Information Packet

Physical Agility Test Description

Chaffee County Fire Protection District
Physical Agility Test Description

Chaffee County Fire Protection District ("***District***") maintains a Physical Agility Test ("***PAT***") that measures a participants performance of physical tasks and his/her ability to perform actual or simulated job tasks necessary to the performance of the essential functions of a firefighter position with the District. The PAT is a rigorous physical exercise that assesses the candidate's ability to execute the tasks safely, effectively, and in a timely manner.

All participants shall Read and Sign the District's "Notice of Inherently Dangerous Activity – Release" before starting this Physical Agility Test.

The District has the right to not allow any individual to start the PAT for any reason. The District also has the right to stop any individual from continuing the PAT for any reason. The participant also has the right to stop the PAT at any time for any reason.

Introduction to the Physical Agility Test and training on each of the six stations will be provided to the participants before they will be given the test. The District will have sufficient personnel on hand to provide instructions at each station before the participant starts the test.

Each participant will be provided with a test monitor to walk them through the PAT, to observe the participant's condition and progress throughout the PAT.

Each participant must continuously move through all of the stations without running once he/she begins the test. If a participant fails to show continuous movement throughout all of the stations, then the PAT will be stopped and that participant shall be required to rest in rehab. They will be given a second opportunity to complete the PAT without stopping. Failing the second attempt, the participant can re-apply to the Candidate Training Program and re-take the PAT.

Each participant will be given 15 minutes to complete the PAT.

The six PAT stations shall be completed while wearing District issued personal protective equipment (PPE): bunker pants, bunker boots, bunker coat, structural fire helmet and self-contained breathing apparatus without the mask ("air pack"). The District's extrication gloves shall be the gloves worn for the PAT. Total PPE weight is approximately 50 lbs.

The Activities of this PAT will require the following movements: Standing, walking, kneeling, squatting, stooping/bending, striking, lifting, pushing, pulling, crawling, carrying, and gripping, reaching overhead, reaching away from body, and repetitive motion swinging arms.

The following steps shall be the process for administering the District's Physical Agility Test.

1. The District personnel will verify the participant has signed the Notice of Inherently Dangerous Activity – Release form and has participated in the appropriate training session.
2. When the participant is in full bunker gear and properly wearing an air pack, he/she shall step up to the starting line.
3. When the monitor and participant are ready, the participant's time will start and he/she shall walk 85 feet to the first testing station.
4. After the participant has completed all six stations of the test, he/she shall remove the air pack and bunker gear and report to rehab to rehydrate.

Station One – Manikin Drag

Description: At this station, the participant will drag or carry a 185-lb. rescue manikin which is sitting upright on the ground in the starting position (i.e., sitting upright with the back toward the starting line). The participant will drag or carry the manikin 25 feet to a cone, go around the cone, and return 25 feet to the starting location. The participant will then set the manikin back to the ground in the starting position. A rescue strap shall be provided for the participant to use, if they chose.

The participant shall then walk 85 feet to the next station.

Purpose: Simulate the essential job functions of moving a person in need of rescue around an obstacle.

Equipment and Weights Used: Rescue manikin (weight 185 lbs.).

Station Two - Hose-line Advance

Description: The participant will pick up an un-charged rubber jacketed 1 ¾" hose-line with a non-pistol grip nozzle and place it over their shoulder with the nozzle in front of them and no lower than their waist. The participant shall not be allowed to carry any extra hose with them. They shall advance the un-charged 1 ¾ inch hose-line 75 feet to a barrel and then go around the barrel to the left at a 90 degree turn without leaving the course boundaries and continue dragging the hose 50 feet to the finish line. A 5 foot by 5-foot box will be behind the finish line, the participant will then pull an additional 50 feet of 1 ¾" hose across the finish line without leaving this box.

The participant shall then walk 85 feet to the next station.

Purpose: Simulate the essential job functions of advancing a 1 ¾ inch hose-line.

Equipment and Weights Used: 200 feet of uncharged 1 ¾ inch hose with nozzle.

Station Three – Ladder Carry/Raise

Description: The participant will remove a 14-foot roof ladder from an apparatus and shall properly carry the ladder using a "one-firefighter low shoulder carry" 100 feet to a defined location at a structure. The participant shall then safely raise the ladder using the "single ladder- one-firefighter method" against a structure to a climbing position. The Essentials of Firefighting 5th Edition describes the ladder carry/ raise.

While holding the ladder on their shoulder, the participant will visually inspect the work area, and then in a smooth motion lower the butt of the ladder to the ground with the butt spurs against the building and position themselves under the ladder with hands on the rungs. Then using a hand-over-hand method, bring the ladder upright until it is vertical against the structure. Next, carefully move the butt of the ladder out from the building to a proper climbing angle.

Lowering the ladder is the reverse procedure.

The participant shall then walk 85 feet to the next station.

Purpose: Simulate the essential job functions of removing a ladder from an apparatus, carrying it, and elevating the ladder to a working angle.

Equipment and Weights Used: 14-foot Roof ladder (weight approximately 32 lbs.).

Station Four – Lowering and Returning the Ladder:

Description: The participant will return to where they erected the ladder in Station three and carefully move the butt of the ladder back to the base of the building. Then with a hand-over-hand method, they will bring the ladder back down to their shoulder. With a smooth motion the participant will position the ladder into the "one-firefighter low shoulder carry" position, and properly carry the ladder back to its original location, placing it back on the apparatus.

The participant shall then walk 85 feet to the next station.

Purpose: Simulate the essential job functions of handling and caring for firefighting equipment at an emergency scene.

Equipment and Weights Used: Roof ladder (weight approximately 32 lbs.).

Station Five – Sledge Strike

Description: The participant will lift a 10-pound sledge hammer and, while standing with one foot on each side of a weighted 6 inch by 6-inch wood block that is 6 feet long with an overhand swinging motion, strike the end of the wooden block enough times to move the end 24 inches. Each strike should be made with sufficient force as to simulate the opening of a roof or breaching of a wall. The block of wood shall be on hard pavement or concrete.

The participant shall then walk 85 feet to the next station.

Purpose: Simulate the essential job functions of utilizing hand tools forcefully and efficiently to breach roofs and walls.

Equipment and Weights Used: Sledge hammer (weight 10 lbs.) with fiber glass handle, wooden block with metal end cap covered with rubber and weighted with 53.6 lbs. of bar bell weights.

Station Six – Tool Carry and Set up

Description: The participant will properly pick up (lifting with your legs) the gas powered T.N.T. Hydraulic pump; carry it 25 feet to a 25-foot by 25-foot square area, placing the tool in one corner. Returning to the starting box, the participant will properly pick up a hydraulic cutter tool and one coiled hydraulic hose, carry it 25 feet to the 25-foot by 25-foot square area and place the tool in the opposite corner from the power pump. The participant shall then carefully uncoil and connect the hose to the hydraulic tool and the power pump. The participant will then disconnect the hose from the pump and cutter and carefully coil the hose. The participant shall then carry the hose and hydraulic tool back to the starting box. Finally, the participant shall return the pump to the starting box.

The participant shall walk to the finish line and time will stop.

Purpose: Simulate the essential job functions of moving tools/equipment to and from the location of the emergency and assembling systems for use.

Equipment and Weights Used: TNT hydraulic pump (weight 30.2 lbs.), TNT hydraulic cutter (weight 22-lbs.), coiled 50-foot hydraulic hose (weight 12 lbs.).