

City of Morganton Fire Agility Procedural Description

Part of the Firefighter Recruitment Process

In order to be considered for selection, firefighter applicants must pass the physical agility test (PAT) conducted at the City's Fire Training Center. This test consists of a series of physical tasks, such as Climbing Stairs or raising ladders, which closely approximates physical tasks routinely performed by firefighters on the job. Most tasks are timed.

Applicants are advised to prepare for the agility test for purposes of safety as well as to enhance their chance for a higher score. With adequate preparation, the average healthy, fit individual should be able to complete the test safely and satisfactorily.

Before testing, all procedures will be explained in detail and demonstrated.

Physical screening procedures meet the following criteria:

1. They are job related
2. They are not discriminatory on the basis of sex, race, age, etc.
3. They represent what experts feel are the most crucial phases of firefighting and emergency medical activities and are indicative of a variety of firefighting and emergency tasks; and they are quantifiable.

Scoring, Disqualification and Restrictions

Your score will be determined from the total time in minutes/seconds along with each individual station also timed in minutes/ seconds, on all but one of the tests; cranking of the Ventilation Saw will be a pass or fail.

A maximum time limit is imposed on all other test items. This time limit is enforced merely to avoid a situation in which a candidate cannot complete a given task and/or rests for prolonged periods between attempts. Exceeding the liberal time limit on any test item, or voluntary termination of any task before completion, results in disqualification.

Dress attire will be up to the applicant excluding no cleats for foot wear at any time. Fire Helmet, Fire Jacket, Gloves, Dept. Issue SCBA, will be worn throughout the entire assessment. The applicant will be allowed to wear his or her personal Fire Helmet and Fire Jacket meeting the NFPA standards of 1974.

If disqualified, the entire application process must be started over the next time the applicant applies. Applicants must pass each item in order to proceed to the next task.

Task #1: Hose Advance

Requirement: Advance a fully charged 100' 1.75" hose 50 feet around a designated area and 50 feet back to the start.

Grading: Time in minutes/seconds

Time Limit: 2:30 minutes

Job Relatedness: This task is performed regularly by firefighters.

To complete this station, you must complete two tasks:

The Simulated Hose Drag - The applicant stands inside the painted square on the ground. The applicant must remain entirely inside the square before the start. A hose (approximately 100' long), shall be advanced 50 to a stationary barrel full of water.

The candidate shall maneuver the hose around the barrel and back to the starting point placing the nozzle in the painted square, in a controlled fashion.

Task #2: Rescue Drag

Requirement: Drag 165-pound Rescue mannequin a distance of 75 feet

Grading time: Time in minutes/seconds

Time Limit: 60 seconds

Job Relatedness: This test simulates a rescue procedure involving an unconscious individual.

This task requires grasping a 165-pound Rescue mannequin and dragging it a distance of 75 feet. Two parallel lines, 75 feet apart are marked on the ground. The applicant must drag the mannequin from behind one line, to a location completely across the other line. The mannequin is wearing a harness with loops in the shoulder area. The applicant may use the loops to drag the manikin, using one or two hands. The applicant may position the manikin and get ready; as long as no part of the mannequin, or applicant, crosses the start line before the proctor tells the applicant they are able to start. Carrying the manikin is not allowed. The test should be completed without stopping. While stopping does not automatically disqualify an applicant, it will penalize him or her in terms of the seconds used to complete the task. Care and caution on this test event will help avoid injury and time penalties. Time

begins when the applicant crosses the start line and ends when the end of the manikin crosses the finish line.

Task #3: Keiser Sled

Requirement: Using a 9lb dead blow hammer, strike the weighted sled until the opposite side of the sled has reached the designated area.

Grading: Time in minutes/seconds

Time Limit: 3:30 minutes

Job Relatedness:

This test gives an indirect assessment of aerobic power which has been shown to be one of the highest physical factors necessary for firefighters.

