

## **Manitoba Fire Program Mandatory Physical Fitness Tests**

### **Pack Test (Arduous)**

This is a timed test consisting of a five kilometer walk carrying a 20 kg (45 lbs) pack. This pack can either be a hose box or back pack. This is to be completed within a time of 45 minutes.

**AND**

### **Pump / Hose Test**

#### **Part 1 - Fire Pump Carry**

Be physically capable without stopping of carrying a MK3 fire pump weighing about 29 Kg (64 lbs), a distance of 100 metres while dressed in typical fire crew gear (no fixed time).

#### **Part 2 – Hose Carry & Drag**

This portion of the test is timed, carried out in the fire crew gear above and must be completed (without stopping) within 4 minutes and 10 seconds. Carry four 1½" x 100' fire hoses, coupled and packed in a standard department hose box worn on the back over a 75 metre course four times for a total of 300 metres. Then, while still being timed the individual must drag a charged hose line over a 50 metre course four times for 200 metres. There is no rest given between Part 1 and Part 2 of the test. Any adjustments required to be made to test equipment such as hose box straps must be completed prior to the start of Part 1 of the test. The hose box must be picked up from the ground for this test. Timing will commence as soon as the person taking the test places the pump on the ground after the fire pump carry.

**Before taking part in the mandatory fitness tests new applicants must complete a PAR-Q form and must submit a Manitoba Department of Conservation Physician Release form, signed and stamped by a licensed Physician. The applicant must pay any Physician fees associated with this form/examination**