



Florida Smoke Diver is now implementing a selection process to insure the best candidates for the program. The intention of this initial evaluation is to invite all registered Smoke Diver Candidates to campus for 2 days to participate. Candidates should prepare to attend both dates and must contact the Florida State Fire College if lodging will be needed. This will be a two day event in which the best 40 scores on day one will be invited to participate on day two, where the best 30 scores will be given entrance into the class. Smoke Diver executive team may make allowances for out of town candidates if we so choose. Any potential ties will be handled by the Smoke Diver executive team.

Smoke Diver Selection:

Part One: Day 1

PT Test

Score will be reps completed + Points allotted for fastest times.

Pushups: AMRAP (As many reps as possible) 2 minutes

Only acceptable rest will be in the up position. Elbows must break 90 degrees at the bottom and be fully locked at the top.

Sit-ups : AMRAP (As many reps as possible) 2 Minutes

Fingers must remained interlaced behind head. Minimum of one elbow to knee. Only acceptable rest is in the up position. Hips must maintain contact with the ground.

1.5 mile run: AFAP (As Fast as Possible)

Part Two: Day 2

Obstacle course

This will be a point-based process based on reps completed.

Point Breakdown:

Wood Chop =1

Hose Drag = 1

Pull-ups = 5

Stair Climb = 80

Hose Hoist = 1

Stair Climb (down) = 80

Ladder Raise = 1

Once admitted into the program, further details will be given. We look forward to seeing you and as always,

Stay healthy, train hard.

Florida Smoke Diver Cadre