- **The Keiser Force Machine Prop** - The applicant must strike a beam with a Dead blow hammer, simulating swinging a fire axe. The applicant must move the beam a set distance during each circuit of the obstacle course.

Task #4: Ladder Extension

Requirement: Lift and walk up a 24' aluminum extension ladder. Next extend the fly section until fully extended and back down.

Grading: Time in minutes/seconds

Time Limit: 1:30 minutes

Job Relatedness: Shows physical agility, strength, endurance, and aerobic capacity
Hand and Eye coordination.

Task 1 – Walk to the top rung of the 24-foot aluminum extension ladder. Lift the unhinged end of the ladder from the ground. Using every rung in a hand over hand fashion; walk the ladder up, until it is stationary against the wall. Both the applicant's hands must touch the rung between the two marked rungs before proceeding to the next part of the task.

Task 2- Move to the next ladder and stand with both feet within the marked box (36''x 36''). Extend the fly section using the halyard, hand over hand, until it hits the

Stops. Then lower the fly section hand over hand, in a controlled fashion to the Starting position. The halyard must not slip through the applicants hands.

Task #5: Ladder/Q-1 Climb

Requirement: Q1 ladder will be extended out 55 feet at a 45 degree angle, climb to the tip of the extended section and proceed back down.

Grading: Time in minutes/seconds

Time Limit: 2:30 minutes

Job Relatedness: Shows physical agility, strength, endurance, and aerobic capacity.

Demonstrates applicants confidence working from an elevated position

The applicant will be secured to a safety line attached to a ladder belt. The starting position will be on the turntable of the aerial apparatus. The applicant shall climb to the tip of the ladder and back down. The time will stop when the applicant is back on the turntable.

Task # 6: Equipment Carry

Requirement: Carry two saws 75' around a cone and back 75' to the starting position.

Grading: Time in minutes/seconds

Time Limit: 45 seconds

Job Relatedness: Shows physical strength and the ability to carry firefighting equipment.

The Equipment Carry - The applicant lifts a chainsaw and a K-12 saw by the handles from the ground. The equipment must be carried around a cone located 75 feet away from the start box, and back to the original starting position. Both pieces of equipment must then be placed so that at least one part of both the motors are inside, or touching the start box (5 feet wide by one foot deep).

Task #7: Stair Climb with Equipment

Requirement: While carrying a Vent Saw and High Rise Pack, move up two flights of stairs to the 3rd floor landing.

Grading: Time in minutes/seconds

Time Limit: 2:00 minutes

Job Relatedness: This test simulates the act of carrying full gear to upper stories in a building for firefighting or rescue activities.

The applicant stands at the start position. At the command "go"; time starts. The applicant climbs and descends two flights of stairs while carrying equipment. Time is stopped when both feet reach the designated starting position at the bottom of the steps. The applicant must make contact with all steps while ascending and descending.

Task #8: Blind Search`

Requirement: With a blacked out mask, perform a clockwise search of a room and back out to the designated start area.

Grading: Time in minutes/seconds

Time Limit: 3:00 minutes

Job Relatedness: This test simulates searching an area in low visibility conditions while maintaining orientation.

The applicant stands at the start position. At the command "go"; time starts. The applicant enters the room and locates the left hand wall just inside of the doorway. A clockwise search of the room is performed while maneuvering around obstacles. The time is stopped when the applicant makes their way back to the starting point. This test must be performed in the crawl or similar search position, not standing.

Starting Chainsaw

Requirement: Demonstrate the ability to crank and chainsaw in a safe manner.

Grading Time: N/A

Job Relatedness: This task demonstrates the physical ability to start a chainsaw.

The applicant will start a chainsaw and turn it off. This task will be demonstrated by an instructor.

Caution

Applicants are advised to consult their personal physician before starting a self-preparation training program and before participating in the agility test. **The City does not accept liability for physical or medical conditions experienced by applicants as a result of the agility test.** Each applicant must sign a statement

accepting personal liability for such conditions before being permitted to participate in the agility test.