

# PRESCOTT FIRE DEPARTMENT

## PHYSICAL AGILITY TEST

### **I. DESCRIPTION OF EVENTS**

*1 of 7 Pages*

A. The test consists of two (2) non-timed events and a timed agility course consisting of six (6) events.

1. The agility course will be timed continually from the starting point to the finish line. Failure to complete any one event or failure to complete the timed agility course in **5 minutes and 45 seconds** or less will result in test failure.
2. Participants must wear protective firefighting clothing and equipment, which weigh approximately 45 pounds. The following items will be worn during the testing procedure:

- a. Turnout jacket (with liner)
- b. Fire helmet
- c. Air Pack with bottle (no air mask)
- d. Gloves (optional)
- e. Long pants or sweat pants



3. Each participant must go through the physical agility test orientation prior to testing. Participants who are late for the orientation will not be allowed to test. After completion of the orientation, participants will be fitted for protective firefighting clothing for the agility test. Participants will be called one at a time, to the starting test area.

### **B. Procedures:**

1. Participants will complete the two- (2) non-timed events (Ladder Climb and Attic Crawl) first. Participants will then return to the starting area for the beginning of their timed agility test.
2. Timing of the events will begin when the tester says, “GO!” The participant upon completion of each event will quickly move on to the next event. After completing the final event and reaching the finish line, the time will be stopped.

## II. NON-TIMED EVENTS

### A. **Ladder Climb** (non-timed)

#### Requirements:

Climb to the top of the Ladder Company's 75-foot aerial ladder and lock in. After locking in you will release both hands and assume an upright position with both arms at a ninety (90) degree angle to the body. Hold that position for five (5) seconds then climb back down the ladder. Participant will be disqualified if all requirements are not met.



#### Procedure:

Participant will be shown proper "lock-in" procedure prior to ascending the ladder. Participant must be able to demonstrate the "lock-in" procedure at the base of the ladder before being allowed to continue. The participant shall then climb to the top of the 75-foot aerial ladder, lock-in, hold proper position for 5 seconds, and then climb down. Participants shall use all ladder rungs and not skip any.

*Job Skill Association:* Working on the top or from ladders is often required on the fireground.

### B. **Attic Crawl** (non-timed)



#### Requirements:

The participant will crawl through the attic prop from one end to the opposite end, pivot and return to the starting point. This shall be accomplished without allowing their body or any part thereof to break the plane of the bottom of the rafters. Participant will be disqualified if the plane is broken or if unable to complete the task.

#### Procedure:

The participant will enter the attic prop and crawl across the tops of the rafters to the opposite end of the attic, maneuver around a pivot point and return out of the attic.

Job Skill Association: Working in confined areas and proceeding through attics in full protective firefighting equipment is a duty of a firefighter while checking for fire extension, and when extinguishing smoldering attic fires.



### III. TIMED AGILITY EVENTS

#### A. **Ventilation Exercise**      Recommended maximum time: 75 seconds

Requirements:

Participant must strike a railroad tie on a simulated roof prop with a sledge hammer fifty (50) times, generating as much force as possible to simulate forcible entry or ventilation. The sledgehammer must rise to or above shoulder height each time or it will not be counted.

Procedure:

Participant shall stand next to the railroad tie on a roof prop and strike the railroad tie fifty (50) times, raising the sledgehammer above the shoulder height each time.

Job Skill Association:      Firefighters are required to perform forcible entry and ventilation on the fire ground using heavy hand tools.

#### B. **Rescue Drag**      Recommended maximum time: 30 seconds

Requirement: Participants must drag a sandbag (Approximate weight of 140 pounds) sixty (60) feet.

Procedure:      Participants shall drag a sandbag 30 feet, while walking backwards, pivot around a pylon and return to the starting point. Total distance 60 feet.



