



CORNWALL
FIRE & RESCUE SERVICE
A service of Cornwall Council

Recruitment Selection

A guide to applicants to help improve fitness levels

Introduction

The aim of this guide is to assist you in your physical preparation for your Recruit Selection Tests at Cornwall Fire and Rescue Service.

The time you have before you are called forward to commence the recruit Selection Tests may not be exactly six weeks but you should try and stick to the schedule given. It is important that you DO NOT EXCEED the amount of physical exercise recommended as this will stress the body and may cause injury.

If at any time you experience pain, STOP. If the pain persists consult your doctor and act on the advice that is given. Injury may prevent you from attending for the Selection Tests. Do not train if you have a cold or feel unwell.

Read the whole of this guide and make sure you understand it before starting to exercise. The schedule is in the form of a diary so that you can record what exercise you do.

There are three types of exercise in the schedule; running, swimming and circuit training. Do these in any order that you wish. Try and spread out exercises of the same form through the week. You should have a minimum of one and ideally two days complete rest. If, for any reason you must miss one session then you should sacrifice the swimming.

Finally, physical exercise is meant to be enjoyable, Work hard at the schedule and adopt a competitive attitude to all the exercise you do. Try and better your previous performance and keep smiling!



Stretching

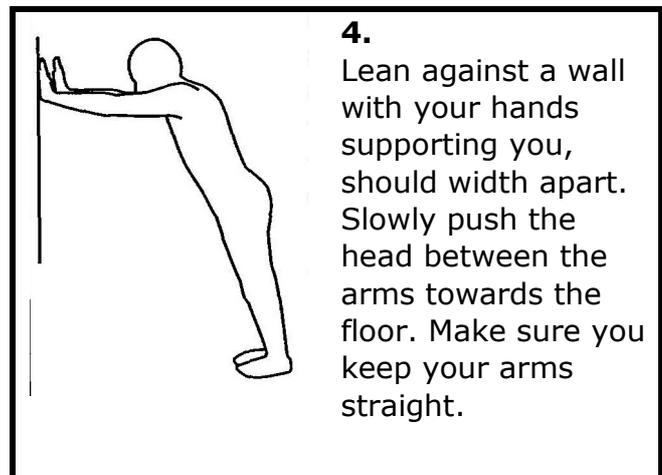
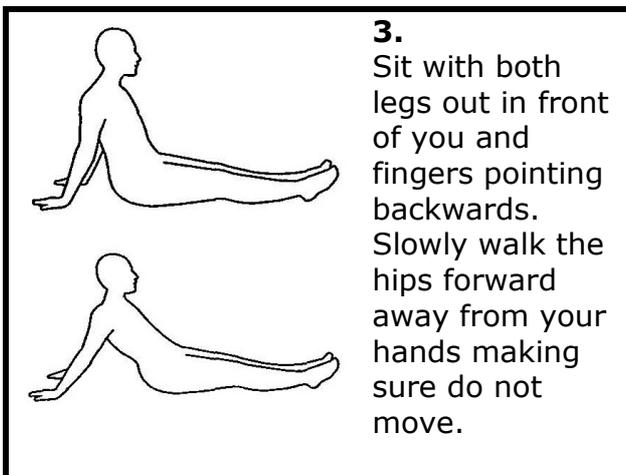
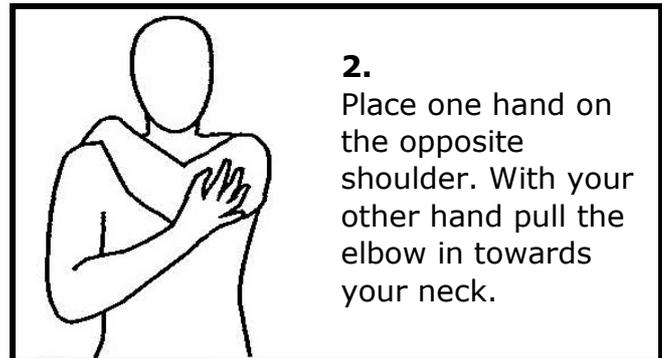
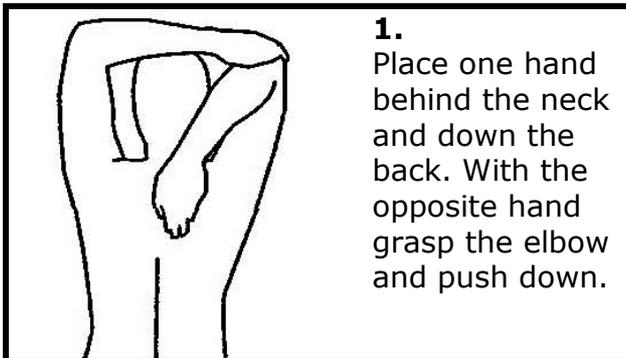
Stretching and gently warming up the body are essential parts of the preparation for exercise. Failure to warm the body can lead to injury. You should spend a minimum of ten minutes before and five minutes after each period of exercise stretching and warming up the body. Ensure that you always obey the rules of stretching which are given below

