



BIG SPRING FIRE DEPARTMENT PHYSICAL AGILITY TEST

Only applicants who score a 70 or above on the entry level Civil Service written examination will be allowed to take the Physical Ability test. Please wear appropriate attire i.e. jogging shorts and athletic shoes for the test and report to the testing area thirty minutes prior to the scheduled test time. The Big Spring Fire Department will furnish applicants any apparatus and equipment necessary to take the test. Please carefully note the information which follows so you will be familiar with the requirements of the Physical Ability Test.

General Procedure

- Applicants will report to a department official at a designated holding area 30 minutes prior to their scheduled test time.
- Applicants must present valid photo identification prior to testing.
- Each applicant will complete a series of events designed to test their ability to perform various department related tasks.
- The department proctors will conduct the course according to established guidelines.
- There will be no more than one candidate on the course at any given time.
- Applicants will be called upon to begin their test from the holding area when proctors have completed the previous test and are ready to begin.
- Each station in the course will be monitored by a proctor whose sole responsibility will be to assure the validity of the event, that appropriate techniques are followed and the safety of the applicant.
- An official timekeeper will accompany each applicant and record the result of each event.
- The official timekeeper and event proctor will witness the final time recorded and the result of each event.
- The course is conducted as one continuous test. A failure at any point is a failure of the entire course.
- Each event will begin on the command of the timekeeper.
- No unnecessary delays will be permitted between events.

Applicant Preparation

- Each applicant will have the opportunity to watch a video of each event performed prior to their test.
- Each applicant will be given an opportunity to ask questions regarding the testing process prior to their test's onset.
- Applicants will not be permitted to watch other candidates during their course.

Performance Restrictions

- Each applicant will perform each event in the manner in which it is instructed.
- Applicants will be reminded on the technique to be used prior to each event.
- Applicants who fail to perform the event in the manner indicated will be given one warning by the event proctor.
- Applicants failing to perform the event in the manner indicated after a warning will be judged as failing the

course.

- Applicants failing to report 30-minutes prior to their scheduled test time or not being present at the holding area when called upon will not be permitted to test.

Test Interruptions

- Should weather or other unforeseen conditions render the course unsafe in the opinion of the timekeeper or proctors, the test will be suspended.
- Equipment failure or other similar occurrence that invalidates a given event results in a suspension of the applicant's test.
- An applicant unable to finish their course due to a suspension will be permitted to conduct the test again, in its entirety, at a date scheduled by the department.

Course Failure

- Applicants failing any event are judged as failing the entire course. Failing applicants will not be permitted to re-test.
- A failure of the physical ability test will remove the applicant from consideration for employment with the Big Spring Fire Department.

COURSE EVENTS

Requirements

The candidate will perform the test wearing a 20 lb. weighted vest and protective helmet and gloves. The event will begin at the command of the timekeeper. The event will start at the base of the stairs on the east side of station 1.

Maximum time for this test is 7 minutes

Ladder Climb - This evaluation demonstrates the applicant's basic physical agility and ability to negotiate ladders and elevated operations.

- The applicant will proceed to the ladder on the north side of the drill tower.
- The ladder will be secured to the railing on the third floor of the drill tower and the event proctor or assistant will heel the ladder during the event.
- 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.
- **Failing points on this event include:**
 - Failing to touch each rung of the ladder when not in contact with the railing.*
 - Failing to step completely off the ladder onto the 3rd floor of the drill tower.*

35' Extension Ladder Hoist - This evaluation demonstrates the applicant's ability to handle medium length ground ladders.

- The applicant must hoist the fly section of a 35' extension ladder to its maximum and lock it in place then lower the fly section to its original position locked in place.
- The applicant must utilize the technique demonstrated which includes a hand over hand action on the halyard with no use of body weight for assistance.
- The ladder will be secured to a structure or heeled by two certified firefighter assistants during the event.
- **Failing points in this event include:**
 - The ladder is not raised to complete extension.*
 - The halyard is released allowing the fly to slip at any time.*
 - Failing to raise the ladder and lock it in place*

The demonstrated technique is not performed after one warning. (Applicant bends knees, waist or allows feet to leave ground.)

