

Firefighter / Medic Physical Agility Examination - The purpose of the Firefighter / Medic Physical Agility Test is to determine a reasonable minimum physical level encountered in the firefighter / medic work environment.

Candidates will be allowed and are encouraged to wear “gym style clothing” which can include shorts, tee shirt, sweat pants and tennis style shoes. Candidates are encouraged to bring personal protective equipment to perform the practical stations. This is to include firefighting helmet and gloves. The candidate will have the choice of firefighting gloves or utility gloves. The department will provide PPE on the test date for any candidate needing equipment.

Candidates passing the physical agility section will progress to the next step which is the written aptitude test conducted the same day. Candidates may wish to bring extra clothes to change into following the agility test.

The Physical Agility Test is broken into 2 tests, Firefighter and Medic only. Each test will consist of timed practical skill stations.

Firefighter Test – Will consist of nine (9) skill stations that are a continuous timed segment, with a passing time requirement of eight (8) minutes. There are two (2) remaining stations that are graded by department evaluators on a “pass or fail basis”.

Candidates are required to have a passing score on all events.

Prior to starting the time segment, each candidate will don a twenty (20) lb. weight vest for the entire test.

1. **Stair Climb** – The candidate will complete 2 minutes on the stair climb while carrying a fifteen (15) lb. weight belt. Candidate may choose how they carry the weight belt during this portion. Candidate may touch the hand rails to maintain balance, but may not use the hand rails at any point to hold themselves up or give them an advantage. If evaluator finds the candidate using the handrails in a non-designated fashion, the candidate will be given one (1) verbal warning. If the action continues, the test will stop and the candidate will receive a fail for this portion of the test.
2. **HYDRANT CAPS** - Remove each cap starting on the right side of the hydrant and proceeding to the left and place them on the ground. Once each cap has been removed, replace them one at a time also starting right to left. A hydrant wrench will be provided and must be used to remove the caps from the hydrant and for replacing the caps onto the hydrant. Failure to do so will cause the candidate to fail the test.
3. **HOSE DRAG** – The candidate will pull a charged 1 ½ inch hose line a distance of seventy five (75) feet. When the nozzle crosses the seventy five (75) foot line, place the nozzle and hose on the ground. Failure to do so will

cause the candidate to fail the test.

4. TOOL CARRY – The candidate will pick up and carry the Box Fan a distance of 40 feet, set it down, then immediately pick it up and continue 40 feet to the finish point. Failure to do so will cause the candidate to fail the test.
5. LADDER RAISE – The candidate will raise a 24-foot ladder from the ground to an upright position. The ground ladder will be raised by the candidate using the side rails. The candidate must remain in contact with the ladder at all times. Failure to do so will cause the candidate to fail the test.
6. HOSE LINE PULL – The candidate shall pull a charged 1 ½ hose line a distance of seventy five (75) feet. This will be accomplished using a hand-over-hand method while on one knee
7. RESCUE DRAG – The candidate shall drag a (approx.)165-pound Rescue Dummy forty (40) feet, turn around and drag the rescue dummy forty (40) feet to the start/finish line. At no time will the candidate pull the rescue dummy by the head or have the webbing wrapped around the neck or head. The Rescue Dummy and candidate both must cross the finish line; failure to do so will cause the candidate to fail the test.
8. LADDER EXTEND– The candidate shall completely raise and lower the 24-foot extension ladder. The hand over hand method of extension and retracting must be used. The candidate will not be allowed to let the ladder halyard slip through his or her hands. Failure to completely raise and lower the ladder will cause the candidate to fail the test.
9. KEISER SLED– Using the sledge hammer provided, the candidate will move the weight on the Keiser Sled to the designated finish line. The candidate is to stand on both I beams and beat the weight between their legs. During this time the candidate will need to controllably use the sledge hammer to move the weight. Striking the bottom of the sled or the I beam sides at any time will result in a warning. If these actions continue the test will be stopped, and the candidate will receive a failure for this portion of the test.

