

CITY OF CHICO
OFFICE OF HUMAN RESOURCES & RISK MANAGEMENT
FIREFIGHTER PHYSICAL AGILITY TEST
February, 2006

Notice to Candidates:

The nature of the tasks that a Firefighter will be called upon to perform requires an unusually high degree of physical fitness, agility and dexterity. Therefore, the purpose of this physical agility test is to specify in terms of performance objectives, the minimum requirements of competence required for service as a Firefighter.

The physical agility test consists of seven occupationally related task simulations that were selected from the National Fire Protection Association Standard for Firefighter. The standards set forth by the NFPA were developed to facilitate the development of nationally applicable performance standards for uniformed fire service personnel. The intent of the standards was to develop clear and concise job performance requirements that could be used to determine that an applicant, when measured to the standards set forth, demonstrates the skills and knowledge necessary to perform as a Firefighter.

The use of a continuous course was determined to be a more accurate reflection of the demanding physical events performed by Firefighters as they happen as a spontaneous stream of activities rather than as an isolated event. The continuous course event gives a better job simulation and the added advantage of measuring the endurance required to perform the job.

Once candidates arrive and are identified by photo by the proctor, they will be moved into the first component - Staging.

STAGING

Candidates awaiting the physical agility examination will participate in a video presentation describing the physical agility course. The demonstration will be presented in the classroom located within the Fire Training Center. Candidates will view a video which depicts the entire course as demonstrated by a City of Chico Firefighter. After viewing the video, the candidates will then have an opportunity to ask questions. Candidates will be asked to sign a waiver form in order to participate in the course.

After staging is completed, candidates will then be outfitted with a regulation turnout coat, structural fire gloves and regulation helmet, with the face shield removed. Candidates will then proceed to Event #1.

Proctors accompanying the candidates will have a stopwatch and will be responsible for the timing of the course. Course time shall not exceed 10 minutes and 30 seconds for Trainee

Firefighter and Volunteer Firefighter candidates, and 9 minutes and 36 seconds for Lateral and Entry Firefighter candidates. Timing begins when candidate tells proctor they are ready to begin.

EVENT #1 - HOLMATRO TOOL CARRY

Candidate will pick up a Holmatro rescue tool (43 pounds) and carry the tool to a traffic cone located 50 feet from the starting point and place the tip of the tool into a prop that has four openings located in a horizontal position. The tip of the tool must penetrate the opening. Should any prop openings be missed, the candidate must proceed to the starting point and repeat the exercise. Candidate can insert from right to left or left to right when placing the tool into the prop. When candidates have placed the tool in each opening, they will proceed back around the cone and then return to the starting point by placing the tool in its original location on the ground. Candidates will be failed if they drop the tool during the exercise.

Candidate will then proceed to Event #2.

EVENT #2 -STAIRWELL CLIMB WITH HOSE BUNDLE

Candidate will proceed to the staging area and be helped into a SCBA (Survivair Sigma Series Self Contained Breathing Apparatus) minus face piece (22 pounds) by the proctor. Candidate will remain in this area for a mandatory 20 second count. This time will not be counted as time toward their total course time. When the proctor gives a "go", the candidate will then pick up a 1 3/4" hose bundle (70 pounds) and place the bundle over either shoulder. The candidate will then proceed to the stairs and climb step by step to the fourth floor. No steps shall be skipped and handrails may be used. When both feet have reached the fourth floor, the candidate will then proceed back down the stairs to the starting point and exit the tower. The hose bundle will then be placed in its original location.

Candidate will then proceed to Event #3.

EVENT #3 - LADDER REMOVAL AND REPLACE

Candidate will proceed to a 24 foot extension ladder (78 pounds) which has been placed horizontally on a stationary ladder rack. Candidate will step forward and remove the ladder from the rack and carry the ladder backwards beyond a marked line 4 feet from the rack. The candidate will place the ladder flat on the ground behind the marked line. All parts of the ladder must be behind the marked line. The candidate will then replace the ladder to the rack in its original location. No part of the ladder may touch the ground at any time in front of the marked line during the event. Candidates legs may be used for stabilizing the ladder as long as both feet are on the ground. Candidates may not use their chests to stabilize the ladder. The ladder may not be hung on the lower bars of the rack for stabilizing. Candidates will not be disqualified if they place one side of the ladder on the rack before placing the second side on the rack.

Candidate will then proceed to Event #4.

EVENT #4 - HOSE LINE ADVANCE AND DUMMY DRAG

Candidate will walk to a 2 ½" hose located on the ground. Candidate will grasp nozzle coupled to 100 feet of dry 2 ½" fire hose. Candidate will then advance hose line 50 feet to a marked finish line. Candidate will then place nozzle on the ground and proceed forward to the dummy. Candidate will then drag or carry the dummy (165 pounds plus a turnout coat) 50 feet. All parts of the dummy must be placed beyond the marked line. Candidates may use any method for moving or dragging the dummy, except dragging the dummy by the feet.

Candidate will then proceed to Event #5.

EVENT #5 - LADDER EXTENSION

Candidate will proceed to the 35 foot extension ladder and grasp the halyard. Using a hand over hand style, candidate will then fully extend the ladder using force. When the ladder has been fully extended, candidate will retract the ladder to its original location. Candidates may not lock the pawls for the purpose of resting the weight of the ladder during the ladder extension and must maintain control of the halyard at all times. Should the candidate lose control of the halyard and allow it to slip through the candidate's hands, candidate will be disqualified. Candidates may not "wrap" the halyard around their hands or wrists for better control.

Candidate will then proceed to Event #6.

EVENT #6 - ATTIC CRAWL / CHARGED HOSE LINE

Candidate will walk forward with their proctor to the entrance of the attic prop and pick up a nozzle that is coupled to 100 feet of charged 1 ¾" hose. The candidate will then proceed to carry the nozzle with the attached hose through the attic. Candidate will advance the hose line through the attic prop until the candidate and the nozzle have completely exited the prop. Time stops when candidates have exited the prop with the nozzle. The completion of this event, at the point where the candidate exits the attic with the nozzle, completes the timed portion of the physical agility test.

Candidate will then have SCBA equipment removed by the proctor and move forward to Event #7.

EVENT #7 - AERIAL LADDER CLIMB

This is a non-timed event. Candidate will be outfitted with a pompier (safety belt) and safety line to be worn while participating in this event. Candidate will begin a climb to the top of the aerial ladder. When candidates grasp the highest rung, they will signal with a wave of their hand. Upon acknowledgment from their proctor, candidate then will descend the ladder. No rungs shall be skipped. When the candidate reaches the ground, the event is complete.

General Information

Candidates pausing more than five seconds during any event will be given a warning count by the proctor. If candidate has not resumed activity, disqualification from the event and subsequently from the course will occur.

Candidates not completing any one event shall be disqualified from the overall course.

After a minimum 30 minute timed rest period, candidates can decide whether to attempt the course for a second time. If after a second attempt, the candidate is not successful, there are no other attempts allowed.

Proctors will make determinations on whether candidates continue to show activity and motion during the events. Judgement remain with the proctor as to whether candidate maintains control of each event.

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