

## Firetack Fitness Test

### Phase I – Field Pack Test

- 3.2 km (2 mile) walk with an 11.4 kg (25 lb) backpack in 30 minutes or less.

### Phase II – Pump/Hose Drag/Carry

- Must be completed in less than 6 minutes.
1. Carry a 30 kg (65 lb) Mark III pump 100 metres without stopping — 50 metres out and 50 metres back. The timer starts when the pump is placed on the ground.
  2. Pick up four 30-metre (100 ft) lengths of 1.5-inch hose (31 kg/68 lb). Place it over your shoulders and carry it a distance of 300 metres — 150 metres out and 150 metres back.
  3. Upon completion of the above, pick up a charged length (30 metres) of 1.5-inch hose and drag it 50 metres out and 50 metres back, twice, for a total of 200 metres. Hose lengths must be pulled over the shoulder with one hand and grasped behind the back with the opposite hand to pass this test.