Aviation Rescue Fire Fighting Services Recruitment - Physical Aptitude Test

Welcome to the Airservices Australia Recruit Firefighter Physical Aptitude Test (PAT). This test has been designed to ensure that potential recruits have the requisite physical attributes to undertake a recruit course with the Aviation Rescue Firefighting Service (ARFFS).

Tests have been designed to be undertaken in a gym setting, using readily accessible equipment including sleds, weight plates and dumbbells. This guide is to assist you in preparing to undertake the test.

Instructions for Candidates

The Test consists of 3 stages:

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Stage 1: Aerobic Power Test –

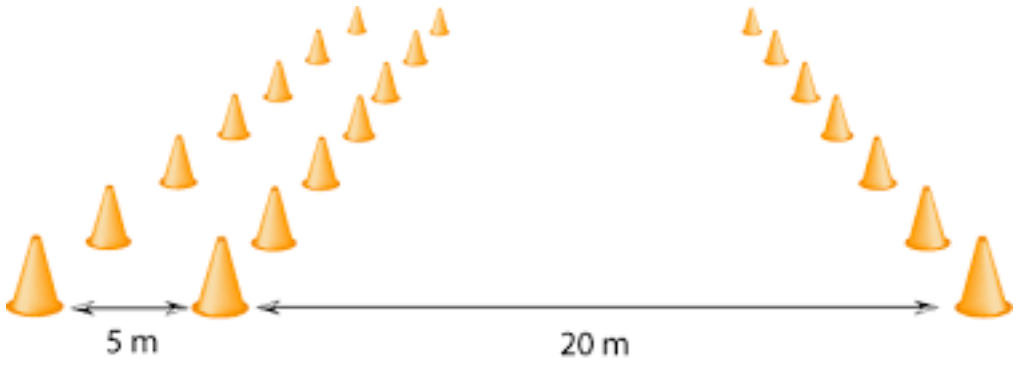
Firefighters are required to have a good level of aerobic and anaerobic power in order to stay safe during their operational work. This part of the PAT assesses the aerobic power of candidates to ensure that they have the requisite abilities to undertake an ARFFS recruit course.

Testing of aerobic power will consist of candidates completing the ***Yo-Yo Intermittent Recovery Test Level 1 (YYRT1)****. To successfully complete this test, candidates must reach a minimum standard of* ***14.7.***

Failure to reach the line prior to the beep will constitute a strike. Two strikes in a row will result in the candidate failing this part of the physical abilities test.

Candidates may view the test at the following location and can access the test recording through a range of apps available on both Apple and Android systems.

https://www.youtube.com/watch?v=nkOk_P5VnOA



Successful Completion of this test will see candidates move onto stage 2

Stage 2: Strength & Power Assessment - This test is a continuous circuit consisting of 5 distinct tasks, where candidates are assessed for strength, power and muscular endurance in a firefighting simulation. The test is to be completed sequentially.

Candidates will at all times be wearing a **10kg weight vest** to simulate wearing a Self-Contained Breathing Apparatus.

The test is timed and the minimum standard to successfully complete the test is:

9 minutes 30 secs

Candidates must successfully complete each stage prior to moving onto the next stage. Individual stages are not timed.

Should a candidate fail to complete the Strength and Power Assessment in **9 minutes 30 secs**, or fail to complete any individual stage, they will be deemed to have failed this stage of recruitment.

- ***2.1 Hose access and stage –***

Firefighters are required to access hoses from lockers located on the side of trucks. This represents the initial activity for firefighters during fire suppression work. This stage simulates the initial hose access conducted by aviation firefighters.

Candidate will retrieve 6 weight plates (2x20kg and 4 x 15kg) from a height of 1100mm. Carrying one plate at a time only, candidate will then carry plates on a single side, using two hands, to a staging area located 15m away.

Candidates will walk back between stages.

- Candidates may only carry one plate at a time.
- Weight must be carried on a single side only. Weight may not be carried in front of the body.
- Candidates may not stop at any time between picking up weight and placing it in the staging area.
- Should a candidate drop a weight at any time, they will be deemed to have failed this section of the PAT.

Target time for this stage is **2 minutes.**

- ***2.2 Hose Deployment*** –

During firefighting operations, aviation firefighters may be required to deploy a hose "under control" which requires them to unroll hoses while holding the hose above their shoulders. This stage of the strength and power test simulates this activity.

