June 15, 2022 at 5:30 PM

To be conducted in Chambersburg Recreation Center (Bard Hall - downstairs) 235 South Third Street, Chambersburg, PA.

EQUAL OPPORTUNITY EMPLOYER

THE BOROUGH OF CHAMBERSBURG DOES NOT DISCRIMINATE ON THE BASIS OF AGE, GENDER, MARITAL STATUS, RACE, COLOR, CREED, NATIONAL ORIGIN, POLITICAL AFFILIATION, RELIGION OR DISABILITY. ANY PERSON WHO NEEDS AN ACCOMMODATION IN ACCORDANCE WITH THE AMERICAN'S WITH DISABILITIES ACT DURING THE APPLICATION PROCESS SHOULD CALL 717-251-2407.

ENTRY LEVEL AGILITY TEST DATE FOR 2022
will be held
SATURDAY JUNE 25, 2022
at 8:00 am
McKinley Street Fire Station
261 East McKinley Street

***TEST STARTS PROMPTLY AT 8:00 am – No Admittance will be allowed after the start of the test. All candidates must be on location by 8:00 am.**

FIRE CANDIDATE

PHYSICAL AGILITY TEST

These are minimum standards for all applicants. This is a pass/fail test. Failure of any of the tests will result in the applicant being disqualified.

1. Hose stacking to top rack by picking up and stacking eight (8) hose bundles and then returning them to their original location within three minutes.
2. Ladder climbing by ascending and descending a 65 foot ladder.
3. Hose relay requiring a hose bundle to be carried fifty (50) yards and a 2-1/2 inch hose to be extended fifty (50) yards, and then both to be returned to their original positions within three minutes.
4. Obstacle course requires carrying a hose bundle and climbing, crawling and running to complete the course in one minute, thirty seconds.
5. Charged hose reposition requires the moving of a charged hose over a series of barrels in two minutes.

APPLICATION FOR EMPLOYMENT

Patrolman or Fire Fighter
CIVIL SERVICE COMMISSION
BOROUGH OF CHAMBERSBURG
100 SOUTH SECOND STREET
CHAMBERSBURG, PA 17201
(An Equal Opportunity Employer)

**PLEASE TYPE OR PRINT CLEARLY YOUR
APPLICATION**

(It is the responsibility of the applicant to notify the Borough of Chambersburg with any changes that may occur to the contact information. Notification can be made through the Borough Secretary's office.)

POSITION APPLIED FOR: _____ DATE: _____

Name: _____ Phone # _____
 Last First Middle

Present Address: _____
 Street City State Zip

Social Security # : _____ U.S. Citizen? Yes _____ No _____

Date of Birth: _____ Place of Birth: _____

Do you have a current vehicle operator's license? Yes _____ No _____ License # _____

EMAIL ADDRESS: _____

**OFFICIAL USE - Date of Application Turned in -
Time of Application Turned in**

EMPLOYMENT HISTORY: (starting with present or last job, give employment for the past five (5) years)

From (Mo/Yr) To (Mo/Yr)	Employer	Address/Phone#	Reason for Leaving
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Do we have your permission to contact your present employer about your work? Yes _____ No _____

MILITARY SERVICE: Yes _____ No _____

Branch	From (Mo/Yr)	To (Mo/Yr)
Serial # _____	Kind of Discharge: Honorable _____	Other _____

Do you claim Veteran's Preference? **(If yes, attach your DD214 to your application)** Yes _____ No _____

****NOTE: You must have a DD214 in order to claim Veteran's Preference**

RESIDENCY HISTORY: (Starting with present residence, give residences for past five (5) years)

From (Mo/Yr) To (Mo/Yr)	Number and Street Address	City and State
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NOTE: Please attach additional paper if necessary for Employment History or Residency History

EDUCATION AND TRAINING:

Did you graduate from High School?

Other education (College, Business, Correspondence, Vocational or Technical School)

Specialized Training (Licensed and/or Certification): _____

Experience and/or Training related to desired position(s) _____

REFERENCES: (Not related to you)

Name	Address/Phone #	Yrs Acquainted
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

PERFORMANCE:

Can you perform the essential functions of the position applied for? Yes _____ No _____

MISCELLANEOUS:

Have you ever been convicted of a crime? Yes _____ No _____
(If yes, give details on a separate sheet and attach to Application)

State reasons why you are applying for this position: _____

**ATTACHMENT TO APPLICATION
CIVIL SERVICE COMMISSION
BOROUGH OF CHAMBERSBURG**

This attachment is considered a part of the application for employment as a Patrolman or Fire Apparatus Operator with the Borough of Chambersburg. Please read this form carefully. Answer accurately #3 below. This form must be attached to your application when it is returned to the Office of the Borough Secretary. If it is not attached, you may not be eligible to take the examination.

