

SEARCY FIRE DEPARTMENT PHYSICAL AGILITY EXAMINATION

This examination is administered under the direction of the Searcy Fire Department and is a part of the Pre-Employment Selection Process. This examination is job related and is designed to examine the applicant's physical capacity and agility.

This test requires an applicant to perform eight (8) tasks related to firefighter activities.

Before beginning the test, each applicant is fitted with a turnout coat and a self-contained breathing apparatus (SCBA), weighing approximately thirty (30) pounds.

Event titles are listed below with explanations, times, and other details on the following pages.

1. Ladder Climb
2. Hose Hoist
3. Ladder Set-up
4. Hose Roll
5. Ventilation
6. Hose Advance
7. Stairwell Exercise
8. Victim Rescue

Overview of the Physical Agility Test

This booklet contains important facts about the physical agility test. Read it carefully. This test measure your ability to do tasks that are job related.

Parts of the Test

The test is divided into two parts, timed and non-timed events.

Event 1 is not timed. It does not have a score, but must be completed to continue.

Events 2 – 8 are timed events. They will be completed in succession for one total timed score. This time will be transferred to a score sheet for exam grade. Minimum passing score is 70%.

What should you wear to the test?

Testing will be outdoors. Dress should be appropriate for weather conditions.

Sweatshirts, sweat pants, t-shirts, and athletic type shoes are recommended apparel for testing. Tight clothing and shorts should be avoided. No food, drink or tobacco products will be allowed during the test.

How to prepare to take the physical agility test

The best way to prepare is to be in the best general physical condition possible. General physical conditioning exercises that will increase your endurance will be helpful. Some suggested general conditioning exercises might include running, swimming, climbing stairs, sit ups, pushups, pull ups, etc. Applicants should get plenty of rest the night prior to the test. Applicants should avoid consuming a large meal before testing.

Orientation

A brief overview of the site will be given and questions will be answered before the agility test is administered.

- Turnout coats and a self-contained breathing apparatus will be issued prior to testing.
- During this test, the applicants cannot run at any time. Only fast walking is allowed. Running is defined as moving so quickly that both feet are simultaneously off the ground.

Job Relatedness

Event #1: Ladder Climb

All firefighters may at any time be required to climb the aerial ladder or other ladders to extinguish fires or to perform rescue operations.

Event #2: Hose Hoist

Firefighters carry rolls of fire hose and other heavy equipment to and from the fire scene, adding and removing them from fire apparatus.

Event #3: Ladder Setup

A firefighter must have the ability and strength to remove ladders from an apparatus and to utilize them on the fire ground.

Event #4: Hose Roll

After a fire run has been completed, it is necessary to re-roll each fire hose used. It is also necessary to roll fire hose after testing and cleaning and during other operations.

Event #5: Ventilation

Ventilation of smoke filled buildings is required to remove the toxic smoke and gases. It is often necessary to manually remove a portion of a roof in order to release the gas and smoke. Although an axe would be used in actual situations, a sledgehammer will be used for testing to lessen wear on props and to have a safer testing environment.

Event #6: Hose Advance

Advancing a fire hose is a basic job activity. A firefighter is responsible for extending a fire hose to the point of attack.

Event #7: Standpipe Exercise

Firefighters are often required to work in high-rise situations. Because of this, firefighters may have to climb up several flights of stairs carrying a standpipe pack. This can cause physical exhaustion for the firefighter.

Event #8: Victim Rescue

Firefighters may be called upon to rescue individuals in emergency situations. This may involve removing a victim from a dangerous situation and taking the victim to a place of safety.

Physical Capability and Agility Score Sheet

Time/Points

4:30	100	5:25	89	6:20	78
4:35	99	5:30	88	6:25	77
4:40	98	5:35	87	6:30	76
4:45	97	5:40	86	6:35	75
4:50	96	5:45	85	6:40	74
4:55	95	5:50	84	6:45	73
5:00	94	5:55	83	6:50	72
5:05	93	6:00	82	6:55	71
5:10	92	6:05	81	7:00	70
5:15	91	6:10	80		
5:20	90	6:15	79		

A time of 7:01 or more is failing.

