

Langford Fire Rescue Department
Physical Agility Test 2010

Event 1 – Stair Climb with High Rise Pack

Candidate while carrying a high rise pack (one - 50 foot section of 2 ½ inch hose – weighing 50lbs) ascend to the top deck of the three story tower, then descend to the starting position on the ground, and then ascends one more time to the top deck of the tower. Upon arriving at the top deck on the second ascend; the hose must be placed in the designated area on the third floor landing. (*Candidate will ascend tower twice*) Advance to next event.

Event 2 – Hose Hoist

From the deck on the tower, using hand over hand motion, pull a 5/8 inch rope to hoist a donut roll of LDH hose (45 pounds). This task is complete when the donut roll clears the railing and is placed on the deck. The candidate will then descend the stairs with the high rise pack, placing the pack at the start line. Advance to next event.

Event 3 – Forcible Entry

Using an 8-pound shot mallet, drive a 142 pound weight a distance of 5 feet. The event is complete when the end crosses the 5 foot mark and the mallet is placed on the designated mark. Advance to the next event.

Event 4 – Extension Ladder Raise

The candidate will raise a 24 foot extension ladder hand over hand until it hits the stop and then lowers it back to the starting position. Advance to next event.
Immediate failure will result if control is not maintained in a hand-over-hand manner, or if the rope halyard slips in an uncontrolled manner.

Event 5 – Hose Drag

Pick up the nozzle and move a 150 foot section of 1 ½ inch un-charged hose straight forward for 75 feet to a mark, make a 90 degree turn and continue an additional 25 feet. After stopping within the marked box, the candidate drops to at least one knee and pulls the hose line until the 50 foot mark crosses the finish line. Advance to the next event.

Event 6 – Equipment Carry

This event uses two tools of similar size/weight (25lb) and a table replicating a storage cabinet on a fire truck. The candidate must remove the two tools from the table, one at a time, and place them on the ground. Then he/she picks up both tools (one in each hand) and carries them while walking 75 feet around a corner, then back to the starting point. *Placing the tool(s) on the ground to adjust a grip is permitted.* Upon return to the table, the tools are placed on the ground, then picked up one at a time, and replaced to the table. Advance to next event.
Dropping either tool on the ground during the carry will result in immediate failure. A warning will be given for running; a second warning constitutes failure.

Event 7 – Victim Rescue

Drag a 165 pound victim a distance of 35 feet, makes a 180 degree turn around a pre positioned drum, and continues an additional 35 feet to the finish line. This event (and the course) is complete when both the victim and the candidate completely clear the finish line.

Scoring Method: 8 Minutes maximum time allowed for completing evolution

General Information

The physical agility test is a pass/fail test based on a validated maximum total time of 8 minutes.

In all these events, the candidate wears a 30lb SCBA harness and cylinder on their back to provide the additional weight that firefighters must work with on the fire ground.

Throughout all events, the candidates must wear long pants, a hard hat with chin strap, work gloves and foot wear with no open heel or toe. Watches and jewelry are not permitted to be worn.

All props were designed to obtain the necessary information regarding physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring the candidate's physical abilities.

The events are placed in a sequence that best simulates fire scene events while allowing approximately an 85 foot walk between events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows approximately 20 seconds for recovering and regrouping before each event.

Candidates are provided an opportunity at the information session to review a video detailing the physical agility test and failure points. It is the candidate's responsibility to ask questions if any part of the test events or procedures is not understood.

Test Forms

Prior to taking the physical agility test, each candidate must present valid identification, complete the waiver and release form with Doctor's signature. At the conclusion of the physical agility testing the candidate must sign the physical agility test form.