This concludes the time portion of the firefighter test.

THE FOLLOWING EVENTS ARE TESTED AS A PASS/FAIL

1. AERIAL LADDER CLIMB – The candidate will climb an aerial ladder extended to 100 feet at a 70-degree angle, touch the top rung and climb back down. Climbing will be continuous with no stops. Helmet, gloves and ladder belt with lifeline attached is required. The Department will provide the above mentioned equipment items. If the candidate stops and/or fails to continue, or does not make it to the top of the ladder, he or she will fail the test.

2. SCBA EVENT – The candidate will don a modified SCBA face piece with covered lens. The candidate will be placed in a room. Candidate must have face piece on and be unable to see for a minimum of three (3) minutes. If the face piece is removed during the three (3) minutes, the candidate will fail the test.

Medic Only Test - Will consist of eight (8) skill stations that are a continuous timed segment, with a passing time requirement of ten (10) minutes. Candidates are required to have a passing score on all events.

Prior to starting the time segment, each candidate will don a twenty (20) lb. weight vest until completion of the stair climb.

1. STRETCHER DRAG– The candidate will start by pulling a stretcher, loaded with a jump bag, Life Pack, Lucas Airway bag, and OT bag into the building a place it at the designated stopping point. The style and type of equipment bag does not have to be the above listed, but four (4) equipment bags will be used.

2. STAIR CLIMB – The candidate will complete 2 minutes on the stair climb while carrying a fifteen (15) lb. weight belt. Candidate may choose how they carry the weight belt during this portion. Candidate may touch the hand rails to maintain balance, but may not use the hand rails at any point to hold themselves up or give them an advantage. If evaluator finds the candidate using the handrails in a non-designated fashion, the candidate will be given one (1) verbal warning. If the action continues, the test will stop and the candidate will receive a fail for this portion of the test.

3. HANDS ONLY CPR – The candidate will continuously do two (2) minutes of Hands Only CPR using the Rescue Annie Dummy provided.

4. RESCUE DRAG – The candidate will drag a Reeves sleeve with a rescue manikin in it approximately forty (40) feet.
5. EQUIPMENT CARRY – The candidate will remove each equipment bag located on the stretcher and carry them ten (10) feet, each bag will require an additional ten (10) feet to be carried.
 - a. Jump bag – Candidate will pick up the Jump bag and carry it to a ten (10) foot mark. At this mark the candidate will kneel and place the jump bag onto the ground, once completed the candidate will return to the stretcher.
 - b. Life Pack – Candidate will pick up the Life Pack and carry it to a twenty (20) foot mark. At this mark the candidate will kneel and place the Life Pack onto the ground, once completed the candidate will return to the stretcher.
 - c. Lucas Airway Bag - Candidate will pick up the Lucas Airway Bag and carry it to a thirty (30) foot mark. At this mark the candidate will kneel and place the Lucas Airway Bag onto the ground, once completed the candidate will return to the stretcher.
 - d. OT Bag -Candidate will pick up the OT Bag and carry it to a forty (40) foot mark. At this mark the candidate will kneel and place the OT Bag onto the ground, once completed the candidate will return to the stretcher.
6. LIFT REEVES SLEEVE – The candidate will lift the Reeves sleeve with manikin located in it onto the now empty stretcher. There will be someone there to assist you with this. The assistance will be located at the foot of the Reeves sleeve only. The candidate will give the commands and be the lead in lifting.
7. HYDRANT CAPS - Remove each cap starting on the right side of the hydrant and proceeding to the left and place them on the ground. Once each cap has been removed, replace them one at a time also starting right to left. A hydrant wrench will be provided and must be used to remove the caps from the hydrant and for replacing the caps onto the hydrant. Failure to do so will cause the candidate to fail the test.
8. WEIGHT BAR - Candidate will pick up a seventy five (75) lb. weight bar and walk a distance of twenty (20) feet. Once reaching the twenty (20) foot mark, the candidate will then walk backwards the same distance and place the weight bar onto the ground at completion.