

# **EAST OLYMPIA FIRE DISTRICT 6**

## **New Volunteer/Employee**

### **Physical Agility Test Preparation Guide**

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**PURPOSE:** The purpose of this test is to show that the candidate is able to physically complete tasks that reflect the position for which they are applying. **This is a timed event!**

This guide is designed to prepare the candidate for the test. It explains to the candidate in detail what to expect and what they will be doing. It also explains the failures for each station.

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Candidate will take the test in bunker coat and packed up, but will not be masked. Helmet, gloves, bunker coat and SCBA will be provided.

The following positions will be tested on the following tasks:

- **Structural Firefighter and EMS Only**

Applicants applying for these positions will be tested on all elements of this guide.

The test is pass/fail from station to station, and candidates must pass all nine stations. Upon failure of the first station, you will be asked to return and try again at the next testing period.

- **Tender Driver/Operator**

Applicants applying for this position will be tested on the following stations: Stair Advance, Uncharged Hose Drag, Charged Hose Drag, and Hotel Bundle Carry.

The test is pass/fail from station to station and candidates must pass all four stations. Upon failure of the first station, you will be asked to return and try again at the next testing period.

## **I. STAIR CLIMB**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Ascend and descend stairway at Station 64 twice.

**Standard:** Continue through the station, hitting each step, using the handrail, without pausing for a break.

**Description:** At the command “GO,” candidate will move forward and advance up the stairway. Candidate must hit every step while advancing up the stairway. Candidate must use handrail while advancing up stairway. At the top of the stairway, the candidate will turn around and descend stairs, touching every step and using the handrail. Candidate will complete this task twice.

### **Failures:**

Failure to hit each stair step.

Failure to maintain contact with handrail.

a) One warning for each criterion is given.

b) Second infraction constitutes a failure.

c) Inability to complete the task will constitute a failure.

## **II. UNCHARGED HOSE DRAG**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Pull uncharged hose line to a designated point.

**Standard:** Continue through the station, grasp hose line nozzle at designated point, draping hose line over shoulder. Pull 75 feet to a pre-positioned drum, make a 90 degree turn and go another 25 feet without pausing for a break.

**Description:** Candidate will grasp a hose line nozzle attached to 100 feet of 2 ½” hose. Place hose line over the shoulder or across chest. Candidate will not run during the hose drag. Drag the hose 75 feet to the designated drum, and make a 90 degree turn and drag hose line another 25 feet to the cones. Drop to one knee and pull hose line towards themselves until the first hose coupling reaches them. This concludes the task.

### **Failures:**

Failure to pull the hose line the designated distance.

Dropping the hose.

Runs during the task.

- a) One warning for each criterion is given.
- b) Second infraction constitutes a failure.
- c) Inability to complete task constitutes a failure.

### **III. CHARGED HOSE LINE DRAG**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Pull a charged 100 foot hose line 75 feet.

**Standard:** Continue through the station, grasp hose line nozzle at designated point, draping hose line over shoulder or across chest. Pull the hose line approximately 75 feet without pausing.

**Description:** Candidate will grasp a hose line nozzle attached to 100 feet of 2 ½” hose, which has been pre-connected to a hydrant. Place hose line over the shoulder or across chest. Candidate may not run during the hose drag. Drag the hose 75 feet and then set the hose down.

**Failures:**

Failure to pull the hose line the designated distance.

Drops the hose.

Runs during the task.

- a) One warning for each criterion is given.
- b) Second infraction constitutes a failure.
- c) Inability to complete task constitutes a failure.

### **IV. LADDER CLIMB**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Ascend 24 feet up a ladder and then descend.

**Standard:** Continue through the station, ascend 24 feet up an extension ladder and then descend, hitting every rung, without pausing for a break.

**Description:** At the command “Go,” candidate will start climbing the ladder. Candidate will maintain 3 points of contact with the ladder at all times and climb. Candidate is required to hit every rung on the way up and down. Upon touching the top rung with their hand, they will begin descending the ladder. After reaching the bottom, the task is complete. At any point the test proctor may call a “**Stop Safety**” if he/she thinks there is a safety issue.

**Failures:**

Failure to maintain 3 points of contact.

Failure to reach top ladder rung.

