

## Physical Ability Test Description

### PHYSICAL ABILITY TEST

It is important that you dress in clothes and shoes that would be comfortable to exercise in. Applicants participating in the physical ability test will wear a fire coat, helmet, gloves, and 25 lbs. weighted vest. These items will be provided by the Departments during the testing. If you have your own turnouts, please bring them with you for the test if you prefer.

You will be able to wear pants or shorts and **CLOSED TOE ABOVE THE ANKLE** Shoes.

### PREPARING FOR THE PHYSICAL ABILITY EXAMINATION

This physical ability examination is more difficult than it appears. The chances of passing the examination will be greatly increased if adequate preparatory training has been undertaken. Physical training should emphasize cardio-respiratory fitness, strength, muscular endurance, and proper lifting techniques should be a high priority. Practice makes perfect.

### DESCRIPTION OF THE PHYSICAL ABILITY EXAMINATION

The physical ability examination consists of 6 stations "tasks" PLUS the aerial ladder climb that must be completed in order to pass this portion of the physical ability examination. This event will be a timed exercise (time will begin when you touch your first hose bundle at Station 2) and will be scored pass/fail.

## MEDICAL EMERGENCY

**If at ANY time you experience chest pain, dizziness, difficulty breathing or any other symptoms of cardio-pulmonary difficulties or injuries please let the nearest evaluator know IMMEDIATELY so medical assistance can be rendered!**

### WITHDRAWAL FROM THE EXAMINATION

If you are unable to complete any portion of the physical ability examination, you will be disqualified from the testing process.

### SCORING THE PHYSICAL ABILITY EXAMINATION

The candidate must complete the course within 10 minutes or the candidate will be disqualified from the entire testing process. Successful completion of the aerial ladder climb will constitute a passing grade for that particular task. Unsuccessful completion of the aerial ladder climb will also constitute disqualification.

## Description of Physical Abilities Assessment

This introduction is provided to ensure that each individual participating in the physical ability assessment receives adequate and standardized instruction prior to attempting the course. There will be a member of Joint Recruitment Scholarship Committee present at all times to answer questions and demonstrate (if needed) each component of the test PRIOR to the start of the test.

*Preparation* - Each participant is encouraged to warm up and stretch prior to attempting the course.

- I. The course will be demonstrated to the satisfaction of all participants prior to the warm-up period. This is the time to address questions or concerns.
- II. Warm up should consist of any activity that will raise the heart rate and adequately warm the muscles in preparation for strenuous physical activity.
- III. Stretching exercises should focus on improving flexibility of the larger muscle groups that will be used in attempting the course.
- IV. As one participant starts the course, the next two participants will be in the ready area prepared to begin the course.
- V. This is a timed, Pass/Fail test. The maximum time allowed for completion of the course described below is ten (10) minutes.

**Equipment** – Each participant must utilize the following equipment while attempting the physical ability course.

- I. Structural firefighting turnout coat, helmet and gloves (you may wear pants or shorts and MUST have CLOSED TOE OVER THE ANKLE shoes).
- II. 25 lbs. weight vest

### Physical Ability Assessment Course Description –

Redmond Fire Training Grounds

**Failure to perform any of these tasks within the required time limit of 10 minutes will constitute disqualification from the entire testing process. Failure to perform the aerial ladder climb will also result in a disqualification from the entire testing process.**

Station 1 Aerial Ladder Climb (**NOT timed**): At the beginning of the course, before your “Timed” portion of the course begins; the candidate will be required to climb a 50-foot aerial ladder at 75 degrees. The aerial ladder climb will be a pass/fail score and is not timed.

**\*If you fail this station, you will not move onto the rest of the testing process.**

Walk to Station 2, High Rise Equipment Carry.

Station 2 High Rise Equipment Carry:

Time begins when the participant touches the first hose bundle.

- A. Pick up the first hose bundle, shoulder it and begin climbing the stairs.
  - 1. Participants may skip steps on the way up. They are encouraged to use the handrail. Be aware of a low clearance bar near the top of the stairs.
- B. When both feet reach the top platform, drop the hose bundle to the right and return to the bottom of the stairs.
  - 1. Participants MUST use the handrails and touch EVERY step on the way down.

**\*NOT using the handrails and touching every step will result in a penalty.**

- 2. Indicate on which shoulder you want the second hose bundle placed, receive it and return to the top to drop it with the first.
- 3. When both feet reach the top platform, drop the hose bundle to the right and return to the bottom of the stairs using the handrails and touching every step on the way down.

**\*NOT using the handrails and touching every step will result in a penalty.**

Walk to Station 3, Ladder Raises.

Station 3 Ladder Raises:

- A. Ladder #1: Raise the ladder to a vertical position against the wall. From the vertical position, lower the ladder to the horizontal position on the ground.

**\*Use every ladder rung up and down or it will result in a penalty.**

- B. Ladder #2: Raise the ladder to vertical position using the same techniques as step A. The ladder will be supported by an assistant once in the vertical position. Raise the fly section of the ladder to the top and lower back to the starting position.

**\*DO NOT allow halyard to slide through hands (this will result in a FAIL).**

If ladder dogs lock, raise the fly up to unlock and then continue to lower the fly. This task is completed two times. Lower the ladder to the horizontal position using the same technique as step A.

**\*Use every ladder rung up and down or it will result in a penalty.**

Walk to Station 4, Forcible Entry Simulator.

**Station 4 Forcible Entry Simulator:**

- A. Move the 165 lb. I-beam five feet by striking it with the 9 lb. shot mallet. When told, move to the hose advance.

Step off the forcible entry simulator. Walk 140 ft. around the specified traffic cone and back to the Hose advance, Station 5, Hose Advance.

**Station 5 Hose Advance:**

- A. Shoulder the charged 1 ¾" hose, advance it 75' and show water in the designated area.

Walk to Station 6, Rescue Drag.

**Station 6 Rescue Drag**

- A. Walk 30' to the rescue mannequin.
- B. Drag the rescue mannequin 100' across the finish line.
  - 1. You may pick up the mannequin or drag it using the webbing strap provided.
    - a. You may not lift the mannequin over shoulder height.

**Time ends when both the participant and mannequin completely crosses the finish line.**

**I. Penalties**

- A.** A five (5) second time penalties may be assessed for any of the following violations (up to 30 seconds maximum).
- 1.** Skipping steps going down the stairs
  - 2.** Failure to use handrails going down stairs
  - 3.** Skipping rungs on the ladder, up and down
  - 4.** Running between any task stations
  - 5.** “Pushing” or “Raking” the forcible entry I-beam
  - 6.** Failure to cross hose advance finish or show water

