



BIG SPRING FIRE DEPARTMENT

Physical Agility Test Procedure

Big Spring Fire Station 1

1401 Apron Drive

Big Spring, Texas 79720

Applicants are required to present a valid photo ID to gain admittance into the testing site. Applicants are advised to wear appropriate attire i.e. jogging shorts and athletic shoes for the test. Applicants must be appropriately dressed and report to the designated holding area thirty minutes prior to the scheduled test time. **Applicants are allowed to watch a video of the Physical Agility Test at that time.** Applicants are given an opportunity to ask questions regarding the testing process prior to their test's onset.

Big Spring Fire Department Physical Agility Test General Procedure

- The physical agility test is composed of seven events that each candidate must execute consecutively.
- The series of events are designed to test their ability to perform various department related tasks.
- Department proctors will conduct the course according to established guidelines.
- No more than one candidate will be permitted 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.
- Each station in the course will be monitored by a proctor whose sole responsibility will be to ensure the validity of the event, that appropriate techniques are followed and the safety of the applicant.
- An official timekeeper will accompany each applicant to record the result of each event.
- The official timekeeper and event proctor will witness the final time recorded and the result of each event.
- Each event will begin on the command of the timekeeper.
- Applicants will not be permitted to watch other candidates during their course.

Performance Restrictions

- Each applicant must perform each event in the manner in which it is instructed.
- Applicants failing to perform the event in the manner instructed will be given one warning by the event proctor.
- Applicants failing to perform the event in the manner instructed after one warning will be judged as failing the course.

Test Interruptions

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

Course Failure

- Applicants failing to report thirty (30) minutes prior to the scheduled test time or not being present at the holding area when called upon will not be permitted to test.
- Applicants must satisfactorily complete the physical agility test in **one** attempt. Applicants who fail the physical agility course will not be permitted to retest.
- The physical agility course is conducted as one continuous test. Applicants failing any event of the course will be judged as failing the entire course. Failing applicants will not be permitted to re-test.

*****FAILURE OF THE PHYSICAL ABILITY TEST WILL RESULT IN DISQUALIFICATION*****

PHYSICAL AGILITY COURSE EVENTS

The candidate will perform the physical agility test wearing a twenty (20) pound weighted vest and protective helmet and gloves. The Big Spring Fire Department will furnish these items to applicants. Each applicant shall furnish his/her athletic shoes for the test.

The event will start at the base of the stairs on the east side of Fire Station 1. Successful candidates will complete the course in seven minutes, or less. These candidates will be eligible to advance to the next phase in the selection process. Those candidates unable to complete the course or taking longer than the seven minutes will be disqualified from continuing in the process.

Event 1 - Ladder Climb - 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 are:
 1. *Failing to touch each rung of the ladder when not in contact with the railing.*
 2. *Failing to step completely off the ladder onto the third floor of the drill tower.*

Event 2 - 35' Extension Ladder Hoist - Demonstrates the applicant's ability to handle medium length ground ladders.

- 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.
- 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:
 1. *Failing to raise the ladder to complete extension.*
 2. *Release of the halyard allowing the fly to slip at any time.*
 3. *Failing to raise the ladder and lock it in place*
 4. *The demonstrated technique is not performed after one warning. (Applicant bends knees, waist or allows feet to leave ground.)*

Event 3 - 1 ¾" High-rise Hose Carry - 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. Applicant will 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 follow 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:

1. *Failing to carry the hose pack in the demonstrated manner. (If the hose is dropped from the shoulder the applicant may return it but he/she may not advance up the stairs while doing so.)*
2. *Failing to maintain one hand on the railing after one warning.*
3. *Failing to touch each step while climbing and returning.*

Event 4 - 2 ½ Dry-Line Slack Pull - Demonstrates the applicant's ability to handle a 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 the hose from the area as it is brought up.
- Failing points in this event include:
 1. *Failure to pass the last coupling over the railing.*
 2. *Failure to utilize the described technique after one warning. (Pulling the hose over the railing to the side and not over the shoulder.)*

Event 5 - 20' Roof Ladder Raise - 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:
 1. *Dropping the ladder at any time.*
 2. *Failing to raise the ladder within the orientation markings.*
 3. *Dragging the ladder while carrying it.*

Event 6 - 2 ½" Charged Line Advance - Demonstrates the applicant's ability to advance large diameter charged hand lines.

- The applicant will advance a charged 2 ½" attack line consisting of 100' of 2 ½" 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:
 1. *Not advancing the hose beyond the finish line*
 2. *Not utilizing the demonstrated method of carry after one warning.*
 3. *Dropping of the nozzle during or at the conclusion of the advance.*

Event 7 - Rescue Carry - Demonstrates the applicant's ability to perform a rescue.

- The applicant must maneuver a 165-pound dummy twenty-five yards.
- 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.
- 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:
 1. *Applicant fails to return the dummy across the finish line*
 2. *Applicant fails to use the demonstrated technique to advance the dummy after one warning.*

Time will stop at the conclusion of event 7. Any pause during the event for more than fifteen (15) seconds will terminate the event, resulting in failure.

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