1. Each applicant for a position in the Police and Fire Departments shall be at least eighteen (18) years of age, a citizen of the United States (in cases of foreign born applicants, evidence satisfactory to the Commission shall be produced showing a person to be a naturalized citizen), and shall have graduated from an accredited high school or have an equivalent education acceptable to state standards. Any applicant who is physically disabled and unfit for the performance of the duties of the position to which he seeks employment, or who is addicted to habitual use of intoxicating liquors or narcotic drugs, or who has been guilty of any crime involving moral turpitude or of infamous or notorious disgraceful conduct or who has been dismissed from public service for delinquency or misconduct of office or who is affiliated with any group whose policies or activities are subversive to the form of government set forth in the Constitution and laws of the United States and Pennsylvania will not be eligible to take the examination.

2. Vacancies are filled by Borough Council through a conditional appointment of a qualified candidate who is certified by the Civil Service Commission. This appointment is conditioned on the candidate's successful passage of a physical exam, including drug screening, a psychological appraisal and a fitness assessment. Additionally, candidates for police officer will be subject to a polygraph examination for verifying the accuracy and completeness of the information furnished on the application form, statements of personal history or during interviews and background investigations. This examination will be completed only after the written examination and the physical agility test are successfully passed.

3. When certifying names to Borough Council from the Eligible List, the Commission will note whether or not the applicant is a user or non-user of tobacco products. A user of tobacco products is an individual, who at the time of application, is a user of tobacco products at least once per week. Tobacco products are cigarettes, cigars, pipe tobacco, snuff, chewing tobacco, and any other similar product made from tobacco. Based on the above, please check one:

- User of Tobacco Products
- Non-user of Tobacco Products

Date

Signature or Electronic Signature

This information will be separated from the application upon receipt of the application.

APPLICATION STATISTICS

The Borough of Chambersburg is required to keep the following information on applicants under the Uniform Guidelines on Employee Selection Procedures. (1978)

Please check the appropriate blank(s) as it applies to you.

MALE							FEMALE				
White	Black	Hispanic	Asian or Pacific	American Indian or Alaskan Native	Handicapped Status		White	Black	Hispanic	Asian or Pacific Islander	American Indian or Alaskan Native
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BOROUGH OF CHAMBERSBURG
100 SOUTH SECOND STREET
CHAMBERSBURG, PA 17201

AUTHORIZATION FOR RELEASE OF INFORMATION

I, _____, having made application with the Chambersburg Fire Department, and desiring that organization to be informed of my previous record and character, hereby authorize an investigation of my background, and the obtaining of any and all information which may concern my record and character, whether the said records are of a public, private, or confidential nature, including the results of any polygraph test; and, further, I hereby release all persons whomsoever, from any charge or civil suit resulting from furnishing of said information.

I intend this authorization to include, among other records from any other sources, release to the Borough of Chambersburg by the National Personnel Records Center, or other custodian of my military record, of information or photocopies from my military personnel and related medical records.

I understand that if and when I am hired, I may be terminated from employment with the Borough of Chambersburg immediately and without cause, if any response that is received from my background investigation is not acceptable to the Borough of Chambersburg. I further realize the Borough of Chambersburg will not disclose to me or my agents, any documents or information that they receive while conducting my background investigation, nor do I have to be told a reason why I was not hired.

By my signature or electronic signature, I attest that I have read and understand the intent and use of this document and authorize its use, of my own free will. I further release the Borough of Chambersburg, its employees and agents from any claim and liability in the use of this document, or the collection of any information concerning me.

A photocopy of this form will be valid as an original hereof, even though the said photocopy does not contain an original writing of my signature but an electronic signature as per my typed name.

By providing your typed or written name on this document you are attesting that the information provided in this application is true and correct to the best of your knowledge ability and belief. Any false statements made on this application will be cause to reject this application from further employment consideration with the Chambersburg Fire Department and can be further cause to be charged under Unsworn Falsification to Authorities under Title 18 PaC.S. Section 4904, a misdemeanor of the third degree.