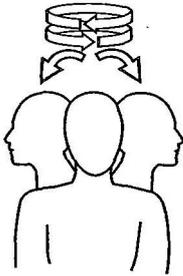
If at any time during your stretch you experience sharp pains then stop. If the pains persist then consult your family doctor. Stretch only until you feel the muscle tighten and hold that position for twenty seconds.

When you have completed your stretching, jog round in a circle to warm the body up generally. As you jog round shake your arms out. Bend and flex all joints in the body warming them up gradually.

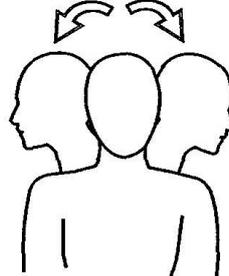
1. Hold the stretch for 20 seconds
2. Relax under control
3. Never ask another person to push the stretch further

Practical Stretching Exercises

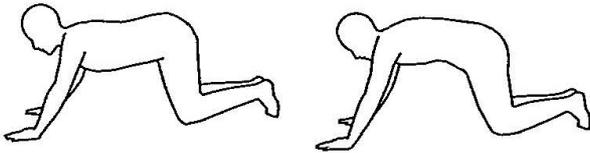




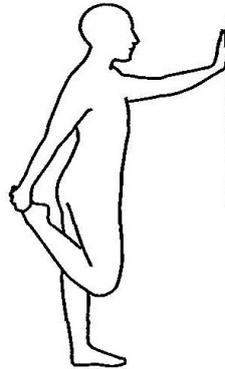
5. Twist your head from side to side looking over each shoulder in turn.



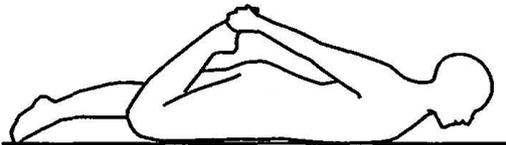
6. Circle the head slowly in both directions, halfway round to the left then halfway to the right.



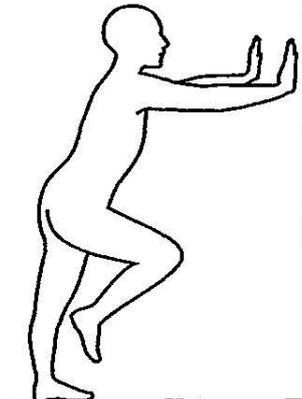
7. Crouch on all fours. Raise the spine slowly upwards then relax and let the stomach drop slowly.



