

FIREFIGHTER FURNACE

FITNESS ASSESSMENT PROGRAM

DIRECTIONS



■ Equipment Needed

Measuring Tape
Measuring Wheel (Meters)
Stop Watch
Cones

■ Optional Equipment

Treadmill
Concept 2 Rower
Air Bike
Watch w/GPS

How Each Event Will Be Scored

WAIST TO HEIGHT RATIO - 20%

SIT AND REACH - 20%

FLAME TEST - 20%

8-POINT PLANK - 20%

1 MILE RUN - 20%

ELITE	STANDARD	AVERAGE	BELOW AVERAGE
20	16	12	8

Important Information

- Your total score will be the combined sum from each of the five events.
- Please print the entire assessment and make additional copies of the questionnaire and score sheet for each individual.
- Please allow time for participants to warm up, practice and recover as needed before or after each event.
- For more detailed instructions, please refer to our video explanations of each event at firefighterfurnace.com/fitness-assessment
- The Health and Fitness Coordinator must take pre and post vitals including BPM and BP. The post vitals must be taken right after the 1-mile run, row or bike test.
- Overall test score must be added to the fitness training app for storage and data collecting.



FIREFIGHTER FURNACE FITNESS ASSESSMENT PROGRAM QUESTIONNAIRE AND SCORE SHEET

■ PRE-ASSESSMENT QUESTIONNAIRE

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This checklist is self administered and self evaluated.

Full Name : Age :

Height : Weight :

This questionnaire does not provide advice. Nor does it substitute for advice from an appropriately qualified medical professional. Firefighter Furnace LLC gives no warranty of safety resulting from its use.

Select if any apply to you. If not, leave blank

- Have you ever suffered or been told by a doctor that you have suffered a stroke?
- Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?
- Do you ever feel dizziness during physical activity/ exercise that causes you to lose balance?
- Do you have medical condition(s) that make it dangerous for you to participate in physical activity?

IF YOU SELECTED any of the questions please consult your supervisor and fire department physician to seek clearance/approval to undertake physical activity/exercise within our fitness programs. By signing this sheet you are confirming that this fitness assessment has been approved by your Fire Department Physician and Health and Fitness Coordinator.

Sign: _____ Date: _____

Your Fitness Assessment Score

Pre-Assessment Vitals	BPM <input type="text"/>	BP <input type="text"/>
WAIST TO HEIGHT RATIO	RESULT <input type="text"/>	SCORE <input type="text"/>
SIT AND REACH	RESULT <input type="text"/>	SCORE <input type="text"/>
FLAME TEST	RESULT <input type="text"/>	SCORE <input type="text"/>
8-POINT PLANK	RESULT <input type="text"/>	SCORE <input type="text"/>
1-MILE RUN	RESULT <input type="text"/>	SCORE <input type="text"/>
OVERALL SCORE		SCORE <input type="text"/>
Post-Assessment Vitals	BPM <input type="text"/>	BP <input type="text"/>

FITNESS ASSESSMENT TEST 1 OF 5

WAIST TO HEIGHT RATIO (WHtR)

PURPOSE

Waist to height ratio can be obtained by dividing waist size by height and is an effective indicator of risks associated with obesity, heart disease, diabetes, stroke, and hypertension.

DIRECTIONS

- Measure waist in inches one inch above belly button
- Measure height in inches
- Calculate: waist ÷ height x 100

SCORE

MEN

20	16	12	8
43 - 52	35 - 42 or 53 - 57	<35 or 58 - 62	>62

WOMEN

20	16	12	8
42- 48	35 - 41 or 49 - 53	<35 or 54 - 57	>58

NOTES

- Scores include being both over and under weight according to the WHtR method.

FITNESS ASSESSMENT TEST 2 OF 5

SIT AND REACH

PURPOSE

The purpose of the sit and reach test is to assess the flexibility and mobility of the lower back and hamstring muscles. It is used as a measure of overall flexibility and can help identify potential tightness or imbalances in these major muscle groups.