Date _____

Print Full Name of Applicant

SSN _____

Date of Birth _____

Signature of Applicant (Affiant)

**BOROUGH OF CHAMBERSBURG
ESSENTIAL DUTIES OF A FIREFIGHTER**

1. Running for several hundred yards or more;
2. Climbing and/or crawling over and around walls and other obstacles while carrying a hose bundle;
3. Lifting and stacking hose bundles on a rack; lifting and setting up fire ladders;
4. Pushing motor vehicles;
5. Pulling or carrying accident and/or fire victims;
6. Ascending and descending stairs wearing turnout gear and carrying breathing apparatus and hose lines.
7. Lifting and placing patients on stretchers and transporting to ambulance; involves the carrying of patients down stairs on a stretcher;
8. Ascending and descending a 65 foot ladder;
9. Withstanding prolonged exposure to extreme weather conditions;
10. Withstanding prolonged periods of standing and sitting;
11. Withstanding frequent exposure to stress-producing situations such as encountering persons injured or killed by fires, accidents, crimes or suicide;
12. Communicating effectively with individuals suffering from trauma (including family members, friends or others who may have witnessed the trauma); communicating effectively with individuals when conducting inspections.
13. Operating a motor vehicle such as an ambulance or fire truck in emergency situations and for long periods of time;
14. Filling out written reports in a clear and concise manner; entering data in computer.

_____ I have reviewed the above list of Essential Job Functions for a Borough of Chambersburg Firefighter and believe that: (check one)

_____ I can fully perform all duties without accommodation.

_____ I can fully perform all duties but only with the following accommodations:

_____ I cannot fully perform all duties even with accommodations.

Name _____ (please print)


Signature _____ Date _____

Attachment to Civil Service
Commission Application Fluent
Bilingual English Spanish Police
Officer/Firefighter

Applicants for examination may elect to indicate their ability to converse in English and Spanish.

YES NO

- Are you fluent and bilingual in conversational English and Spanish?
- Do you wish to be considered for a Fluent Bilingual English-Spanish Police Officer/Firefighter appointment should one become available?
You will be required to pass a proficiency test.

To: All Fire Department Candidates 
From: Dustin L. Ulrich – Fire & EMS Chief
Subject: Required Background Checks upon a conditional offer

The following information will assist you with completing your backgrounds. The background checks are at your cost.

State Police Background Check

-Found at – <https://epatch.state.pa.us/Home.jsp> (click on New Record Check – Gray Tab)

Pennsylvania Child Abuse Background Check

-Found at - <https://www.compass.state.pa.us/cwis/public/home> (Create Individual Account) Choose - Purpose Individual 14 years of age or older who is Applying for or Holding a Paid Position as an Employee with a Program, Activity or Service, as a Person Responsible for the Child's Welfare or having Direct Contact with Children

FBI Background Check

-Found at - <https://uenroll.identogo.com/> (code 1KG756)



Dear Fire Applicant,

On behalf of the Chambersburg Fire Department, I would like to welcome you to the Fire Candidate testing process and thank you for your interest in the department. The Chambersburg Fire Department makes every attempt to be as transparent as possible during the testing process in order to allow each candidate an opportunity to best prepare themselves for testing. The testing process consists of 3 phases – Written Exam, Physical Agility, and Conditional Offer/Secondary Physical Testing.

- **Phase I** – Application and written test. In accordance with Civil Service Rules and Regulations, in order for a candidate to proceed to phase II, the candidate must achieve a score of at least 70% on the Civil Service Written Examination. Candidates will be notified in writing within the next 3 weeks of the results of this test. A candidate who successfully achieves a passing score will then be invited to take part in Phase II of the testing process – Physical Agility Testing.
- **Phase II** – Physical Agility Testing. Testing consists of hose stacking, ladder climb, hose relay, obstacle course and a charged hose repositioning station. All stations must be passed in order to be placed on the eligibility list. A detailed description of each station is attached to this letter. Please bring a fire helmet and gloves if possible. If you do not have helmet and gloves, these items will be made available to you.

All candidates who successfully pass both the written and physical agility testing will be placed on an eligibility list. All candidates shall be listed by their respective scores from highest to lowest. Upon the need to fill a vacancy within the department, this list shall be used to select qualified applicants to take part in further interview and testing.

