Dear: Fire Academy Student

You are about to embark on a challenging endeavor. Being in shape, fit and mentally strong is not an option, it is a prerequisite to the fire academy.

Firefighting is a physically demanding profession. In order to succeed in the Minimum Standards Fire Academy you will need to be both physically and mentally strong. The fire academy is tremendously challenging especially taking into account Florida’s heat and humidity coupled with the physical stress of training in structural firefighting gear. These multiple stress factors and physical demands of the profession require firefighters to be physically fit in order to perform training objectives. The importance of physical fitness and conditioning cannot be over emphasized.

It is of great importance that we ensure that firefighting candidates have the physical ability and capacity to perform the essential job task of firefighters.

To ensure that you are preparing for the academy properly your physical fitness focus should include the following essential areas:

- Cardiovascular or aerobic
- Muscular strength and endurance
- Agility and flexibility

Circuit training, Cross Fit, and boot camp workouts will all prove effective toward your preparation.

As a benchmark prior to the beginning of the academy you should be able to complete a multitude of cardiovascular aerobic exercises in addition to the following physical exercises in succession without issue:

- A one and a half mile run (in less than 15 minutes)
- 50 bent knee sit-ups (in less than 2 minutes)
- 25 military style push-ups (in less than 2 minutes)

Recommended reading as a prerequisite prior to the start of the Fire Academy

The Firefighters Workout Book        By Michael Stefano
Get Firefighter Fit                              By Kevin Malley and David Spierer
Examples of physical activities required of the Fire Academy student:

1. **Physical Training (supervised by instructors)**
   - Cardio Vascular (such as running, stair climb, step ups, etc) and Strength (pull ups, chin ups, pushups, etc)

2. **Lifting and carrying and raising ground ladders.**
   - Each student will raise and climb ladders ranging from 24' to 50' in length (including a 100’ aerial ladder climb)

3. **Using heavy equipment to perform forcible entry.**
   - (sledgehammer, fire axe, gas powered saws, etc.)

4. **Directing fire hose streams**
   - Students will operate 1½” and 2½” hoselines (NOTE: These nozzles have considerable reaction force.)

5. **Ropes and Knots**
   - Each student shall hoist forcible entry tools, ground ladders, etc. to a height of 20 feet or greater.

6. **Breathing Apparatus**
   - Each student shall perform all tasks (physical training excluded) while wearing breathing apparatus and full personal protective equipment.

7. **Search and Rescue procedures**
   - Each student shall remove injured persons (125 pound rescue manikin) from immediate hazards by the use of carries, drags and stretchers.