



FIRE DEPARTMENT

**PHYSICIAN CLEARANCE FORM**  
**(Paid-On-Call Firefighters)**

**Confirmation of physical fitness to participate in the Ability Test**

Participant name: \_\_\_\_\_  
(Printed name of participant)

Printed physician name \_\_\_\_\_  
(Printed name of physician)

Physician's phone number \_\_\_\_\_

My signature below indicates that the above named person is in good health and will be able to participate in ability testing for a firefighter, as described on page two.

\_\_\_\_\_  
*Signature of Physician*

\_\_\_\_\_  
*Date*

## PHYSICAL ABILITY TEST

This is a description of what you can expect to find in the Physical Ability Test for paid-on-call firefighters.

1. One Mile Run:

age 18 to 25	8:00 minute maximum
age 25 to 35	8:20 minute maximum
age 35 and above	8:40 minute maximum
  
2. Axe Chop: Candidate strikes a block of wood 20 times without stopping using a 12-pound sledgehammer. Full swings are required.
  
3. Hose Drag: Candidate drags one length (50 feet) of 2.5-inch hose 100 feet to a truck and connects the coupling to it. The candidate then returns to the start/stop point and drags another length of 2.5 inch hose (100 feet – 2 sections connected) for a distance of 100 feet and connects the same way as the first.
  
4. Ladder Raise and Climb: Candidate removes a roof ladder from an apparatus, then raises the ladder onto a wall and climbs to the top, touches wall, descends and then places the ladder back on the truck.
  
5. Sit-ups: Candidate performs 25 sit-ups in repetition.
  
6. Can Carry: Candidate carries two (2) plastic foam containers a distance of 50 feet then turns around and returns to the starting point. Candidate cannot stop or set the containers down. (Approximate container weight is 40 lbs.)
  
7. Rescue Simulation: Candidate must drag a 165 lb. rescue dummy a distance of 75 feet.