- **Phase III** – Conditional Offer and Secondary Agility Testing. Upon the need to fill a vacancy, a candidate will be selected from the Civil Service list compiled from initial testing. Such candidate will take part in an oral interview and if selected may be given a conditional offer of employment which will require further psychological and physical testing. Further testing consists of push-ups, sit-ups, vertical jump, bench press, 300 meter sprint, 1.5 mile run or 2500 meter row. In order to allow candidates to further physically prepare for the secondary agility test, a written description of all requirements is attached to this letter.

**THE SECONDARY AGILITY TESTING IS ONLY
CONDUCTED IF A CANDIDATE RECEIVES A CONDITIONAL OFFER OF
EMPLOYMENT.**

Lastly, if a candidate is successful and receives an offer of employment, such candidate must successfully complete the Harrisburg Area Community College Fire Academy (HACC). The academy consists of 9 weeks at the fire academy as well as a 3 to 5 week EMS academy (EMS academy is not required if the new hire has a current and valid PA EMT-B license). The fire academy consists of rigorous daily physical activities as well as academic skills. A candidate must be successful in both areas in order to successfully complete the academy. Successful completion of the fire academy is necessary to retain employment and continue on as a Probationary Firefighter. A detailed description of HACC's Fire Academy physical fitness testing requirements is attached to this letter.

Respectfully,

A handwritten signature in blue ink that reads "Dustin Ulrich". The signature is written in a cursive style with a large initial "D" and "U".

Dustin L. Ulrich, MPA, CFO
Fire & EMS Chief

CIVIL SERVICE TEST ENTRY LEVEL PHYSICAL FITNESS TEST

COMPLETION OF THIS TEST WILL PLACE YOU ON AN ELIGIBILITY LIST

(FIRE APPLICANT MUST PASS THE ENTRY LEVEL WRITTEN TEST WITH A 70% OR BETTER TO MOVE ON TO THIS PHASE OF THE PROCESS)

FIRE CANDIDATE

PHYSICAL AGILITY TEST

These are minimum standards for all applicants. This is a pass/fail test. Failure of any of the tests will result in the applicant being disqualified.

1. Hose stacking to top rack by picking up and stacking eight (8) hose bundles and then returning them to their original location within three minutes.
2. Ladder climbing by ascending and descending a 65 foot ladder.
3. Hose relay requiring a hose bundle to be carried fifty (50) yards and a 2-1/2 inch hose to be extended fifty (50) yards, and then both to be returned to their original positions within three minutes.
4. Obstacle course requires carrying a hose bundle and climbing, crawling and running to complete the course in one minute, thirty seconds.
5. Charged hose reposition requires the moving of a charged hose over a series of barrels in two minutes.

**CONDITIONAL OFFER PHYSICAL AGILITY TEST
(ONLY NEED TO TAKE IF YOU HAVE BEEN GIVEN AN INTERVIEW AND OFFERED A CONDITIONAL
OFFER OF EMPLOYMENT)**

CANDIDATE MUST COMPLETE (FAIR OR BETTER) IN 5 OF THE 6 CATEGORIES

- 1. Aerobic capacity -1.5 mile run or 2,500 meter row***
- 2. Anaerobic Power (Sprinting Ability) -300 meter run**
- 3. Anaerobic Power (Explosive Leg Strength) -Vertical Jump**
- 4. Muscular Strength (Upper Body) -1 RM Bench Press**
- 5. Muscular Endurance (Upper Body) -Maximum Push-ups**
- 6. Muscular Endurance (Core Body) -1 Minute Sit-ups**

1.5 MILE RUN TEST**Male**

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	< 10:00	< 10:30	< 11:00	< 11:15
Excellent	10:00-11:00	10:30-11:30	11:00-12:30	11:15-13:59
Good	11:01-12:30	11:31-13:00	12:31-14:30	14:00-16:15
Fair	12:31-14:45	13:01-15:35	14:31-17:00	16:16-19:00
Poor	14:46-16:30	15:36-17:30	17:01-19:00	19:01-20:00
Very Poor	>18:31	>17:31	>19:01	>20:01

Female

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	<13:00	<13:45	<14:30	<16:30
Excellent	13:00-14:30	13:45-15:55	14:30-16:30	16:30-17:30
Good	14:31-16:30	15:56-17:30	16:31-19:00	17:31-19:30
Fair	16:31-19:00	17:31-19:30	19:01-20:00	19:31-20:30
Poor	19:01-19:30	19:31-20:00	20:01-20:30	20:31-21:30
Very Poor	>19:31	>20:01	>20:31	>21:31

