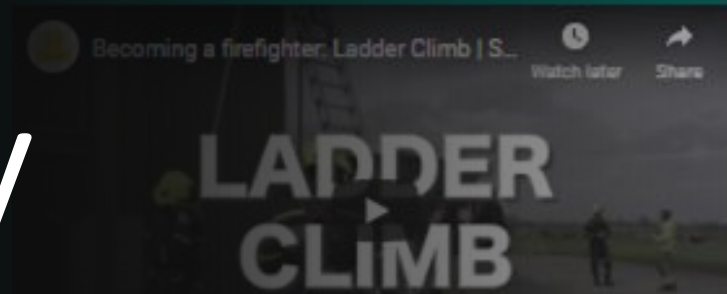
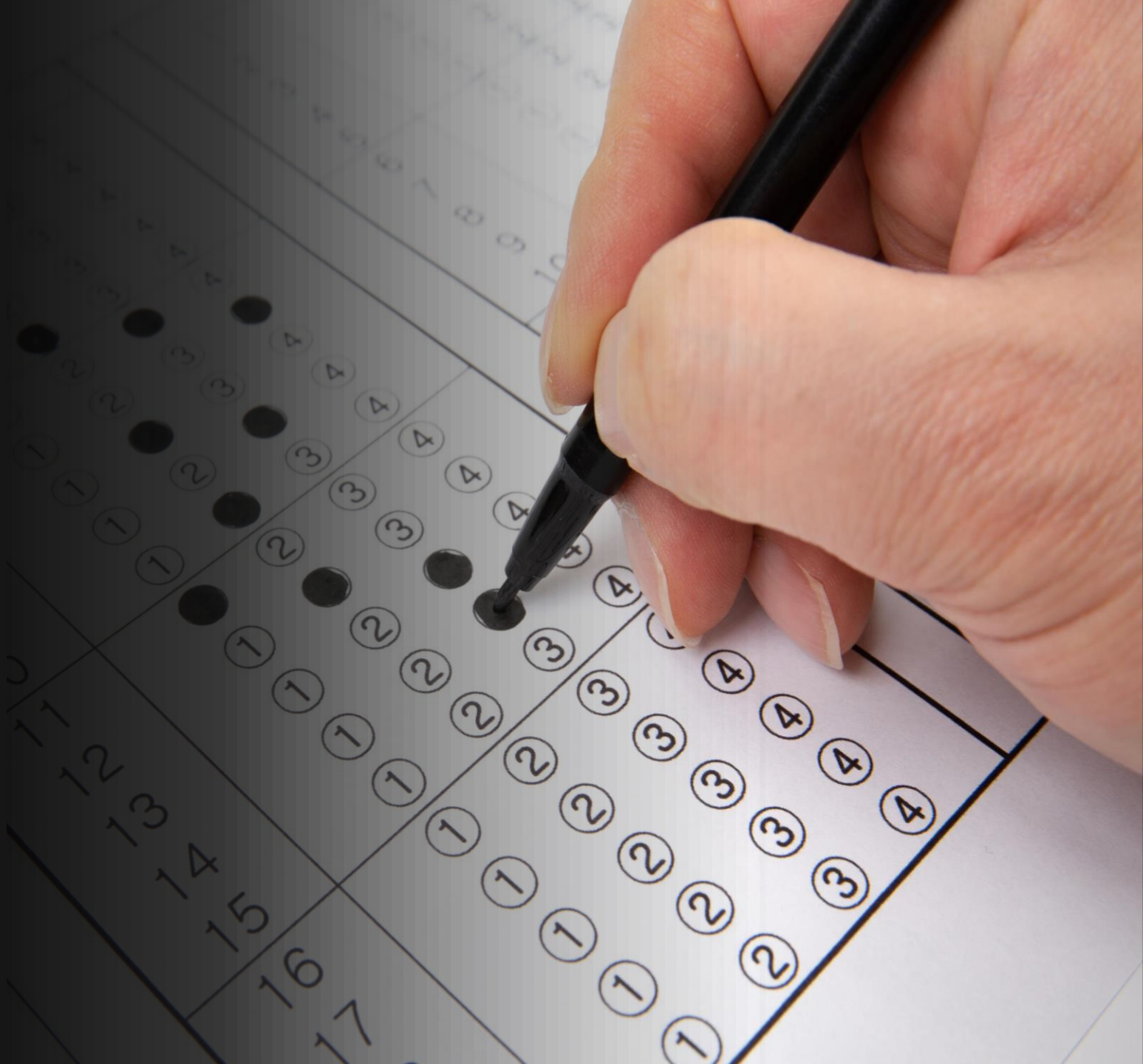


Aptitude Day



Beginning of the day – Check in and workwear

- At the beginning of the day the recruits will be split into teams to help stagger the day and prevent long delays waiting for assessments.
- They will receive a briefing of the day and complete the medical questionnaires.
- Their blood pressures will be taken before any physical assessments.
- FSATS will fit them for workwear now for hygiene reasons.
- Depending on the number of recruits the Maths and English assessments may be completed now via MS forms.



