



NORTH TONAWANDA FIRE DEPARTMENT

OFFICE OF THE FIRE CHIEF

495 Zimmerman St., North Tonawanda, NY 14120 Tel.

(716)693-2201 Fax. (716)693-2216

August 26, 2026

Dear Candidate,

In addition to the canvass letter that you received from Niagara County Civil Service regarding your interest in a Firefighter/Driver with the City of North Tonawanda Fire Department, please find below and attached for those who wish to be considered:

Physical Fitness Screening Test:

- All elements of the agility test are scored on a pass/fail basis, and candidates must satisfactorily complete each element of the test. Candidates who fail the medical and/or physical fitness requirements will be restricted from certification on the eligible list for a minimum of six (6) months. Candidates who fail the retest will be restricted from certification for the duration of the eligible list.
- Prior to participating in the Physical Fitness Screening Test (Agility), he/she must provide a statement from her/his physician on forms provided by the North Tonawanda Fire Department, stating that the candidate is physically capable of participating in the agility test. Physician certification will be good for six (6) months. Enclosed, please find the required form and the testing requirements.
- **BRING THE PHYSICIAN STATEMENT TO THE SCREENING SITE LISTED BELOW.**
- Candidates who fail to appear for the scheduled Physical Fitness Screening Test (Agility) will fail and will be restricted from certification on the Certified Eligible List. Allowance may be made for military service (copy of military orders) or for a medical procedure/reason documented by a physician. Documentation must be submitted prior to the scheduled agility test date. All waivers should be submitted to Niagara County Civil Service Office, 111 Main St., Lockport, NY 14094. Their contact numbers are 716-438-4071 or 716-438-4074. You can email their office at civilservice@niagaracounty.gov.

The Physical Fitness Screening Test will be administered on the following dates and times:

Wednesday, October 14, 2026, beginning at 5:30PM and Tuesday, October 20th, 2026, beginning at 5:30PM

The testing will be conducted at:

North Tonawanda Fire Headquarters
495 Zimmerman St.
North Tonawanda, NY 14120

Please contact the North Tonawanda Fire Department to schedule your appointment for the agility test, or if you have any questions or related issues with respect to the physical agility test, at 716-693-2201.

Respectfully,

Douglas D. Orlowski
Fire Chief
North Tonawanda Fire Department



NORTH TONAWANDA **FIRE DEPARTMENT**



Physical Fitness Standards for North Tonawanda Fire Department **Firefighter Candidates**

The Physical Fitness Standards (on page 2) are required of each candidate attending the Physical Fitness Screening Test. Using the Physical Fitness Standards as a guide, please evaluate the Firefighter Candidate's physical well-being and ability to perform strenuous physical exercises.

I have examined Firefighter Candidate _____ Date _____

This person is / is not (**circle one**) physically able to participate in all of the strenuous physical exercises noted above and on the attached Physical Fitness Standards sheet.

PLEASE PRINT

Physician's Name _____

Address _____

Telephone # _____

Signature _____

*When completed, please give the completed form to the candidate being examined. They will turn it in to the evaluator at North Tonawanda Fire Headquarters when they arrive for the test.

QUALIFYING PHYSICAL AGILITY TEST

The purpose of having a physical assessment as part of entry-level Firefighter candidate testing is to identify those candidates who possess adequate physical ability in the form of agility, strength, coordination and endurance. These physical abilities are necessary in order to function effectively and safely as a firefighter. Additionally, as it is a requirement of the fire academy for each

candidate to demonstrate sufficient physical ability based on rigorous standards in the form of candidate physical ability testing (CPAT), it is imperative that in carrying out the selection process, an adequate method of physical assessment is employed.

The following physical agility test components are based on similar procedures in the CPAT and were selected in order to provide each candidate a reasonable and fair opportunity to pass while also ensuring that those who do pass do likely possess the ability to successfully perform CPAT by the conclusion of the Fire Academy training.

Standards: Pass/Fail. Each candidate must complete the following in the order they are listed and within the maximum allotted time. If a candidate fails to complete any component, or exceeds the total time allotted, then that candidate will have failed the examination and will not be allowed to continue on with the remainder of the examination.

Ladder Skills: The candidate must demonstrate the ability to climb a ladder. This is untimed.

Candidate has five (5) minutes and twenty (20) seconds to complete the following tests:

Timed Stair Climb: Candidate will wear a fifty (50) pound weight vest to simulate the weight of a self-contained breathing apparatus (SCBA) and firefighter protective clothing, with an additional twenty-five (25) pounds to simulate the weight of a high-rise hose pack. After a twenty (20) second warm-up period on the step mill the candidate shall walk continuously for three minutes at a stepping rate of sixty (60) steps per minute. Candidates are not permitted to hold on to anything while performing the stair climb.

Equipment Carry: Upon exiting the stair climb, twenty-five (25) pounds are removed from the weight vest and the candidate will remove two saws (one at a time) from a tool compartment and places them on the ground and then picks up both saws (one in each hand) and while walking carries them seventy-five (75) feet and back to the starting point (tool compartment) where they are placed back into the tool compartment one at a time.

QUALIFYING PHYSICAL AGILITY TEST