CONCEPT II 2500 METER ROW TEST**Male**

Age	39 and under	40 - 49	50 - 59	60 and above
Superior	< 9:15	< 9:35	< 10:00	< 10:45
Excellent	9:15- 9:49	9:35-10:19	10:00-10:44	10:45-11:30
Good	9:50-10:30	10:20-11:00	10:45-11:25	11:31-12:00
Fair	10:31-11:20	11:01-11:50	11:26-12:15	12:01-12:45
Poor	11:21-12:20	11:51-12:50	12:16-13:15	12:46-13:45
Very Poor	12:21+	12:51+	13:16+	13:46+

Female

Age	39 and under	40-49	50-59	60 and above
Superior	<10:55	<11:30	<11:45	<12:30
Excellent	10:55-11:19	11:30-11:49	11:46-12:24	12:30-13:09
Good	11:20-12:00	11:50-12:30	12:25-13:05	13:10-13:50
Fair	12:01-12:50	12:31-13:20	13:06-13:55	13:51-14:40
Poor	12:51-13:50	13:21-14:20	13:56-14:55	14:41-15:40
Very Poor	13: 51+	14:21+	14:56+	15:41+

300 METER RUN TEST (SECS)

<u>Gender</u>	<u>Male</u>					<u>Female</u>				
	<u>Age</u>	20-29	30-39	40-49	50-59	60 & above	20-29	30-39	40-49	50-59
<u>Superior</u>	<48.0	<49.0	<55.0	<61.0	<65.0	<56.0	<60.0	<66.0	<77.0	
<u>Excellent</u>	48.0 to <51.0	49.0 to <52.0	55.0 to <60.0	61.0 to <68.0	65.0 to <76.0	56.0 to <59.7	60.0 to <66.5	66.0 to <72.0	77.0 to <83.0	
<u>Good</u>	51.0 to <55.0	52.0 to <56.0	60.0 to <66.0	68.0 to <77.4	76.0 to <85.0	59.7 to <62.7	66.5 to <72.0	72.0 to <80.5	83.0 to <91.0	
<u>Fair</u>	55.0 to <60.0	58.0 to <61.0	66.0 to <74.8	77.4 to <85.0	85.0 to <95.0	62.7 to <74.5	72.0 to <80.5	80.5 to <101.8	91.0 to <103.0	
<u>Poor</u>	60.0 to <69.0	61.0 to <70.0	74.8 to <86.0	85.0 to <99.0	95.0 to <108.0	74.5 to <88.0	80.5 to <93.5	101.8 to <116.0	103.0 to <123.0	
<u>Very Poor</u>	69.0 or >	70.0 or >	86.0 or >	99.0 or >	108 or >	88.0 or >	93.5 or >	116.0 or >	123.0 or >	

VERTICAL JUMP TEST (INCHES)

<u>Gender</u>	Male				Female			
	<u>Age</u>	20-29	30-39	40-49	50-59	20-29	30-39	40-49
<u>Superior</u>	>25.0	>24.0	>20.3	>19.5	>18.1	>16.0	>13.3	>10.1
<u>Excellent</u>	25.0 to >23.0	24.0 to >21.0	20.3 to >18.0	19.5 to >16.5	18.1 to >17.0	16.0 to >15.0	13.3 to >12.7	10.1 to >9.5
<u>Good</u>	23.0 to >21.0	21.0 to >20.0	18.0 to >16.5	16.5 to >14.5	17.0 to >15.5	15.0 to >13.0	12.7 to >11.1	9.5 to >7.9
<u>Fair</u>	21.0 to >19.0	20.0 to >18.5	16.5 to >15.0	14.5 to >13.5	15.5 to >13.9	13.0 to >12.0	11.1 to >9.0	7.9 to >5.8
<u>Poor</u>	18.0 to >17.0	18.5 to >16.0	15.0 to >13.0	13.5 to >11.0	13.9 to >12.0	12.0 to >10.2	9.0 to >7.1	5.8 to >3.9
<u>Very Poor</u>	17.0 or <	16.0 or <	13.0 or <	11.0 or <	12.0 or <	10.9 or <	7.1 or <	3.9 or <

