Mission Fire Department
Entry Level Firefighter
Physical Agility Test

Date: <u>To Be Determined</u>
Place: <u>Central Fire Station, 415 W. Tom Landry</u>
Time: <u>08:00 AM</u>
Who: <u>To Be Determined</u>

A. The physical Agility Test will consist of 7 evolutions. Each evolution must be successfully completed without any rest periods during each evolution or between evolutions. **No running is allowed.** Failure to successfully complete an evolution will constitute failure of the Physical Agility Test. All 7 evolutions will be done sequentially.

THE PHYSICAL AGILITY TEST IS DESIGNED TO TEST THE APPLICANT'S ABILITY TO SUCCESSFULLY PERFORM ESSENTIAL JOB FUNCTIONS.

B. For the purpose of the Physical Agility Test, some firefighting protective equipment and protective clothing will be worn on all evolutions. Full firefighting equipment and protective clothing is defined as the following:

(1) Helmet (2) Bunker Coat (3) Gloves (4) Self Contained Breathing Apparatus (SCBA)

NOTE: Air from SCBA tanks will be used during Tests #2 through #7. Applicant may use own Protective Clothing upon approval of the Training Coordinator.

C. Applicants may wear blue uniform pants, blue jeans, or warm ups and comfortable foot wear (**<u>no shorts</u>**) for the agility test.

TEST #1 <u>Aerial Climb:</u> The applicant, wearing SCBA and not donning a breathing mask, will climb the aerial ladder to the roof ladder mounted on the aerial just before reaching the platform fully extended to 100' at a 80 degree incline. When applicant reaches the roof ladder, applicant will touch the bottom rung of the roof ladder. The applicant will then descend the ladder to the starting point. This test is designed to check for acrophobia (fear of heights) and performance of firefighting rescue work above ground level.

TEST #2 <u>Hose Drag:</u> This event is designed to simulate the critical tasks of dragging an uncharged hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline around obstacles while remaining stationary. The applicant must grasp a hoseline nozzle attached to 200 feet of 1 ¾-inch hose. Drag the hose 75 feet to a prepositioned drum, make a 90 degree turn around the drum, and continue an additional 25 feet. Stop within the marked 5 foot x 7 foot box, drop to at least one knee and pull the hoseline until 50-foot mark crosses the finish line. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance.

TEST #3 Equipment Carry: This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. For this event, the applicant will remove the two saws from the fire apparatus compartment, one at a time, and place them on the ground. Pick up both saws, one in each hand, and carry them while walking 75 feet around the drum, then back to the starting point. They are permitted to place the saw(s) on the ground and adjust their grip. Upon return to the apparatus, place the saws on the ground, pick up each saw one at a time, and replace them in the designated space on the apparatus. This event affects your aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

TEST #4 Ladder Raise: This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure. Walk to the top rung of the 24-foot aluminum extension ladder, lift the top end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. Ladder rails must not be used to raise the ladder. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic, endurance.

TEST #5 Ventilation Simulation: The applicant shall complete thirty (30) acceptable impacts (above shoulder) with a ten pound (10 lb.) sledge hammer striking a solid wood beam. This test simulates performing vertical roof ventilation at a fire scene.

TEST #6 Rescue: This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. For this event, the applicant must grasp a 165-pound mannequin by the harness on the shoulders (either one or both handles are permitted), drag it 35 feet to a prepositioned drum, make a 180 degree turn around the drum, and continue an additional 35 feet to the finish line. They will not be permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. They are permitted to drop and release the mannequin and adjust their grip. The entire mannequin must be dragged until it crosses the marked finish line. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

TEST #7 Search: This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. For this event, the applicant must crawl a distance of 64 feet with two 90 degree turns. The search pattern will be lined with traffic cones to guide the participant through the search area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.