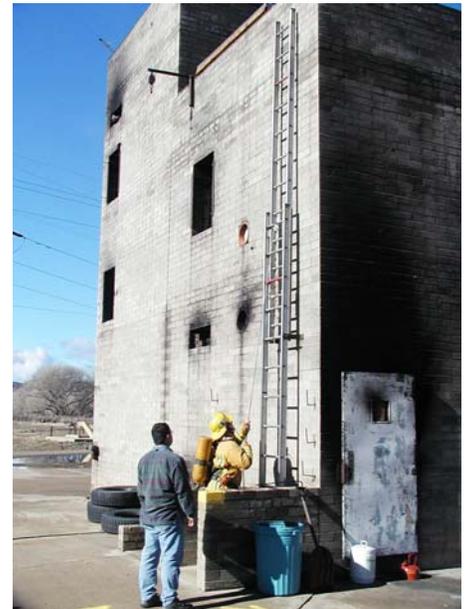
Job Skill Association: When removing victims from hazardous situations, firefighters may have to drag a victim or object long distances to a safe location. At times, this task may have to be completed by one firefighter.

**C. Ladder Raise**      Recommended maximum time: 30 seconds

Requirements: Participants must demonstrate the ability to raise a twenty-four (24) foot extension ladder to a designated height and lock the ladder pawls (locks).

Procedure: Participants will pull a halyard hand over hand raising the fly section of the extension ladder to a pre-determined height and lock the pawls (locks) of the ladder. Then hand over hand unlock pawls (locks) and lower the fly section back to the ground without letting the rope slip. If the rope slips more than three (3) rungs applicants will be disqualified.

Job Skill Association: Firefighters are required to raise ladders during fireground emergencies.



**D. High Rise**      Recommended maximum time: 90 seconds



Requirements: Participant must ascend and descend two- (2) flights of stairs while carrying two- (2) rolls of 1.5" fire hose coupled together, for a distance of approximately 160 feet.

Procedure: The participant shall pick up and carry two- (2) rolls of 1.5 inch fire hose weighing approximately 45 lbs., for a distance of 160 feet. Within this 160 feet, the applicant will ascend two (2) flights of stairs, as quickly as possible, touching each and every step. At a designated the applicant will ring a bell and then descend as quickly as possible, again touching each and every step, returning to the starting point of the high rise event.

Job Skill Association: It is common practice to carry hose to a fire floor, or extend existing fire hose lines. Often one firefighter may be required to carry this equipment alone.

**E. Ladder Handling**     Recommended maximum time: 45 seconds



Requirements:

Participant must lift a fourteen- (14) foot roof ladder from the brackets on the training tower wall (approximately 80 inches high) which simulates the height of ladders mounted on an engine company. The participant will raise the ladder from its brackets and with a high shoulder ladder carry, carry the ladder around the outside of the training tower (360 degrees) and then replace the ladder to its starting position on the brackets.

Procedure:

The roof ladder will be lifted off the ladder brackets, keeping the ladder under control, and carried on the shoulder around the tower building and then replacing the ladder on the brackets to its starting position.

Job Skill Association: Ladders are commonly used on the fireground. There will be times when personnel will have to remove a ladder from an engine company and carry it to a location. Dropping a ladder can be dangerous and render the equipment inoperable.

**F. Hose Drag**     Recommended maximum time: 75 seconds

Requirement: Attach required appliances, nozzle and/or adapters, to a 100-foot length of 2.5” fire hose and then extends the fire hose 50 feet forward twice (2).

Procedure: 100 feet of 2.5” fire hose will be extended on the ground with the female coupling at the starting line. At the 50-foot mark, a double male adapter will be placed on the ground beside the fire hose. At the end of the 100-foot lay of 2.5” fire hose a nozzle will be placed on the ground next to the end. (Male coupling)



The participant will proceed 100 feet to the end of the fire hose. There the participant will attach the nozzle to the end of the fire hose (male coupling). When the nozzle has been securely attached, the participant will advance the hose 50 feet to the next marker. Upon reaching the marker, the participant will remove the nozzle from the fire hose and gently place the fire hose and coupling on the ground. The participant will then proceed to the position where the double male adapter is located. The participant will now place the double male adapter into the nozzle and then attach the nozzle to the fire hose. Once the nozzle and double male adapter has been securely attached. The participant will then drag the 100-foot section to the finish line.

The time will then be stopped.

Job Skill Association: 2.5” fire hose is carried on fire apparatus and at times it may be the responsibility of a single firefighter to place a fire hose line into operation. This may involve attaching various fittings and having to move fire hose lines into a location for proper use.

**NOTE** Remember this is a **total timed event** from **start to finish**. From the word “GO” at the first swing of the ventilation exercise (A) to the last step in crossing the finish line of the hose drag (F) **you must** have a time of **5 minutes 45 seconds** or less.