



Matlacha/Pine Island Fire Control District

5700 Pine Island Road, Bokeelia, FL 33922
Phone: 239-283-0030 Fax: 239-283-3313

Physical Agilities Test

This test is designed to evaluate an applicant's overall condition for firefighting, therefore, is to be completed continuously with minimal breaks or rest between stages. Although completion times will be recorded, this physical evaluation will be graded on a **Pass/Fail** system with no points awarded for faster completion. During this test, all exercises should be performed utilizing proper body mechanics to ensure personal safety. If applicants have any questions they must be asked before starting the test.

Stage One: Push-ups

Applicants will have 2:00 minutes to perform as many push-ups as they can safely complete. An assessor will be with the applicant to measure the quantity and quality of the push-up. The assessor will count out loud each qualifying push-up, with a minimum of 25 required to receive a passing score.

Push-up Procedure

A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder-width apart, extended and at a right angle to the body. Keeping the back and knees straight, the applicant lowers their body until there is a 90-degree angle at the elbows, then returns to the starting position with the arms extended.

Stage Two: Planks

Side planks

- Applicant will start on right side and perform side plank for 1:00 minute.
- Applicant will have 1:00 minute rest period
- Applicant will start on left side and perform side plank for 1:00 minute

Plank Procedure

1. Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm pointing away from you and your hand balled into a fist. The pinky side of your hand should be in contact with the ground.
2. With your neck neutral, breathe out and brace your core.
3. Lift your hips off the ground so that you're supporting your weight on your elbow and the side of your right foot. Your body should be in a straight line from your ankles to your head



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Stage Three: 1.5 mile run

The Applicant will run for 1.5 miles on a marked cone course and applicant has 14:00 minutes to complete the 1.5 miles.