

# **GREAT BEND FIRE DEPARTMENT**

## **PHYSICAL AGILITY TEST**

The first five events will be performed consecutively. Each candidate will wear a helmet, bunker coat, gloves and SCBA (without a face piece) to complete these events. No running is allowed.

The ladder climb will be performed separately. Each candidate will wear a helmet, bunker coat gloves and SCBA to complete the ladder climb.

### **STAIR CLIMB**

The candidate will, from the start / finish line, pick up and carry a bundle of 2 1/2 inch hose. (Weight of approximately 75 lbs.) The hose will be carried up the stairway of the training tower to the 3<sup>rd</sup> floor and laid on the floor. Candidate then returns to the start / finish line, picks up a second bundle of hose and returns to the 3<sup>rd</sup> floor of the training tower and places the hose on the floor. The candidate then returns downstairs to the start / finish line.

The candidate then returns to the 3<sup>rd</sup> floor of the training tower and picks a bundle of hose up and carries it downstairs to the start / finish line and place it on the ground. The candidate will then return to the 3<sup>rd</sup> floor and brings the second bundle of hose downstairs to the start / finish line.

#### **Key Points**

Walk – NO RUNNING allowed. Running will mean failure of the event.

Definition: Walking – One foot must be in contact with the ground at all times.

Use of handrail – NO use of the handrail. Use of the handrail will mean failure of the event.

Stairs – Stairs will be negotiated one at a time, skipping a step will mean failure of the event.

### **FORCIBLE ENTRY SLED DRILL**

The candidate will swing an 8 pound dead blow sledge hammer hitting a moveable sled. The sled must be driven the length of the base, (approximately 5 feet) and then driven back to the starting point. The candidate will use a two arm swing with arms extended over the head. The head of the hammer is not allowed to leave the area between imaginary lines extending vertically from the candidates shoulders at any time during the event. This event will be completed wearing helmet, bunker coat, gloves, and SCBA without wearing the face piece. The candidate will be allowed 2 minutes to complete this event.

#### **Key Points for forcible entry Sled Drill**

Two armed swing – Grasping hammer with both hands with both arms extended.

Stand with toes of feet even with or slightly ahead of the sled.

STANDING BEHIND THE FRONT OF THE SLED OR DRAGGING THE SLED WILL BE AN AUTOMATIC FAILURE OF THE EVENT.

Head of the hammer must stay inside the area between imaginary lines extending vertically from the candidates shoulders.

### **CHARGED HOSE DRAG**

The candidate will pick up the nozzle of a charged 1 3/4" line (150') and drag it 100'. Once the nozzle has cleared the finish line, the candidate may drop it and proceed to the next event.

### **UNCHARGED HOSE DRAG**

The candidate will from the start / finish line, grasp the female end of a 2 ½ " fire hose and pull it a distance of 100 feet and couple it to a connection on a fire hydrant. The candidate will then return to the start / finish line and grasp a second section of 2 ½ " hose and pull it to the hydrant and couple it to the connection on the hydrant. The candidate will then return to the start / finish line. This event will be completed wearing helmet, bunker coat, gloves, and SCBA without wearing the face piece.

#### **Key Points**

Candidate may have hold of connection at start of event but must not have it raised off of the tailgate of the pickup.

Walk – NO RUNNING allowed. Running will mean failure of the event.

Definition: Walking – One foot must be in contact with the ground at all times.

Connections on hydrant will not be capped.

Connection – threads must be started enough to hold the connection from falling.

### **DUMMY DRAG (RESCUE RANDY)**

The candidate will, from a standing position, drag Rescue Randy (175 lbs.) a distance of 75 feet. This event will be completed wearing helmet, bunker coat, gloves, and SCBA without wearing the face piece.

#### **Key Points**

Candidate may grasp the dummy in any method they choose.

Dummy may be picked up if the candidate so chooses.

### **LADDER CLIMB**

The candidate will, starting from the aerial platform, climb the 75' aerial ladder one rung at a time, grasping each rung with alternate hand while climbing, and touch the third rung from the top. The candidate will remain at the top of the ladder until the tester tells them to descend down the ladder to the platform.

Once the candidate has started, they will ascend the ladder in a smooth manner, without pausing until the top of the ladder is reached. Then when instructed to do so, descend the ladder in a smooth manner without pausing until the candidate reaches the platform. This event will be completed wearing helmet, bunker coat, gloves, and SCBA without wearing the face piece. This event is judged on the candidate's smoothness and comfort with ladder work. This event is not timed.

#### **Key Points –**

Climb Body vertical, smoothly, continuous