

City of Wood River Fire Department Agility Test

The timed physical agility examination consists of ***eight separate events***. The examination is a sequence of firefighting events requiring you to progress along a predetermined path from event to event in a continuous manner. This test was developed to allow fire departments to obtain pools of trainable candidates who are physically able to perform essential job tasks at fire scenes.

This is a pass/fail test based on a validated maximum total time of 12 minutes.

In these events, you will wear fire fighter protective clothing in the form of coat and helmet, along with self-contained breathing apparatus (not on air). In addition during the stair climb event a high-rise pack (hose bundle) weighing approximately 25 pounds is added to your shoulders.

Throughout all events, you must wear long pants, work gloves, eye protection, and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted.

All props were designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring your physical abilities. A schematic drawing of the testing site will be provided the day of the exam; however, the course layout may vary in order to conform to the fire department's test area.

The events are placed in a sequence that best simulates fire scene events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. The walk between events allow you approximately 20 seconds to recover and regroup before the next event.

To ensure scoring accuracy by eliminating timer failure, two stopwatches are used to time the test. One stopwatch is designated as the official test time stopwatch, the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. The stopwatches are set to the pass/fail time and count down from 12 minutes. If time elapses prior to the completion of the test, the test is concluded and you fail the test.

Event 1 - Stair Climb

(1) Proctor and Evaluator

Equipment

This event uses our neighboring retirement and extended care facility. The southeast stairwell in height of three stories will be utilized, while carrying the high rise pack weighing approximately twenty-five pounds. Upon reaching the top of the stairwell the candidate will return to the ground floor with the high rise pack. The handrail is available while starting, descent down stairwell, and completion of the event.

Purpose of Evaluation

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle). The event challenges your aerobic capacity, lower body muscular endurance and ability to balance. The event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event

For this event, you must carry the high-rise pack up three stories. Prior to the initiation of the timed test, there is a 20-second warm-up utilizing the first set of risers in the stairwell. During this warm-up period, you are permitted to grasp the rail or hold the wall to establish balance and cadence. The timing of the test begins at the end of this warm-up period when the proctor calls the word "START." There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk up the stairwell without utilizing the rail. The descent will also utilize the high rise pack, although the candidate may utilize the rail. The test/time ends upon reaching the third story and returning to the ground floor. Upon descending the stairs you will walk within the established walkway to the next event.

Failures

During the test, you are permitted to touch the wall or handrail for balance only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. Only two warnings are given. The third infraction constitutes a failure, the test time is concluded and you fail the test.

Event 2 - Hose Drag

(1) Proctor and Evaluator

Equipment

This event uses an uncharged fire hose with a hose line nozzle. The hose line is marked at 8 feet (2.24 m) past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hose line is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hose line that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hose line from the fire apparatus to the fire occupancy and pulling an uncharged hose line around obstacles while remaining stationary. 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. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a hose line nozzle attached to 200 feet (60 m) of 1 3/4-inch (44-mm) hose. Place the hose line over your shoulder or across your chest, not exceeding the 8-foot (2.24-m) mark. You are permitted to walk quickly but not run during the hose drag. Drag the hose 75 feet (22.86 m) to a pre-positioned drum, make a 90° turn around the drum, and continue an additional 25 feet (7.62 m). Stop within the marked 5 foot x 7 foot (1.52 m x 2.13 m) box, drop to at least one knee and pull the hose line until the hose line's 50-foot (15.24-m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk within the established walkway to the next event.

Failures

During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 3 - Equipment Carry

(1) Proctor and/or Evaluator

Equipment

This event uses two saws and a table replicating a storage cabinet on a fire truck.

Purpose of Evaluation

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. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance. 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.

Event

For this event, you must remove the two saws from the table, 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 (22.86 m) around the drum, then back to the starting point. You are permitted to place the saw(s) on the ground and adjust your grip once during the event. Upon return to the table, place the saws on the ground, pick up each saw one at a time, and replace the saw in the designated space in the cabinet. This concludes the event. Walk within the established walkway to the next event.

Failures

If you drop either saw on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 4 - Ladder Raise and Extension

(2) Proctors and Evaluator

Equipment

This event uses two 24-foot (7.32-m) fire department ladders. For your safety, two exam proctors will be present while raising the ladders.

