

**WAYNESBORO CIVIL SERVICE COMMISSION**  
**FIREFIGHTER/EMT EXAMINATION**

**Potential Applicant:**

To assist you in preparing for the upcoming Civil Service Examination for Firefighter/EMT, we are providing you with the following –

1. Requirements for the physical fitness examination
2. Information from McCann Associates regarding access to a Candidate Study Guide (no charge)
3. Information from McCann Associates regarding purchasing Practice Tests

### **1.5 Mile Run Assessment**

Participants will be provided with three (3) to five (5) minutes to warm up and encouraged to hydrate. Upon the command "Go", participants will begin running the track counterclockwise. Participants may not be physically assisted by other runners or leave the running surface.

Successful completion is 13:20 minutes or less.

### **Full Body Push-Up Assessment**

Participants should start in the up position. Hands should be placed slightly wider than the shoulders, with fingers facing forward, palms touching the ground/floor/mat. Knuckle or fingertip push-ups are not permitted.

A 3" sponge should be placed on the ground/floor/mat where the sternum would touch. The proctor will count the official push-ups.

Starting from the up position while keeping the back straight and elbows extended, the participant lowers their body towards the ground/floor/mat until the sternum touches the sponge or when the elbows are at a 90-degree angle. The participant then returns to the up position. This is *one (1)* complete push-up.

There is no time limit, but resting may only be done in the up position. Both hands and feet (toes) must always remain in contact with the ground/floor/mat or the test is considered over. Participants may not arch their back during the test.

Successful completion is 32 complete push-ups.

### **Crunch Assessment**

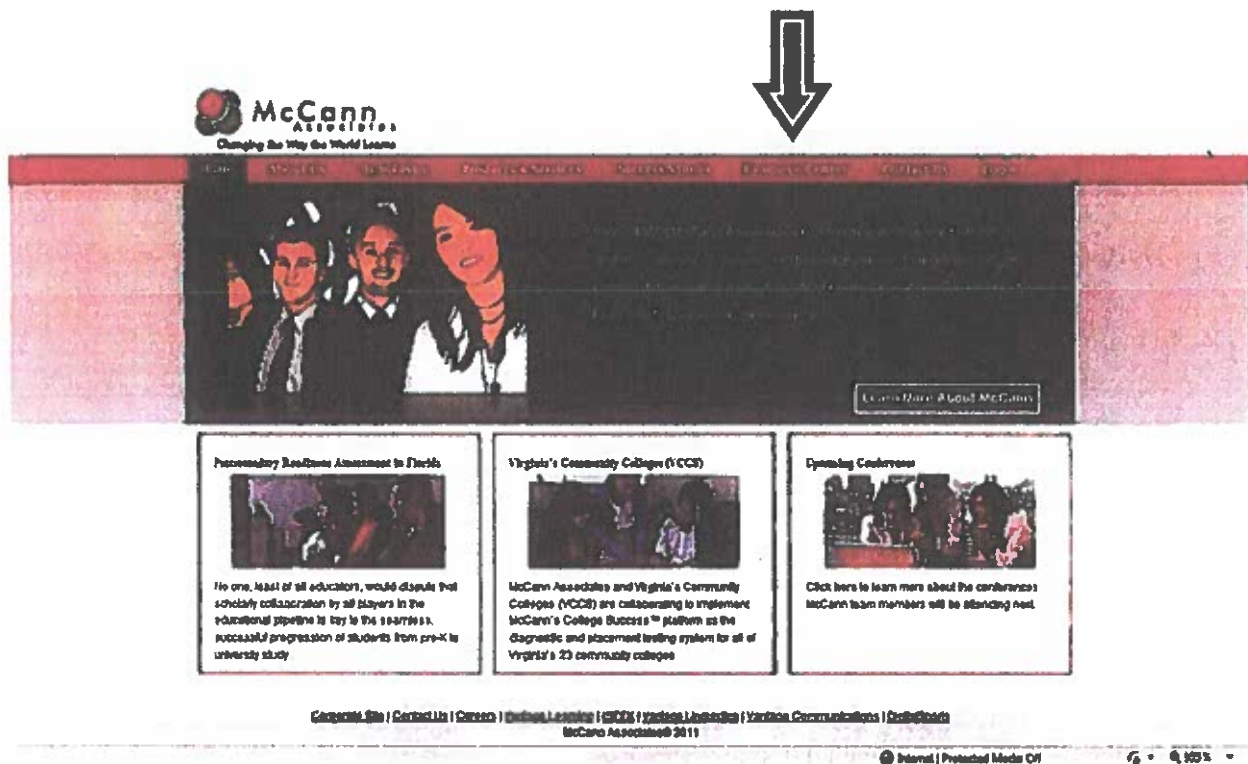
Participants start by lying flat on the ground/floor/mat. Their knees should be bent at a 90-degree angle and soles of their feet flat to the ground/floor/mat. Arms should be lying on the ground/floor/mat fully extended so the tip of their fingers touch the edge of a designated line. Their palms must remain flat on the surface of the ground/floor/mat.

