



BIG SPRING FIRE DEPARTMENT PHYSICAL AGILITY COURSE EVENTS

The physical ability test will consist of a course that is laid out and approved by the Civil Service Commission. Please carefully review the information which follows so you will be familiar with the requirements of the Physical Agility Test.

The candidate will perform the physical agility test wearing a twenty (20) pound weighted vest and protective helmet and gloves. The maximum time limit for the physical agility test is seven (7) minutes.

- Event 1 - Ladder Climb - The applicant will climb the ladder, touching every rung and climb over the third floor railing and stand with both feet on the floor before returning back to the ladder. The applicant will return down the ladder, touching every rung.
- Event 2 - 35' Extension Ladder Hoist - The applicant will hoist the fly section of a 35' extension ladder to its maximum and lock it in place. Applicant will then lower the fly section to its original position locked in place utilizing the technique demonstrated which includes a hand over hand action on the halyard with no use of body weight for assistance.
- Event 3 - 1 $\frac{3}{4}$ " High-rise Hose Carry - The applicant will carry a 1 $\frac{3}{4}$ " high-rise pack of hose to the 5th floor of the drill tower. The applicant will carry the pack over either shoulder.
- Event 4 - 2 $\frac{1}{2}$ Dry-Line Slack Pull - The applicant will pull 150' of uncharged 2 $\frac{1}{2}$ " hose and the attached coupling up to the 3rd floor landing of the drill tower. The technique mandated by the event involves pulling the hose up over either shoulder using one or two hands, and then passing the hose to the rear.
- Event 5 - 20' Roof Ladder Raise - The applicant must remove a 20' roof ladder from mounting brackets, carry it 40' and raise it against a wall. The applicant will use the demonstrated technique to remove the ladder on the brackets that requires a single two-handed motion directly in front of the applicant, lifting the entire ladder at once.
- Event 6 - 2 $\frac{1}{2}$ " Charged Line Advance - The applicant will advance a charged 2 $\frac{1}{2}$ " attack line consisting of 100' of 2 $\frac{1}{2}$ " hose with nozzle attached to the designated point near the water supply. The hose will be extended straight out from the attached hydrant and charged to hydrant pressure. The nozzle will be positioned over the shoulder (from rear to front, right or left) in the demonstrated manner during the advance.
- Event 7 - Rescue Carry - The applicant must maneuver a 165 pound dummy twenty-five yards and return it to the starting point. The dummy shall be grasped from behind, under the arms upright, and across the chest. Applicant may use attached straps on the dummy.

Time will stop at the conclusion of this event. Any pause during the event for more than fifteen (15) seconds will terminate the event, resulting in failure.



**BIG SPRING FIRE DEPARTMENT
DECLARATION OF MEDICAL CONDITION
TO TAKE PHYSICAL ABILITY TEST**

APPLICANT PERSONAL INFORMATION

First Name Middle Initial Last Name Social Security Number

PHYSICIAN EVALUATION

I, _____, have reviewed the physical agility test requirements and certify that I have completed my examination of the above examinee and I have concluded that on this date, the examinee is found (check the appropriate block):

[] **To** be physically sound and free from any defect which may adversely affect the performance of the physical ability test for this firefighter applicant.

[] **Not** to be physically sound and free to take the physical ability test for firefighter applicant.

Printed/Stamped Physician Name

Physician Mailing Address: _____
Street City State Zip Code

Phone Number: (_____) _____

Fax Number: (_____) _____

Signature of Physician:

Date