

INCENTIVE JOB DESCRIPTION 11/18

POSITION: PHYSICAL FITNESS (No Limit)
DEPARTMENT: FIRE DEPARTMENT
DIVISION: FIRE/AMBULANCE

JOB OVERVIEW

The primary responsibility of all uniformed employees is to ensure physical fitness to perform all duties and responsibilities assigned. The incentive will be for a period of six months. Each independent incentive period will run from April through September and October through March each year.

INCENTIVE

The incentive will be \$0.10 per hour added to base pay for shift personnel and \$0.15 per hour added to base pay for administrative personnel (40 hour).

QUALIFICATIONS

Must be a Clovis Fire Department uniformed employee and capable of successful completion of a physical assessment as outlined below. Only successful assessments the prior month to the incentive period will be accepted for the following incentive period.

- Physical assessments will be monitored, observed and verified by a Physical Fitness Coordinator.
- Physical Fitness Coordinator will stop the assessment at their discretion if they determine a hazard to your health exists, i.e., excessive heart rate, chest pain, pulled muscle etc.
- Each candidate will wear bunker gear including turnout coat, bunker pants, gloves, helmet and SCBA. Candidates can wear boots or shoes of their choice.
- Time limit for completion will be 6:00 minutes or less without running.

Physical Assessment Evolution

- **Four revolutions** of 4 push and 4 pulls with the ceiling breach & pull machine.
- Advance a charged 1 ¾" hand line 15 feet past the gate.
- Utilizing proper lifting protocol, carry the positive pressure fan to the designated spot near the curb.
- Carry a high-rise pack to the designated spot on the first stair landing while keeping one hand on the safety rail and **WILL NOT** skip any stairs.
- From the observation tower, raise 25 lbs. using a hand over hand method and place on the observation deck.
- Don the covered SCBA mask and proceed through the maze while performing a right hand search.
- Drag "Rescue Randy" around the flight of stairs and place back at the starting point.
- Carry the high-rise pack to the designated spot on the first floor while keeping one hand on the safety rail and **WILL NOT** skip any stairs.
- Strike the forcible entry target with the sledge hammer until the buzzer is activated.