Candidate will lift a 15 kg dumbbell to shoulder height and walk a distance of 30m (6x5m). Candidate must maintain forward momentum and the dumbbell must be maintained above the shoulder for the entire duration. At all times elbow and shoulder joints must both be at 90 degrees.

- Should a candidate drop the weight at any time, they will be deemed to have failed this section of the Strength and Power assessment.
- Should a candidate fail to maintain the weight above their shoulder, with shoulder and elbow at 90 degrees, they will be deemed to have failed this section of the strength and power assessment. Candidates will receive 1 warning prior to failing

Target time for this stage is **30 seconds.**

- ***2.3 Hose Drag***

During fire suppression work, firefighters must regularly position, and reposition hoses to allow for streams of water and foam to be applied to the fire. This task is done numerous times during fire suppression work. Each hose is **30 metres** in length and this activity simulates dragging multiple hoses.

*The candidate will grasp handles attached to a sled weighing **67kg** in total (this weight includes the sled). The candidate will grasp the handles and, holding handles under one arm, begin walking forward a distance of **15m** and return for a total of **30m**. The candidate will then walk for **30m** without the sled. To successfully complete this stage of the strength and power assessment, the candidate will complete **3 x 30m** drags all followed by a **30m** unweighted walk. Total distance **180m.***

- Should a candidate fail to maintain forward momentum at any time while dragging the sled, they will be deemed to have failed this section of the strength and power assessment. Candidates will receive one warning prior to a fail.
- Should a candidate drop the handles at any time, they will be deemed to have failed this section of the strength and power assessment.

Target time for this stage is **2 minutes 45 seconds**

- ***3.4 Victim Rescue***

When a plane or a structure has been involved in an accident, firefighters may be required to complete the rescue of civilians and airline staff. Firefighters may also be required to assist other firefighters who may be incapacitated during firefighting operations. This task simulates extricating an individual from a plane or structure.

*Candidate will grasp a weighted sled weighing **85kg** in total. Candidate will grasp the handles and, facing the sled, drag the sled backwards a total distance of **50m** starting at the 10m mark (5m, 15m, 15m, 15m).*

- Should a candidate drop the handles at any time, they will be deemed to have failed this section of the strength and power assessment.
- Candidates may take breaks during the 50m drag to reposition their hands or adjust their body position.
- Should a candidate fall during the assessment, this will not constitute a fail should contact with the handles be maintained.

Target time for this stage is **2 minutes.**

- ***3.5 Truck Restow –***

Following fire suppression activities, firefighters are required to ensure that their truck is ready for redeployment or further tasking. This is done immediately following operations and this task simulates one element of the restow procedure.

The candidate will retrieve 6 weight plates (2x20kg and 4 x 15kg) from the staging area and return them to the storage platform at 1100mm. Candidates are to carry the plates on a single side, using two hands.

- Candidates may only carry one plate at a time.
- Weight must be carried on a single side only. Weight may not be carried in front of the body.
- Candidates may not stop at any time between picking up weight and placing it in the staging area.
- Should a candidate drop a weight at any time, they will be deemed to have failed this section of the PAT.

Test timing to be stopped when the final weight plate has been placed onto the storage platform.

Target time for this stage is **2 minutes 15 seconds.**

Total Time to complete the strength and power assessment is **9 minutes 30 secs**

If a candidate fails stage 1 or stage 2 of this test, they will not move onto stage 3.

Stage 3: Safety Screening Tests –

Candidates will be screened for the ability to work at heights, a claustrophobia test and also a balance test. These tests are **UNTIMED.**

3.1 – Work at heights. Candidate to be raised in a scissor lift/crane and will be asked to identify a number of objects below.

Failure to successfully identify objects will result in failure of this part of the PAT.

3.2 – Claustrophobia test. Candidates will don an SCBA mask which has been completely blackened. Candidates will then, under instruction, complete an obstacle course where they may be asked to climb, crawl or enter a confined space.

Failure to successfully complete the tasks will result in failure of this part of the PAT.

3.3 Balance Test – Candidates will don a 10kg weight vest and lift a 20kg weight plate to their chest. Candidates will then walk the length of two 5m long pieces of timber separated by a 300mm gap. Candidates will walk to the end of the second section and then return.

Should a candidate fall from the balance beam they will need to restart the test. Falling from the beam a 3rd time will result in failing this section of the PAT.

Successful Completion of this test will see candidates pass the physical component of the recruitment process.

PAT Test Setup