The participants' feet should be held flat on the ground by the test proctor, and they will count completed repetitions. For a repetition to count, the participants must curl their upper body until their fingertips slide six (6) inches to a second designated line and then return down until their shoulder blades touch the ground/floor/mat. Resting is permitted but the test will be considered complete if the palms, buttocks, or soles of the feet leave the surface of the ground/floor/mat.

Successful completion is 54 repetitions.

## Accessing the Candidate Resource Center – Candidate Study Guide

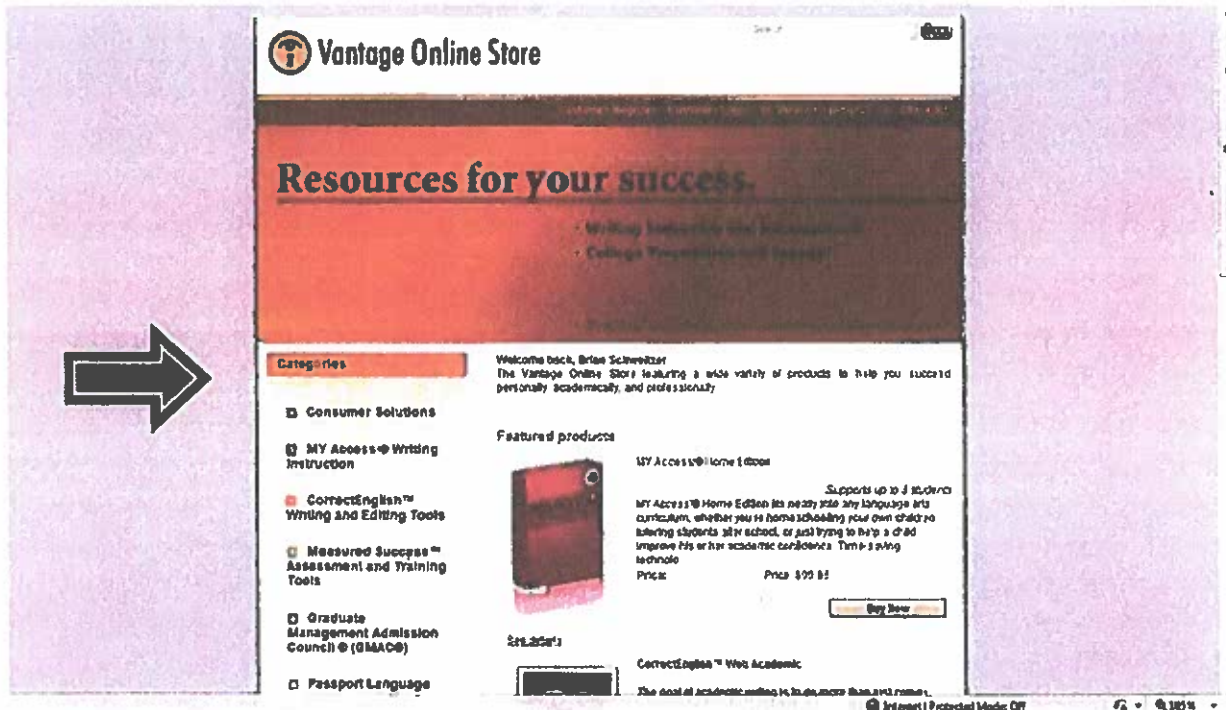
1. Access McCann Associates website at [www.mccanntesting.com](http://www.mccanntesting.com)
2. Located on the red navigation bar at the top of the page you will find a link to our "Resource Center". Click on this link and you will be brought to that section of the website.



3. Once you access the "Resource Center" on the website, simply scroll down the page until you see the section titled, "Public Safety Resources". You will need to select the appropriate study guide to download. For the Borough of Waynesboro's Firefighter Recruit Examination, you would select the "Entry Level - Firefighter M-100 Study Guide". Please note that once you select the appropriate study guide, it will then open as a PDF file for viewing or to then print if you choose to.

## Purchasing Practice Tests

1. Practice Exams are available for purchase via our online store at the following website: <http://www.vantageonlinestore.com/home.php>
2. On the left side of the page you will see "Categories". Scroll down the page and select "Police and Fire Practice Exams" in that section.



3. The practice tests available for purchase are displayed here. Select the appropriate test to proceed with your purchase.\*
  - For the Borough of Waynesboro's Firefighter Recruit Candidates, you should select the "Entry-Level Firefighter + Medical Practice Exam".
4. Please note, that you can learn information about the exam by clicking on the "See Details" link or the name of the actual exam.
5. Once you are ready to purchase, simply click on the "Buy Now" or "Add to Cart" link depending on which screen you are on.
6. Please note that if this is your first time purchasing from the website, you will be required to register as a new user. You can do so once you start the "Checkout" process.

*\*Save 15% off the purchase price of your practice exam at the Vantage Online Store by entering coupon code **BSPNE** at the bottom of the page after you select "Buy Now". Please note that you must enter the coupon code prior to selecting "Checkout". Upon completion of the purchase process, you will receive an email confirming your purchase as well as an email with instructions on how to access your practice test. **The practice tests are web-based so nothing will be shipped to you.***