Aptitude assessments

- Bleep test – Level 8.8
 - 35KG overhead press
 - 60KG pulldown
 - 28KG pulldown
 - Ladder climb
 - Confined space BA crawl
 - Equipment assembly
 - Equipment carry
-

Part of the requirements for joining the fire service include fitness, aptitude and practical tests but they're not to be scared of and can be achieved with a bit of training. Watch the videos below for an idea of what to expect:



Weights

The assessments consist of

- a 60KG pulldown to be completed using a rope attachment.
 - 28KG pulldown – 23 reps in 1 minute using a rope attachment.
 - 35KG overhead press using a barbell.
-
- The 60KG, 28Kg and 35KG weight assessments are all designed to assess the recruits upper body strength.
 - The 28KG and 60KG pulldown are to simulate extending and lowering the 135 ladder – the largest ladder in the service.
 - The 35KG overhead press simulates underrunning a ladder and operating the ladder gantry on an appliance.



Bleep test

The 20-meter Bleep test is to assess the recruits V02 max and ensure they can reach a V02 max of 42.

This has several purposes including a general assessment of cardiovascular fitness as well as gauging the amount of air they are using as this has can have implications when wearing BA.

The assessment is run on a 3-strike policy – if a recruit misses 3 shuttles their test is over and the last completed run will be their result.

If a recruit prefers, they can opt for a Chester treadmill or step test. These will require the same V02 max but are more suitable for some applicants. This must be requested and completed before aptitude as we cannot accommodate this on the day.

The bleep test assessment has the highest failure rate at aptitude with approximately 25 % failing.





Equipment carry

- The equipment carry assesses a recruit's general fitness including cardiovascular fitness and strength.
- They are required to carry a series of firefighting equipment back and forth on a 20-meter course. This is mixed in with runs along the course
- The assessment must be completed within 5:47
- While the recruits will be reminded of which piece of equipment is next to be carried, they will also be assessed on their ability to follow instructions, when time checks are given etc.

BA Crawl

- BA crawl takes place in a 40ft container.
- Recruits are required to navigate a crawlspace over different levels in both partial and complete darkness.
- They must find their way around the course and back again within 8 minutes.
- While the recruits are not assessed on their ability to operate in BA, they are assessed on their ability to keep their composure and respond to instructions such as time checks.
- The main reason for this assessment is to establish their ability to work in tight spaces.



Ladder climb

- During the ladder climb test recruits will be required to ascend the 13.5-meter ladder to approximately 2/3 of the height.
- Before beginning the test, they will be shown how to correctly ascend the ladder (same hand – foot) and how to perform the leg lock
- They will be given the opportunity to practice this at near ground level before ascending.
- Once they have reached the required height, they must take a leglock and lean back with hands free and shout out the symbol the instructor is holding up.
- During the assessment they will always be attached to a fall arrest device.
- They are assessed mainly on their ability to work at height and demonstrate that they do not have a fear of heights.
- They are also assessed on their ability to follow instructions such as the correct method of ascending a ladder and performing the leglock.



Equipment assembly (EPCO)

- During the equipment assembly test recruits will be required to assemble and disassemble a piece of equipment within 5:08.
- They will be shown how it goes together and how it comes apart by the instructor.
- There will be pictures on the wall with each step to refer to and outlines of each part on the bench.
- This test is to assess their manual dexterity and their ability to follow multiple instructions at once.





Common issues faced by recruits

- The bleep test has the highest failure rate at aptitude day. Around 25% of recruits fail at aptitude.
- Almost every recruit who fails a practical assessment will have also failed the bleep test.
- The pulldown weight tests often cause issues for recruits who haven't practiced with the rope attachment instead of a standard bar.
- Those who fail the bleep test often fail the equipment carry as they are both cardio heavy assessments.

Most recruits who fail at aptitude have had little to no contact with their WM or station. The lack of preparation means that recruits who are capable of succeeding have the process delayed while they reattempt the assessments on station or at the next aptitude day.