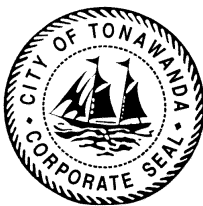


CITY OF TONAWANDA



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FIRE DEPARTMENT

FIREFIGHTER PHYSICAL AGILITY TEST

GENERAL DESCRIPTION

The physical agility examination consists of eight (8) exercises which test for strength, endurance, and coordination. You must perform all of the exercises while wearing a Scott air pack and bottle. You will also be required to wear work gloves unless specifically instructed to do otherwise in the directions for the exercise. You will be allowed to wear your own work gloves or a pair from the Fire Department.

STANDARDS

Pass/Fail. You must successfully complete each of the eight (8) exercises in the order that they are listed. If you fail to successfully complete any of the exercises then you will have failed the agility examination and will not be allowed to continue on to the next exercise.

The Pass/Fail criteria for these exercises is based on a maximum time standard for the completion of each exercise. You must complete each exercise within the time allotted for that exercise.

The following is a description of the exercises:

EXERCISE 1 (LADDER CLIMB)

You will be asked to put on a safety belt attached to a rope (lifeline) and climb a 28 foot ladder at a steady pace, until you are standing on a rung that will be marked with tape (about five rungs from the top). One of the top rungs will have a shoelace tied to it. While standing on the taped rung will have to untie the shoelace, completely removing it from the rung, so that the proctor standing below you can see it. The proctor will acknowledge that the lace has been removed, than you will retie the shoelace on the same rung, using a bow knot. (Gloves may be removed to untie and tie the shoelace, but must be put back on before descending the ladder). As soon as the shoelace has been tied to the proper rung, you will climb down the ladder at a steady pace. You will not receive extra credit for climbing up or down the ladder quickly, however, if you take longer than three (3) minutes to complete the entire exercise or pause longer than five (5) seconds on any rung other than the taped rung, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

EXERCISE 2 (PIKE POLE PUSH/PULL)

There are two (2) parts to this exercise, testing upward thrusting power, and downward pulling power. The equipment you will use for this exercise will be attached to a wall.

A. First, you will insert the pointed end of the pike pole into a ring which has a forty (40) pound weight attached to it by a cable. At the signal, you will push the pole upwards, thus raising the weight between two lines marked on the wall. You will then lower the weight down making sure that the weight does not touch the floor. The lower line is sixteen (16) inches off the floor and the upper line is thirty-two (32) inches off the floor. You must complete thirteen (13) repetitions of this exercise successfully within thirty (30) seconds to pass.

EXERCISE 2 (Con't)

B. Next, you will insert the hook end of the pike pole into a ring which has a forty five (45) pound weight attached to it by a cable. At the signal, you will begin performing downward pulls, thus raising the weight between two lines marked on the wall. You will then lower the weight down making sure that the weight does not touch the floor. The lower line is twenty eight (28) inches off the floor and the upper line is forty eight (48) inches off the floor. You must complete fifty (50) repetitions of this exercise successfully within ninety (90) seconds to pass.

If you do not complete both parts of the exercise, as described above, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

EXERCISE 3 (HEIGHT/REACH)

At the starting signal, you will lift a 14-foot ladder, weighing approximately 31 pounds, off the floor and place it on brackets 7 feet 6 inches above the floor, then step back and clap your hands. You may not jump up to position the ladder on the brackets. You will then remove the ladder from the brackets and return it to the original starting position without dropping or losing control of the ladder. Your hands must be in contact with the ladder when placing it on the floor. You must complete the exercise within thirty (30) seconds to pass.

If you do not complete the exercise, as described above, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

EXERCISE 4 (SAW PULL)

At the starting signal, you will simulate starting a gas powered saw by pulling the starting rope to a to a pre-determined spot marked with tape, a minimum of five (5) times in a fifteen (15) second period.

If you do not complete the exercise, as described above, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

EXERCISE 5 (BALANCE BEAM)

You will be handed a haligan tool. At the signal, you will have to walk along a five and one quarter (5¼) inch wide by fourteen (14) foot long beam, turn around and walk back on the beam to your original starting point without touching the floor with one (1) or both feet during the entire exercise. The exercise will begin when you place both feet on the beam. There is no time limit for this exercise.

If you fall off or touch the floor with one (1) or both feet while walking the beam, you will be given a second opportunity to successfully complete the exercise as stated above. In your second attempt, you must start at the original starting point on the beam. If you fail in your second attempt, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

EXERCISE 6 (HOSE COUPLING)

You will face a fire truck to which there is attached one (1) female and one (1) male coupling. Two (2) hoses will be laying on the floor, one (1) on the left and one (1) on the right and you in between the two (2) hoses. At the signal, you will start with the hose coupling on the left and attach it to the correct fire truck coupling, then immediately attach the hose coupling on the right to the correct fire truck coupling. As you work, the proctor will check the couplings to make sure that they are properly aligned and fit snugly. If the proctor finds an error he will tell you to correct it. After you have both couplings attached and the proctor says that they are all right, you will then remove the hose couplings, starting with the one on the left, from the truck and place them back at its original position on the floor. You must complete this exercise within sixty (60) seconds to pass.

If you do not complete the exercise, as described above, you will fail the exercise and you will not be allowed to compete in the remaining exercises.

Notes:

1. If the couplings are not properly aligned they will not thread together.
2. Do not over tighten the couplings when putting them together as this will make it harder to remove them.
3. When attaching the hose to the fire truck, the couplings should be turned rather than turning the hose itself.

EXERCISE 7 (TUNNEL/MAZE CRAWL)

You will don a Scott air pack mask. The lens of the mask will be blackened out to simulate the atmosphere encountered in a smoke-filled fire. For your own safety, you must also wear a helmet.

The proctor will place you on your knees with your hands at the starting position of either a tunnel or a maze.

At the signal, you must crawl as safely and quickly as possible to the other end and completely exit (your entire body must be outside of the tunnel or maze), without removing your mask or standing up. You must complete this exercise within seventy five (75) seconds to pass.

If you do not complete the exercise, as described above, you will fail the exercise and you will not be allowed to compete in the remaining exercise.

EXERCISE 8 (HOSE CARRY/DUMMY DRAG)

At the proctors signal, you will pick up and place on your shoulder, a flaked (flat, layered) hose weighing approximately thirty five (35) pounds. You will then carry the hose up and then back down a full flight of stairs and proceed to the area where you picked up the hose and place it back in that area without dropping it. You must then proceed to the area where the dummy, which weighs approximately one hundred twenty five (125) pounds, is and pick it up underneath the arms and drag it forty (40) feet across the room and back (a total of eighty (80) feet) across the line. You must complete the entire exercise within ninety (90) seconds to pass.

If you do not complete the exercise, as described above, you will fail the exercise.

NOTES:

1. If you fail any exercise you will fail the Agility Test.
1. You are advised not to run while trying to complete the exercises.
2. All starting areas, pick-up or placement areas shall be clearly marked.
3. All exercises will be demonstrated to the group on the correct procedures required to pass each exercise.
4. Each exercise will have a proctor and each proctor will answer any questions you may have pertaining to his/her station prior to the start of the exercise.
5. All equipment needed for the exercises will be supplied by the Tonawanda fire department. You can bring your own set of leather work gloves if you want to.
6. If you have any questions prior to your test date, you can call the Tonawanda fire department at (716) 692-8400
7. In exercise 1 (Ladder Climb), you will be required to wear a safety harness attached to a lifeline for your own safety.