

National firefighter selection tests – training sessions

This will give you an opportunity to test your fitness levels in preparation for the selection tests and receive advice and guidance from the fitness team. Please attend in gym wear if you wish to take part in the bleep test. Please make every effort to arrive at the fire station for 18:30 to get a full understanding of the physical testing process.

Videos of the physical tests can be viewed on our website

<http://www.cumbria.gov.uk/cumbriafire/workforcfrs/oncallfirefighters.asp>

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| Penrith Community fire station | 4 April 2017 | 18:30 onwards |
| | 25 May 2017 | 18:30 onwards |
| Barrow fire station | 10 April 2017 | 18:30 onwards |
| | 22 May 2017 | 18:30 onwards |
| Workington community fire station | 11 April 2017 | 18:30 onwards |
| | 23 May 2017 | 18:30 onwards |
| Kendal fire station | 12 April 2017 | 18:30 onwards |
| | 24 May 2017 | 18:30 onwards |