



## ***GAINESVILLE FIRE-RESCUE APPLICANT PHYSICAL AGILITY TEST***

This applicant physical agility test consists of eight (8) separate events. The test is a sequence of events that requires the applicant to progress along a predetermined path from event to event in a continuous manner.

This is a pass/fail test based on a validated maximum total time of nine (9) minutes. Each event must be successfully completed. Failure of any one event constitutes failure for the entire test. If time elapses prior to the completion of the test, the test is concluded and the applicant fails the test.

Throughout all the events, the applicant must wear long pants, footwear with no open heel or toe, a hard hat, and work gloves. The hard hat and work gloves will be provided. Wearing jewelry of any kind is not permitted during the test.

The applicant wears a self-contained breathing apparatus (not on air) throughout the test to simulate the equipment worn during firefighting operations. A high-rise hose bundle is added during the stair climb event.

The events are placed in a sequence that simulates their use at a fire scene while allowing an eighty-five (85) foot or greater walk between events. To ensure the highest level of safety and to prevent applicants from exhaustion, no running is allowed between events (running is allowed during the hose drag and pull event only). This walk allows the applicant approximately twenty (20) seconds to recover and regroup before each event.

To ensure scoring accuracy and to eliminate timer failure, two (2) stop watches will be used to time the tests. One stop watch will be designated as the official test watch and the second watch will be a back up. If mechanical failure occurs, the time on the back up watch will be used.

## **EVENT 1 - STAIR CLIMB**

This event is designed to simulate the critical task of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle) and fire fighter equipment. The event challenges aerobic capacity, lower body muscular endurance and the ability to balance.

Participant will carry a hose bundle in the form of a high-rise pack on one shoulder during the entire stair climb evolution. Participant will begin at the ground level of the drill tower and proceed up the flight of stairs to the fourth floor landing then descend the stairs back to the ground level. This will complete the first revolution. During the second evolution, the participant will proceed up the flight of stairs to the third floor landing then descend the stairs back to the ground level. During the third and final evolution, the participant will proceed back up the flight of stairs to the second floor landing then descend the stairs back to the ground level. Participant may not use the handrails during the ascending phase of each revolution. The handrails can be used during the descending phase of each revolution if needed for balance. Participants must contact each step on the flight of stairs during both the ascending and descending portions of each revolution. The participant must contact the landings at the top and bottom floors with both feet.

One (1) warning will be given if the hand-rails are used during the ascending phase of revolution. If a second infraction occurs the result is failure of the test. One (1) warning will be given if a step is missed during the event. If a second infraction occurs the result is failure of the test. Failure will result if the high-rise pack is dropped during any portion of the event.

## **EVENT 2 - HOSE DRAG & PULL**

This event is designed to simulate the critical task of dragging an uncharged 1 ½" hose-line from a fire apparatus to a structure and pulling an uncharged hoseline around obstacles while remaining stationary. This event challenges aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance and anaerobic endurance.

A hoseline nozzle attached to 200 feet of hose is grasped and placed over the shoulder or across the chest up to eight (8) feet. While walking or running, the participant drags the hose seventy-five (75) feet to a pre-positioned drum, makes a 90 degree turn, and continues an additional twenty-five (25) feet. After stopping within the marked box, the candidate drops to at least one (1) knee and pulls the hoseline until the fifty (50) foot mark crosses the finish line.

During the hose drag, failure results if the participant does not go around the drum or goes outside of the marked path. During the hose pull, a warning is given if at least one (1) knee is not kept in contact with the ground or the knee(s) go outside the marked boundary line; a second warning constitutes failure.

## **EVENT 3 - EQUIPMENT CARRY**

This event uses two (2) saws and a simulated apparatus compartment. It simulates the critical task of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, grip endurance and balance.

The candidate must remove the two (2) saws from the simulated tool compartment, one at a time, and place them on the ground. Then the candidate picks up both saws (one in each hand) and carries them while walking seventy-five (75) feet around a drum, then back to the starting point. Placing the saw(s) on the ground to adjust grip is permitted. Upon return to the simulated tool compartment, the saws are placed on the ground, then picked up one at a time and replaced in the simulated compartment.

Dropping either saw on the ground during the carry will result in immediate failure. A warning will be given for running; a second warning constitutes failure.