Purpose of Evaluation

This event is designed to simulate the critical tasks of placing a ground ladder at a structure fire and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension ladder, lifting the unhealed 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. You must not use the ladder rails or beams to raise the ladder. Immediately proceed to the pre-positioned and supported 24-foot (7.32 m) aluminum extension ladder, stand with both feet within the marked box of 36 inches x 36 inches (91.44 cm x 91.44 cm), and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Walk within the established walkway to the next event.

Failures

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground or proctors are utilized because you released your grip on the ladder, the test time is concluded and you fail the test. If during the ladder extension, your feet do not remain within marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you do not maintain control of the ladder in a hand over hand manner, or let the rope halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

Event 5 - Forcible Entry

(1) Proctor and/or Evaluator

Equipment

This event utilizes a rubber tire and a 10-pound (4.54-kg) sledgehammer.

Purpose of Evaluation

This event is designed to simulate the critical tasks of using force to open a locked door, breach a wall, or open a roof. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event

For this event, you must use a 10-pound (4.54-kg) sledgehammer to strike the tire in the target area twenty times. During this event, you must keep your feet on top of the tire and swing downward striking the target. After the evaluator states "STOP", place the sledgehammer on the ground. This concludes the event. Walk within the established walkway to the next event.

Failures

If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you do not take full swings while twisting at the waist one warning will be given and that repetition completed again, a second warning will constitute a failure, the test time is concluded and you fail the test. If you step off the tire one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 6 – Search

(2) Proctors and Evaluator

Equipment

This event uses a search maze that has obstacles and narrowed spaces. A hose line and blacked-out SCBA mask will be utilized.

Purpose of Evaluation

This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable 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.

Event

For this event, you must crawl following the hose line in a controlled manner while negotiating pre-determined obstacles. At a number of locations, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions are reduced. Your movement is monitored through the maze. If for any reason, you choose to end the event, call out or remove your mask you will be assisted out. Upon exiting, the event is concluded. Walk within the established walkway to the next event.

Failures

A request for assistance that requires a proctor to manually assist the candidate constitutes a failure, the test time is concluded and you fail the test. Losing contact with the hose line once constitutes a warning and you will be verbally assisted back to the hose line, losing contact a second time constitutes a failure, the test time is concluded and you fail the test. Removing your mask before the designated completion constitutes a failure, the test time is concluded and you fail the test.

Event 7 – Rescue

(1) Proctor and/or Evaluator

Equipment

This event uses a weighted mannequin equipped with a harness with shoulder handles.

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. 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).

Event

For this event, you must grasp an approximate 165-pound (74.84-kg) mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drag it 35 feet (10.67 m) to a pre-positioned drum, make a 180° turn around the drum, and continue an additional 35 feet (10.67 m) to the finish line. You are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk within the established walkway to the next event.

Failures

If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 8 - Ceiling Breach and Pull

(1) Proctor and Evaluator

Equipment

This event uses a bungee is used to support the pike pole. The pike pole is a commonly used piece of equipment that consists of a 6-foot long pole with a hook and point attached to one end.

Purpose of Evaluation

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. 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, deltoids, trapezius, triceps, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must remove the pike pole from the bracket, stand within the boundary lines, and strike the designated surface above your head in the painted area. The strikes will be evaluated by the proctor. Then, hook the pike pole to the bungee and pull. Each set consists of three strikes and five pulls. Repeat the set four times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must strike or pull again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition as indicated by a proctor who calls out "TIME."

Failures

One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain within the marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Non-Timed Event Ladder Climb Pass / Fail

Equipment

Thirty-five foot extended ground ladder, with six to seven rungs raised above roof line of fire station. Ladder will be secured at butt and tip ends, and angled approximately 75 degrees. A ladder belt and safety line will be attached.

Purpose of Evaluation

This event is designed to show the critical task of climbing a 35' ground ladder at a structure fire. Evaluation is based upon ability to demonstrate confident climbing agility, proper technique, and lack of reluctance or inability to climb as result of elevation fear. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must climb rung by rung in a smooth and rhythmic motion, maintaining good climbing form. You must not use the ladder rails or beams, other than for support off and back on the ladder at the roof level. This concludes the non-timed event.

Failures – Subjective

The candidate shows visible reluctance or inability to climb as result of elevation fear. There will no warnings as result of above, as this portion of the agility examination is a strict pass/fail event.