NOTE

- 1.) Minimum score is necessary to pass this examination is 70%.
- 2.) All applicants must complete the course in 7 minutes or less to achieve a score of at least 70%.

Physical Capability and Agility Examination

Event #1: Ladder Climb

Test Site: Drill field or Station 2
Equipment: 75' Aerial apparatus
Personnel: 2

Description: After receiving a safety belt and instructions for climbing the ladder, applicant shall climb a fully extended aerial ladder, touch the top run and descent the ladder. This event is not timed but must be successfully completed in order to proceed with the remainder of the physical agility test.

Event #2: Hose Hoist

Test Site: Drill field
Equipment: 3 rolls 2 ½" Fire hose and one pumper
Personnel: 1

Description: Three tied rolls of 2 ½" fire hose will be located 20 behind a fire apparatus. The applicant moves the rolls of hose, one at a time from the starting point to the rear of the fire apparatus. Applicant then steps up on the rear running board of the apparatus and places the hose over the top bar onto the hose bed. After all three hoses have been placed on the apparatus, applicant must then remove the hose one at a time and take the hose back to the starting point.

Event #3: Ladder Set Up

Test Site: Drill field
Equipment: 24' Extension ladder
Personnel: 1

Description: A 24' extension ladder, weighing approximately 80 lbs., will be lying on the ground with the feet of the ladder against a building. The ladder will be raised to a vertical position against the building. The applicant will then adjust the ladder to a simulated climbing angle. The ladder will then be returned to its original position.

To pick up the ladder, the applicant will assume a crouching position and grasp the top rung of the ladder with both hands. The applicant will then stand upright and raise the end of the ladder above his/her head with bottom of the ladder remaining on the ground against the building. The applicant will then raise the ladder by walking forward, grasping consecutive rungs without dropping or losing control of the ladder, until the ladder is placed in a vertical position against the building. The applicant will then grasp the sides of the ladder and bring the bottom of the ladder out to a comfortable climbing position. The applicant will then place the ladder back against the building and lower the

ladder by walking backwards, grasping consecutive runs and place the ladder in its original position on the ground without dropping or losing control of the ladder.

Event #4: Hose Roll

Test Site: Drill field
Equipment: One 2 ½” fire hose
Personnel: 1

Description: Applicant will position his/herself at the male coupling of a 2 ½” fire hose. The applicant will then bend over and begin rolling the fire hose into a circular roll. The hose must be rolled the entire length of 50 feet. The applicant will then turn around and unroll the fire hose back to the starting position. The event will be finished when the hose is completely unrolled.

Event #5: Ventilation

Test Site: Drill field
Equipment: Approximately 12lbs. sledgehammer
Personnel: 1

Description: The applicant will stand on the outside rails of the slide. He/she will then strike the middle of the slide piece with a sledgehammer until it has traveled the required distance (the rear section must pass the rails).

Event #6: Hose Advance

Test Site: Drill field
Equipment: 100’ of 1 ¾” charged hose-line with nozzle
Personnel: 1

Description: Applicant advances a nozzle and 1 ¾” charged fire hose forward past a mark indicating 75 feet. Applicant must then open the nozzle, spray water, close the nozzle and place the nozzle on the ground. This completes this event.

Event #7: Stairwell Exercise

Test Site: Training Tower
Equipment: One roll of 2 ½” hose
Personnel: 2

Description: The applicant shall pick up a roll of 2 ½” hose at the base of the stairs. The applicant shall then carry the hose to the top of the training tower (3rd floor landing). Then the applicant shall carry the hose back down to the base of the stairs and return the hose to the starting area. All applicants shall ensure that at least one foot touches each step both going up the stairs and coming down the stairs. Running or skipping steps is not allowed.

Event #8: Victim Rescue

Test Site: Drill field

Equipment: 160lbs. victim (dummy)

Personnel: 1

Description: The applicant will grasp the victim in a manner that is most compatible with the applicant. The applicant may grasp the victim under the arms and walk backward or choose to grasp the victim and walk forward. The applicant will then drag the victim a distance of 100 feet. The neck hook will not be used. The event and the course are complete when both the victim and the applicant clear the finish line.