MUSCULAR TESTS

	<u>1 RM Bench Press (ratio)*</u>	<u>Sit Ups (number)**</u>	<u>Standard Push Ups (number)***</u>
<u>Superior</u>	>.97	>42	>38.0
<u>Excellent</u>	.97 to >.84	42 to >35	38.0 to >29.0
<u>Good</u>	.84 to >.74	35 to >31	29.0 to >22.0
<u>Fair</u>	.74 to >.66	31 to >25	22.0 to >16.0
<u>Poor</u>	.66 to >.58	25 to >20	16.0 to >11.0
<u>Very Poor</u>	.58 or <	20 or <	11.0 or <

*ratio-weight lifted to body weight

** number within one minute

*** women are permitted to perform "modified" push-ups

HACC Fire Academy Physical Fitness Program

(Required to attend once a final employment offer is given)

Description & Objective

Designed to focus on the health-related benefits of moderate to vigorous exercise. Development of flexibility and muscular strength and endurance of the major muscle groups and the joint actions involved in a variety of aerobic & cardiovascular conditioning activities. Flexibility, strength, and conditioning exercises for all major muscle groups are included. An emphasis is placed on cardiovascular health through a variety of activities. In addition, a strong emphasis is placed on the importance of the health benefits of cardiovascular conditioning and on the prevention of injury.

Learning Outcomes

- Identify and define the components of health related fitness and wellness
- Identify health risk factors and major health issues associated with physical inactivity
- Develop a plan of behavior change that improves health related fitness and enhances the components of wellness
- Define and apply the principles of fitness training by:
 - Determining appropriate frequency, intensity, time and type of activity
 - Determining and calculating a target heart rate and perceived rate of exertion
- Demonstrating appropriate exercises for each major muscle group
- Identifying contraindicated exercises and potential risks of injury
- Participate in a variety of health-related fitness activities at moderate to vigorous intensity
- Determine present level of fitness in all component of health-related fitness: flexibility, muscular strength, muscular endurance, cardiovascular-respiratory endurance, and body composition (BMI)

Assessments

- Meet the specific goals set forth for Aerobic Capacity/ Cardiovascular Endurance (each Cadet must complete the 1½ mile run in less than twelve (12) minutes)
- Meet the specific goals set forth for Upper Body Muscular Strength. (each cadet must complete 36 push-ups)
- Meet the specific goals set forth for Abdominal Muscular Strength. (each cadet must complete 60 crunches)
- Active participation in daily physical development sessions.
1.5 Mile Run Assessment

Run

This measures aerobic capacity or VO2 max (7,920 feet, 2,640 yards, 2,414 meters= 1.5 miles)

Beginning at the curved line on the track in front of North Hall, finishing upon the eighth time crossing the straight line in front of the Piccola Law Enforcement Center. Participants will be provided three to five minutes to warm up, and encouraged to hydrate. Upon the command "Go" participants will begin running the track counter clockwise. Participants may not be physically assisted by other runners or leave the running surface.

Successful completion is 12 minutes or less.

Full Body Push-Up Assessment

This measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps).

Participants should start in the up position. Hands should be placed slightly wider than the shoulders, with fingers facing forward, palms touching the ground/floor/mat. Knuckle or fingertip push-ups are not permitted.

A proctor should place their fist below the participant's chest. If the test is being proctored by a member of the opposite gender, a 3" sponge should be placed on the floor where the sternum would touch. The proctor will count the official push-ups.

Starting from the up position while keeping the back straight, (elbows extended) the participant lowers their body towards the floor until the chest touches the proctor's fist, or when the elbows are at a 90 degree angle. The participant then returns to the up position. This is one complete push-up.

There is no time limit, but resting may only be done in the up position. Both hands and feet (toes) must remain in contact with the floor at all times or the test is considered over. Participants may not arch their back during the test.

Successful completion is 36 complete push-ups.

Crunch Assessment

This test measures abdominal muscular endurance

Participants start by lying flat on a floor mat. Their knees should be bent at a 90 degree angle and soles of their feet flat to the surface of the mat. Arms should be lying on the mat to each side, fully extended so the tip of their fingers touch the edge of a designated line. Their palms must remain flat on the surface of the mat.

The participants feet should be held flat on the ground by the test proctor and they will count completed repetitions. For a repetition to count, the participants must curl their upper body until their fingertips slide 6 inches to a second designated line and then return down until their shoulder blades touch the mat. Resting is permitted but the test will be considered complete if the palms, buttocks, or soles of the feet leave the surface of the mat.

Successful completion is 60 repetitions.