DIRECTIONS

- Sit on the ground facing the wall with your feet 12 inches apart.
- Bend forward and reach as far as you can with your bare feet flat on the wall.
- Do three attempts in order to find your best results.

SCORE

20	16	12	8
Palms on Wall	Knuckles on Wall	Fingers on Wall	No Touch

NOTES

- The score table is for both men and women.
- Allow participants to stretch as needed before test.
- DO NOT force bent past any level of discomfort.

FITNESS ASSESSMENT TEST 3 OF 5

FITNESS LEVEL ASSESSMENT of MUSCULAR ENDURANCE (FLAME TEST)

■ PURPOSE

The purpose of this speed, anaerobic/muscular endurance test is to evaluate an individual's capacity to perform repetitive, high-intensity muscle contractions without relying on oxygen as a primary energy source, providing insights into their ability to sustain intense physical activity.

DIRECTIONS

- Place two cones 50 feet apart. 50 feet is approx. 15 meters or 20 walking paces
- Members will have 5 minutes to perform as many rounds as possible.
- One full round is X push-ups, 50ft run, X air squats and 50ft run back.
- Start with two hand release push-ups and two air squats.
- Each round, add two reps to both the hand release push-up and air squat.
- Your score is rounds completed in 5 minutes.

SCORE

MEN

20	16	12	8
9	7-8	4-6	<4

WOMEN

20	16	12	8
7	5-6	3-4	<3

NOTES

- Each member must sprint back to start line to complete each round.
- During the hand release push-up, the individual's chest must contact the ground and hands must be lifted off the ground for each rep.
- Air squat depth should be 90 degrees unless limiting factors are present.
- **EXAMPLE SCORE** - If you completed 14 air squats, 50ft run and 7 hand release push-ups, your score is 7 due to it being the last completed round before the 5 minute clock expires. (2+4+6+8+10+12+14 = 7 complete rounds.



FITNESS ASSESSMENT TEST 4 OF 5

8-POINT PLANK HOLD

PURPOSE

The purpose of the 8-point plank hold is to test various muscle groups simultaneously, including the core, shoulders, arms, and legs, that's needed for overall stability, balance, body awareness and muscular endurance.

DIRECTIONS

- Start in plank position and drop knees to the ground to establish 8 points of contact. (hands, elbows, knees and feet)
- Elbows, hands, shoulders, knees and feet should be in-line with one-another.
- Brace your core and hold for as long as possible .

SCORE

MEN

20	16	12	8
>4:00	2:00-3:59	1:00-1:59	<1:00

WOMEN

20	16	12	8
>3:00	1:30 - 2:59	0:45-1:29	<0:45

NOTES

- Take deep breaths and focus on stability and balance

FITNESS ASSESSMENT TEST 5 OF 5

1-MILE RUN FOR TIME

PURPOSE

The purpose of a 1-mile run test is to evaluate an individual's aerobic fitness and overall cardiovascular endurance. It provides a quick and practical way to assess their running speed and endurance.

SCORE

MEN

AGE	20	16	12	8
18-34	5:46	6:37	7:48	9:25
35-44	6:04	6:58	8:13	9:55
45-54	6:33	7:31	8:51	10:41
>55	7:06	8:09	9:36	11:36

WOMEN

AGE	20	16	12	8
18-34	6:48	7:44	9:00	10:40
35-44	6:59	7:57	9:15	10:57
45-54	7:36	8:40	10:04	11:56
>55	8:32	9:43	11:18	13:23

NOTES

- You may use a track, treadmill or area outside the fire department.
- If you use outside area, place a cone at 200m and run down and back 4 times. 200m is approximately 262 walking paces.
- Members may substitute rower at 2000 meters (men) / 1600 meters (women) or airbike at 96 calories (men) / 72 calories (women).