Failure to move in continuous manner.

a) One warning for each criterion is given.

b) Second infraction constitutes a failure.

c) Inability to complete task constitutes a failure.

d) A “stop safety” will constitute as one warning and the candidate will start over and try one more time.

**V. DUMMY DRAG**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Drag rescue mannequin backwards for a distance of 15 feet.

**Standard:** Continue through the station, grasp mannequin by the rescue strap or under the arms, and drag 15 feet to designated orange cone, without pausing for a break. The mannequin may not be set down.

**Description:** Candidate must grasp a 180-pound mannequin by the rescue strap or under the arms. Carrying the mannequin is not permitted. Candidate may grasp the mannequin by its clothes. Candidate must then drag the mannequin backwards 15 feet to the pre-positioned orange cone. Candidate is not permitted to rest during this task. It is permissible for the mannequin to touch the cone. The candidate is permitted to drop and release the mannequin and adjust grip 1 time, but must quickly resume forward progress. The entire mannequin must be dragged until it completely crosses the marked finish line. This concludes the task.

**Failures:**

Failure to move mannequin.

Resting at any point during task.

a) One warning for each criterion is given.

b) Second infraction constitutes a failure.

c) Inability to complete task constitutes a failure.

**VI. STAIR CLIMB/HOSE HOIST**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Pull a hose roll up to third floor using utility rope.

**Standard:** Continue through the station pulling the hose roll up from the ground in a continuous controlled manner, to the third floor, without pausing for a break.

**Description:** Candidate will ascend the roof access stairs holding on to each handrail. Upon stepping onto the roof, candidate will grasp the rope with both hands, and pull the hose roll up the side of the training conex by using the hand- over-hand method. While holding onto the rope, candidate must reach forward and lift the hose roll over the edge of the rail. Candidate will then lower the hose roll back down in a controlled manner by using the hand- over- hand method. After lowering the hose roll, candidate will then descend the steps on the training conex. This station is to be completed without breaks.

**Failures:**

Failure to hoist hose roll in controlled manner.

Failure to lower hose roll in controlled manner.

Release of the hose roll in mid air.

- a) One warning for each criterion is given.
- b) Second infraction constitutes a failure.
- c) Inability to complete task constitutes a failure.

## **VII. FORCIBLE ENTRY SIMULATION**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Strike the Keiser sled slide box with an 8-pound sledgehammer until the slide box passes the completion line.

**Standard:** Continue through the station, using a two-handed full overhead swing, candidate will strike the slide box with a sledgehammer. The task is complete when the slide box passes the completion line.

**Description:** Using a two-handed full overhead swing, candidate will strike the slide box of the Keiser sled with an 8-pound sledgehammer. The task is complete at the conclusion of the slide box crossing the completion line.

**Failures:**

Unable to swing the sledgehammer.

Does not use an overhead swing.

Does not maintain footing on the Keiser sled rails

- a) One warning for each criterion is given.
- b) Second infraction constitutes a failure.
- c) Inability to complete task constitutes a failure.

## **VIII. ROOF LADDER**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Remove and replace a ladder.

**Standard:** Continue through the station, removing and replacing a roof ladder off one of the engines.

**Description:** Candidate will remove a 14-foot roof ladder from an engine using both hands. Candidate will controllably set the ladder on the ground. After setting the ladder on the ground, candidate will then be prompted to pick the ladder up and put it back on the engine.

### **Failures:**

Failure to controllably remove and set ladder on the ground.

Failure to put the ladder back when asked.

a) One warning for each criterion is given.

b) Second infraction constitutes a failure.

c) Inability to complete task constitutes a failure.

## **IX. HOTEL BUNDLE CARRY**

**Conditions:** Bunker coat, SCBA (no mask), helmet, and gloves.

**Behavior:** Carry a hotel bundle one lap around the station.

**Standard:** Continuously carry one hotel bundle around fire station one time without stopping.

**Description:** Candidate will carry one hotel bundle (150 feet of 1 3/4" hose) over the shoulder from a designated start point, around the station, and back to the starting point. Candidate will do this without stopping. Dropping or setting the hose down is not permitted. Running is not permitted.

### **Failures:**

Failure to hold onto the bundle the entire time.

Runs during this task.

a) One warning for each criterion is given.

b) Second infraction constitutes a failure.

c) Inability to complete task constitutes a failure.