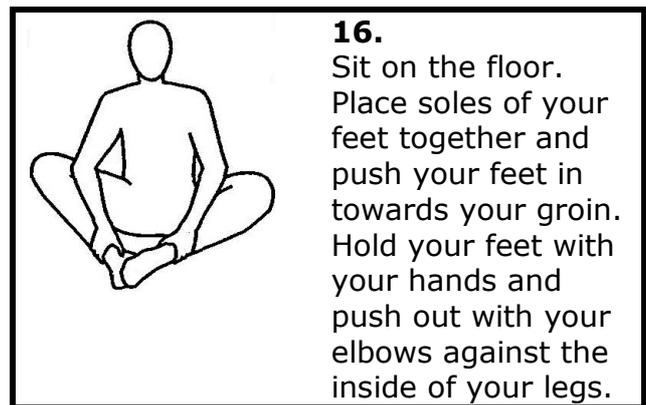
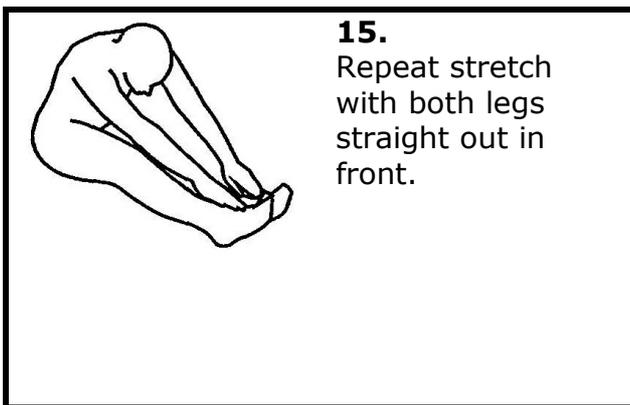
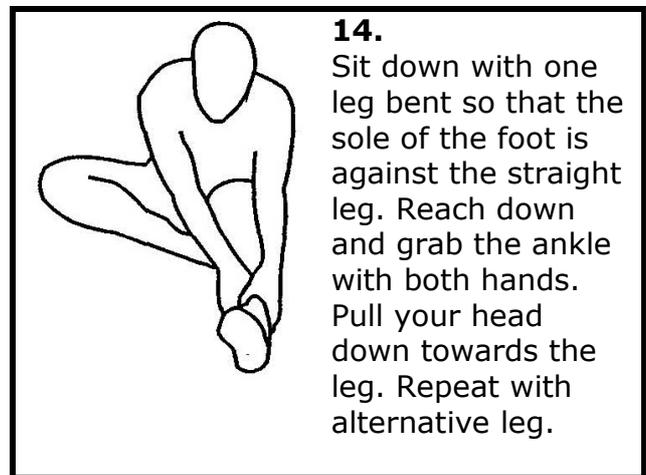
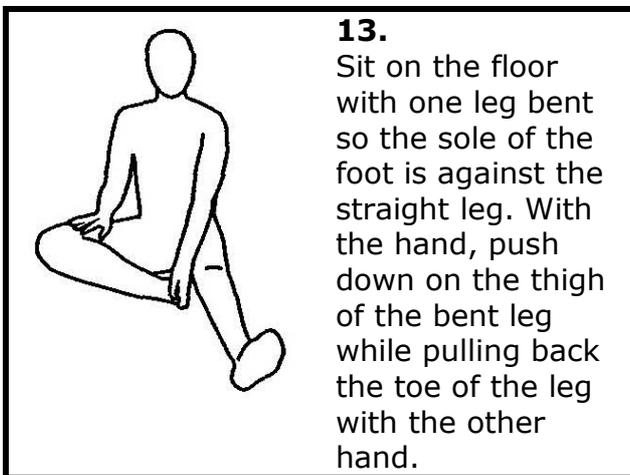
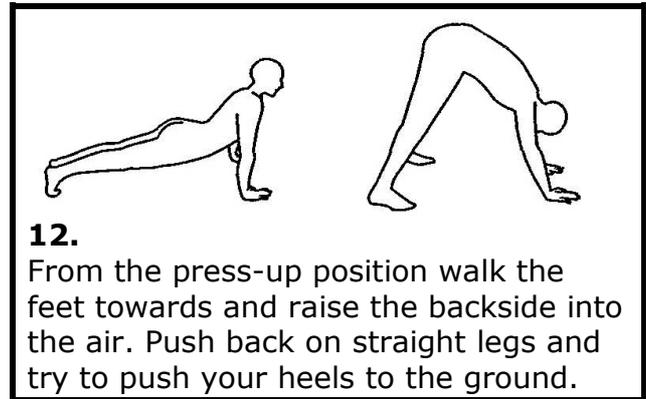
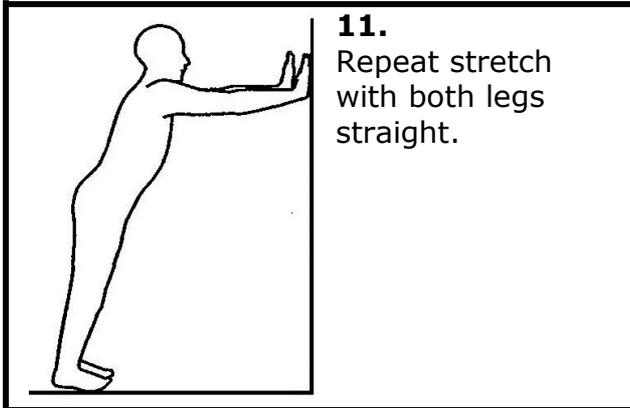
8. Using a wall or fence as a support, lift one leg to the rear and grasp that ankle. Pull the heel towards the backside and pull the knee up to the rear. Repeat with weight on other leg.