#### **EVENT 4 - LADDER CLIMB**

This event uses a thirty (30) foot extension ladder secured to the side of the drill tower and is designed to simulate the critical task of climbing a ground ladder at a fire scene. The event also helps determine the presence of acrophobia (fear of heights) in the participant. This event challenges aerobic capacity, lower body muscular strength and endurance and grip strength.

The participant shall approach the ladder and begin climbing, using the hands-on-rungs method, making sure to contact each rung with at least one (1) foot. The participant shall climb until able to touch the top rung of the ladder and then descend the ladder using the same technique as during the ascending phase.

Failing to contact each rung with at least one (1) foot will constitute failure of the event

#### **EVENT 5 - VENTILATION/FORCIBLE ENTRY**

This event uses a weighted sled device and an eight (8) pound sledgehammer. It simulates the critical tasks of using force to make an opening in a roof during ventilation procedures and during forcible entry procedures. This event challenges aerobic capacity, upper and lower body muscular strength and endurance, balance, grip strength and endurance and anaerobic endurance.

For this event, the participant stands with one (1) foot on each of the platforms located on either side of the device. The candidate then uses the sledgehammer to drive the weighted sled from the beginning point to the opposite end, then turning his/her body 180 degrees and drive sled back to the beginning point .

Failure results if the participant does not maintain control of the sledgehammer and releases it from both hands while swinging.

#### **EVENT 6 -SEARCH / CONFINED SPACE**

This event uses an enclosed tube, approximately twenty-four (24) feet in length, to simulate the critical task of searching for a fire victim in a confined space with limited visibility. This event challenges aerobic capacity, upper and lower body muscular strength and endurance, agility, balance, anaerobic endurance and helps to determine the presence of claustrophobia in the participant.

For this event, the participant will drop to both knees, remove SCBA, enter the tube while pushing SCBA in front and proceed to the opposite end and then exit the tube. After exiting the tube the participant will re-don the SCBA while remaining on his/her knees.

Failure will result if the participant requires assistance during any portion of the event. The participant must be able to remove and re-don the SCBA without assistance. The participant must be on both knees while removing and re-donning the SCBA. A warning will be given for failing to be on both knees, a second warning will constitute failure of the event. Failure will result if the SCBA exits the tube so far ahead of participant that at least one (1) hand cannot contact the SCBA.

## **EVENT 7 - RESCUE DRAG**

This event uses a weighted device equipped with a strap for pulling to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges aerobic capacity, upper and lower body muscle strength and endurance, grip strength and endurance and anaerobic endurance.

The participant grasps the strap attached to the 165# weighted device with either one or both hands, drags it thirty-five (35) feet, makes a 360 degree turn around a pre-positioned drum, and continues an additional thirty-five (35) feet to the start/finish line. Grasping or resting on the drum is not permitted, but the weighted device may touch the drum. The participant is permitted to drop and release the strap to adjust his/her grip. The entire weighted device must be dragged across the finish line.

Grasping or resting on the drum at any time results in a warning; a second warning constitutes a failure.

## **EVENT 8 – HOSE MOVE & STACK**

This event uses three (3) sections of rolled 2 hose and two (2) pre-positioned drums, to simulate the critical task of moving and handling rolled sections of hose at a fire scene. This event challenges aerobic capacity, upper and lower body muscle strength and endurance, grip strength and endurance and anaerobic endurance.

The participant approaches the drum with the three (3) sections of hose on top and removes a section of hose, then proceeds to the other drum, twenty (20) feet away, and places that roll on top of the empty drum. The participant then returns to the previous drum and repeats the above procedure until all three (3) sections of hose have been moved to the other drum. The participant then walks back the twenty (20) feet to the first drum, makes a 360 degree turn around that drum and walks back to the barrel with the three (3) sections of hose and repeats the previous steps to return all three (3) sections of hose to the original drum.

The event and total test time ends when the final section of hose has been replaced on the original drum and the proctor calls "TIME". One (1) warning is given if the participant grasps or rests on either drum during the event; a second warning results in failure. One (1) warning is given for running during the event, a second warning results in failure. One (1) warning is given if a section of hose is dropped; a second warning results in failure.

Once the test is completed, either successfully or unsuccessfully, the participant must sign the official test sheet that has the official test time for that participant recorded. This test sheet will also have any necessary remarks made by the proctor if failure of the test is the result.