

Greeneville Civil Service Board

Greeneville Fire Department

Entry-level Firefighter Physical Fitness Assessment

Date: February 1, 2020

Time: 9:00 am

Location: Eastview Recreation Center 456 East Bernard Avenue

Components of Assessment:

- 15 Push-ups 2-minute time limit
- 25 Sit-ups 2-minute time limit
- Search and Rescue Drill 5-minute time limit
- Pike pole drill 15 reps per hand
- Victim drag 3-minute time limit
- Forcible entry drill 3-minute time limit
- One mile run 12-minute time limit

Things to bring for assessment:

- Photo ID
- Workout type clothing (shorts or sweatpants, t-shirt or sweatshirt, tennis shoes)
- Knee pads (recommended, you will have to crawl during assessment)
- Sports drink or bottled water (recreation center has water fountains and drink machines)
- Towel