9. Lie on your stomach and grasp one ankle with both hands. Pull the foot into the buttocks.



10. Lean against a wall with one leg straight and the other bent. Drop your hips down towards the wall making sure the rear heel stays flat on the ground. Repeat with weight on the other leg.





Running

Running should be done on even surfaces, ideally grass but if necessary pavements. You should wear shorts or tracksuit trousers, a top and proper running shoes. If you do not have running shoes then seek advice from a reputable specialist shop. Shop around to avoid paying more than you need and make sure that you try the shoes before you buy. They should fit comfortably and hold the foot firmly in place.

The first five minutes of any run should be done at a slightly slower pace in order to fully complete the body's warm up.

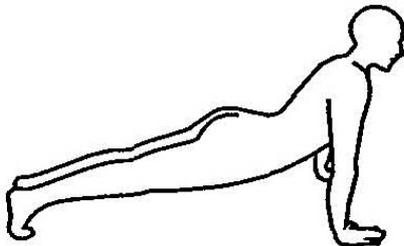
Swimming

Your swimming should be done using freestyle.

Circuit Training

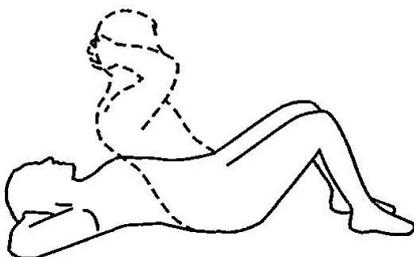
Circuit training is designed to increase your overall strength and fitness. The exercises you will do are similar to those you will do if selected onto a recruit course. Study the description of the exercise carefully and practice each one to ensure you perform it correctly. If you can, get a friend to watch you do the exercises. It will be easier for them to see if you are doing the exercises correctly.

Press-Up



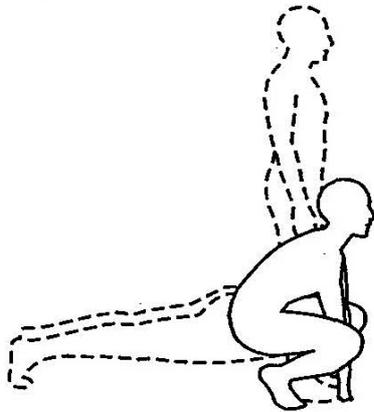
The hands should be close into the body, shoulder width apart and below the shoulders. The fingers should be pointing forwards. Start with the arms extended, body straight and toes touching the ground. Keeping the body straight raise and lower the chest by bending and straightening the arms. Only your hands and toes should touch the ground at any time during the exercise.

Sit-Up



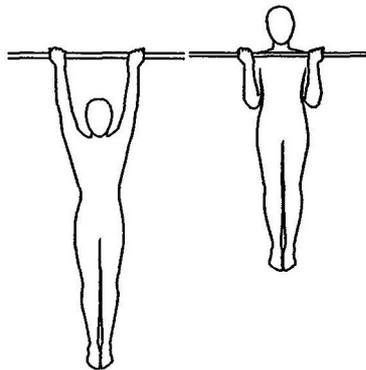
Lie flat on your back with your knees slightly bent and your hands clasped behind your head. Raise your body up right angles then lower to the start position. Keep your elbows pulled back, your head up and keep looking forwards. Either ask someone to hold your feet or place them under something heavy such as a chair.

Burpee



Start from an upright position. Bend the knees and adopt a squatting position with your hands on the ground and your knees outside your elbows. With your hands supporting your body weight shoot both legs back together extending them fully. Pull the legs back into the squatting position. Stand up and look forward. Repeat the exercise.

Pull-Up



Grasp the bar with your palms facing forwards, in the over grasp position. Your hands should be slightly further apart than shoulder width. Your arms must be fully extended with the body in a dead hang position. Your feet must be clear of the ground at all times even if this means bending the knees.

Using your arms pull your body up until your chin is over the bar. Keep your body rigid and your legs together. Lower yourself until your arms are fully extended.

Sprint



Find a piece of level ground and mark out a distance of 60 metres. Run along this five times in succession as fast as you can. You should turn as quickly as possible at either end.