

Project FireFit

Remedial Strength Program

(Revised October 1, 2015)

Project Firefit- WHAT IS IT?

Project FireFit is a physical conditioning program that is designed to assist smaller statured candidates to be successful on the Candidate Physical Ability Test (CPAT) component of the AFD cadet hiring process. It is an entirely optional program – no candidate is required to take it, and candidates do not receive "extra credit" in the hiring process for participating in Project FireFit. The program is currently available to all fire cadet candidates in the 2015 Hiring Process.

Why does AFD offer Project FireFit?

Firefighting is physically demanding job, and historically the profession of firefighting has had the broadest appeal among candidates who are heavily muscled. Physical performance is highly correlated with the amount of lean mass an individual has. While large, muscular individuals are frequently pictured as the stereotypical fire fighter, individuals of smaller stature have also proven themselves to be competent and effective in this career.

Research conducted by the University of Texas has shown that smaller statured individuals with good training, and with the right firefighting skills and equipment, can also be highly successful in firefighting.

The Project FireFit allows AFD to continue its goal to diversify our workforce while still maintaining a highly qualified and skilled firefighter force that has the physical abilities to handle the rigors of this profession.

Questions or interested in participating?

For more information about the program or, if you are interested in participating in Project FireFit, candidates can contact FF Xochitl Hernandez at 512-789-1727. FF Hernandez can also be reached via email at xochitl.hernandez@austintexas.gov .