1 ¾" High-rise Hose Carry - This evaluation demonstrates the applicant's ability to handle hose bundles and negotiate stairways.

- The applicant will carry a 1 ¾" high-rise pack of hose to the 5th floor of the drill tower, using the exterior fire escape, leave the hose on the 5th floor.
- The applicant will carry the pack in the demonstrated manner, over either shoulder.
- The high-rise pack will be configured by the department and maintained to be consistent with every course. The pack should allow applicants taller than 5'7" to carry it in the prescribed manner without dragging either end on the ground.
- The applicant will bring the pack from the ground to the carry as part of the event.
- The applicant will use one hand on the stairway banister as a safety precaution.
- The applicant will touch every step going up and down the stairway.
- A department assistant will accompany the applicant, following immediately behind the applicant, on the ascent up the drill tower to prevent a fall.
- The assistant will indicate to the event proctor when the applicant has reached the 5th floor and may return.
- **Failing points in this event include:**
 - Failing to carry the hose pack in the demonstrated manner. (If the hose is dropped from the shoulder the applicant may return it but may not advance while doing so.)*
 - Failing to maintain one hand on the railing after one warning.*
 - Failing to touch each step while climbing and returning.*

2 ½ Dry-Line Slack Pull - This evaluation demonstrates the applicant's ability to handle large diameter hose and hoist heavy objects.

The applicant will pull 150' of uncharged 2 ½" hose and the attached coupling up to the 3rd floor landing of the drill tower.

- A lead rope will be attached to the hose line and used to pull the first coupling to the landing.
- The technique mandated by the event will be demonstrated and involves pulling the hose up over either shoulder using one or two hands, and then passing the hose to the rear.
- An assistant will be positioned no closer than 4' behind the applicant to clear hose from the area as it is brought up.
- **Failing points in this event include:**
 - Failure to pass the last coupling over the railing*
 - Failure to utilize the described technique after one warning. (Pulling the hose over the railing to the side and not over the shoulder.)*

20' Roof Ladder Raise - This evaluation demonstrates the applicant's ability to handle small ground ladders.

- The applicant must remove a 20' roof ladder from mounting brackets, carry it 40' and raise it against a wall, within department provided orientation markings. 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.
- The applicant will utilize the demonstrated method to carry the ladder.
- The applicant will raise the ladder to the wall utilizing the demonstrated technique and pull the base of the ladder out to the indicated point to stabilize it.

- **Failing points in this event will include:**
Dropping the ladder at any time.
Failing to raise the ladder within the orientation markings.
Dragging the ladder while carrying it.

2 1/2" Charged Line Advance - This evaluation demonstrates the applicant's ability to advance large diameter charged hand lines.

- The applicant will advance a charged 2 1/2" attack line consisting of 100' of 2 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.
- **Failing points in this event include:**
Not advancing the hose beyond the finish line
Not utilizing the demonstrated method of carry after one warning.
Dropping of the nozzle during or at the conclusion of the advance.

Rescue Carry - This evaluation demonstrates the applicant's ability to perform rescue.

- The applicant must maneuver a 165 lb dummy 25 yards and return it to the starting point.
- The applicant will utilize the demonstrated technique while maneuvering the dummy. The dummy shall be grasped from behind, under the arms upright, and across the chest. Applicant may use attached straps on the dummy.
- The applicant will maneuver the dummy around a cone at the 25-yard point then return.
- A department assistant will station closely behind the applicant as a safety precaution to prevent a severe fall.
- Should the dummy be dropped or the applicant fall during the event, they must regain their footing and control of the dummy on their own without assistance.
- **Failing points in this event include:**
Applicant fails to return the dummy across the finish line
Applicant fails to use the demonstrated technique to advance the dummy after one warning.

Time will stop at the conclusion of this event. Any pause during the event for more than 15 seconds will terminate the event, resulting in failure. Applicants must satisfactorily complete the physical agility test in one attempt. Applicants who fail will not be permitted to retest.