附件1：北京市怀柔区乡镇专职消防员报名表

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 姓名 |  | | | 性别 | |  | 出生日期 | |  | | | 贴照片处 | | |
| 政治  面貌 |  | | | 民族 | |  | 籍贯 | |  | | |
| 毕业  院校 |  | | | | | | | | | | |
| 所学  专业 |  | | | | | 学历 | | |  | | | 贴照片处 | | |
| 家庭  住址 |  | | | | | | | | | | |
| 通信  地址 |  | | | | | | | | | | |
| 联系  电话 |  | | | | | | 邮政编码 | | |  | | | | |
| 身份证号 | |  | | | | | | 户口性质 | | |  | | | |
| 婚姻状况 | |  | | | | 电子邮箱 | | |  | | | | | |
| 报考岗位 | |  | | | | 准驾类型 | | |  | 实操驾龄 | | | |  |
| 个  人  简  历 | 所在单位 | | | | | 起止时间 | | | | 从事工作 | | | | 证明人 |
|  | | | | |  | | | |  | | | |  |
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|  | | | | |  | | | |  | | | |  |
| 家  庭  主  要  成  员 | 称谓 | | 姓名 | | 所在单位 | | 身份证号 | | | | | | 联系电话 | |
|  | |  | |  | |  | | | | | |  | |
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| 资格 审查 | 审核意见：    审核人： 年 月 日 | | | | | | | | | | | | | |

以上信息真实，若非属实愿承担一切后果。承诺人：

附件2：乡镇专职消防员体能测试内容和评分标准

1分钟跳绳：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩 | 分数 | 成绩 | 分数 | 成绩 | 分数 |
| 160 | 25 | 85 | 16 | 40 | 7 |
| 150 | 24 | 80 | 15 | 35 | 6 |
| 140 | 23 | 75 | 14 | 30 | 5 |
| 130 | 22 | 70 | 13 | 25 | 4 |
| 120 | 21 | 65 | 12 | 20 | 3 |
| 110 | 20 | 60 | 11 | 15 | 2 |
| 100 | 19 | 55 | 10 | 10 | 1 |
| 95 | 18 | 50 | 9 |  |  |
| 90 | 17 | 45 | 8 |  |  |
| 要求：考核者必须通过绳子，才计数一次，未通过绳子的不计数；末达到上一档计分标准的，按下一档进行计分；末跳满10个，按0分处理。 | | | | | |

2分钟俯卧撑：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩 | 分数 | 成绩 | 分数 | 成绩 | 分数 |
| 50 | 25 | 33 | 16.5 | 16 | 8 |
| 49 | 24.5 | 32 | 16 | 15 | 7.5 |
| 48 | 24 | 31 | 15.5 | 14 | 7 |
| 47 | 23.5 | 30 | 15 | 13 | 6.5 |
| 46 | 23 | 29 | 14.5 | 12 | 6 |
| 45 | 22.5 | 28 | 14 | 11 | 5.5 |
| 44 | 22 | 27 | 13.5 | 10 | 5 |
| 43 | 21.5 | 26 | 13 | 9 | 4.5 |
| 42 | 21 | 25 | 12.5 | 8 | 4 |
| 41 | 20.5 | 24 | 12 | 7 | 3.5 |
| 40 | 20 | 23 | 11.5 | 6 | 3 |
| 39 | 19.5 | 22 | 11 | 5 | 2.5 |
| 38 | 19 | 21 | 10.5 | 4 | 2 |
| 37 | 18.5 | 20 | 10 | 3 | 1.5 |
| 36 | 18 | 19 | 9.5 | 2 | 1 |
| 35 | 17.5 | 18 | 9 | 1 | 0.5 |
| 34 | 17 | 17 | 8.5 |  |  |
| 要求：双手撑地，手指向前，双手间距与肩部同宽，身体挺直，曲臂使身体平直下降至肩与肘处同一水平面。然后将身体平直撑起，恢复开始姿势为完成一次。满分25分，50个为满分，每少一个扣0.5分。 | | | | | |

1500米跑：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩 | 分数 | 成绩 | 分数 | 成绩 | 分数 |
| 5′30″ | 50 | 7′29″ | 33 | 9′28″ | 16 |
| 5′37″ | 49 | 7′36″ | 32 | 9′35″ | 15 |
| 5′44″ | 48 | 7′43″ | 31 | 9′42″ | 14 |
| 5′51″ | 47 | 7′50″ | 30 | 9′49″ | 13 |
| 5′58″ | 46 | 7′57″ | 29 | 9′56″ | 12 |
| 6′05″ | 45 | 8′04″ | 28 | 10′03″ | 11 |
| 6′12″ | 44 | 8′11″ | 27 | 10′10″ | 10 |
| 6′19″ | 43 | 8′18″ | 26 | 10′17″ | 9 |
| 6′26″ | 42 | 8′25″ | 25 | 10′24″ | 8 |
| 6′33″ | 41 | 8′32″ | 24 | 10′31″ | 7 |
| 6′40″ | 40 | 8′39″ | 23 | 10′38″ | 6 |
| 6′47″ | 39 | 8′46″ | 22 | 10′45″ | 5 |
| 6′54″ | 38 | 8′53″ | 21 | 10′52″ | 4 |
| 7′01″ | 37 | 9′00″ | 20 | 10′59″ | 3 |
| 7′08″ | 36 | 9′07″ | 19 | 11′06″ | 2 |
| 7′15″ | 35 | 9′14″ | 18 | 11′13″ | 1 |
| 7′22″ | 34 | 9′21″ | 17 |  |  |