

CITY OF ST. GEORGE
FIRE DEPARTMENT



PHYSICAL AGILITY TEST
INSTRUCTIONS

PHYSICAL AGILITY TEST

City of St. George Fire Station #1
51 South 1000 East, St. George, Utah 84770

Your individual test time will be determined at orientation check-in.

The physical agility test is PASS/FAIL. Each candidate is permitted to take this test **one time only**.

- Get a good night's rest before the test
- If you eat prior to the test, it is best to eat light
- Bring your valid driver's license to check-in. **NO VALID DRIVER'S LICENSE, NO TEST** (Note: Candidates for reserve firefighter positions must have a valid Utah driver's license, and the address on their driver's license must match the address on their application.)
- Wear long pants and closed-toe shoes. **IF CANDIDATE IS WEARING INAPPROPRIATE ATTIRE, NO TEST**
- Arrive before your appointment time to allow yourself time to "warm up" before the test. **IF YOU ARE LATE FOR THE APPOINTMENT, NO TEST**

The job of a firefighter is physically demanding. The physical agility test demonstrates your ability to perform the physical tasks firefighters are required to do at fire scenes such as: climbing ladders; carrying, dragging and connecting hoses; victim rescue; etc.

The physical agility test consists of eight (8) events:

1. Aerial Ladder Climb (not timed)
2. Stair Climb with High-Rise Pack
3. Hose Hoist
4. Ladder Extension
5. Fire Department Connection Hook-up
6. Hose Drag
7. Hose Carry
8. Victim Rescue Drag

With the exception of the Aerial Ladder Climb, all events are continuously timed and **must be completed within 9 minutes and 30 seconds (9:30)** to pass the physical agility test. You do not receive extra credit for completing the timed events faster.

Waiver: Each candidate will be required to sign a waiver of liability prior to beginning the test.

Clothing: Each candidate is required to wear long pants and closed-toe shoes during the test.

Safety Equipment: The fire department will provide each candidate with the safety equipment they will wear during the test. The equipment weighs approximately 45 lbs. and consists of:

1. A fire helmet
2. Fire turnout coat
3. Self-contained breathing apparatus backpack and bottle

The safety equipment must be worn throughout all portions of the test.

The use of gloves is optional, but only structural firefighting gloves will be permitted.

Practice tips: If you plan to practice the physical agility test, consider wearing a helmet (football, hockey or bicycle), a heavy coat, and a weighted backpack when practicing to simulate testing conditions.

Blood Pressure and Pulse Checks: Each candidate will have their blood pressure and pulse taken by fire department personnel three (3) times:

1. Prior to donning safety equipment
2. Immediately after taking the physical agility test
3. Ten (10) minutes after taking the physical agility test

The candidate will leave their driver's license with fire department personnel at the check-in station. The driver's license will be returned after the third blood pressure and pulse check. This is done as a safety precaution to ensure the candidate has been adequately checked before leaving the premises.

During the Test

1. **It is the responsibility of each candidate to fully understand all events in the test.** Study this booklet and the video to understand the test process. Once the test begins, you will not be permitted to ask questions.
2. Candidates should walk quickly during the test. For safety reasons, the **candidate is not allowed to run at any time.** One foot must be in contact with the ground at all times.
3. Each candidate will have an evaluator from the fire department throughout the test. The evaluator will be timing the candidate and making sure they complete each event properly. To ensure accuracy, there will be two additional fire department personnel timing the test for each candidate.
4. If a candidate is performing an event improperly or in an unsafe manner, the candidate will be advised. The candidate may be instructed to stop and begin the event, or a portion of the event, again. **The clock keeps running throughout the entire test.**
5. When a candidate successfully completes the last event and walks across the finish line, the evaluators will stop the timers and direct the candidate to the blood pressure and pulse check station.
6. The candidate will be assisted with the removal of the safety gear and have the remaining blood pressure and pulse checks taken. The candidate's driver's license will be returned upon completion of the third blood pressure and pulse check. Candidates who have successfully completed the physical agility test will be provided with information pertaining to the time and location of written testing, which will take place later that same day.
7. Candidates must leave the fire training center grounds immediately after they have completed their final blood pressure and pulse check and collected their driver's license.

PHYSICAL AGILITY TEST

Description of Events

#1 Aerial Ladder Climb (not timed)

For this event, candidates will be required to wear a rescue harness with a belay line attached in addition to the turnout coat and helmet. The belay line will stretch over the top of the ladder to prevent the candidate from falling. The ladder will be raised 75' at a 70-degree angle.

After the event monitors check all the safety equipment, the candidate will be directed to a standing position on the turntable of the aerial ladder.

When instructed, the candidate will begin climbing the ladder in a hand-over-hand manner and alternating feet on each rung until reaching the 75' point, which will be marked with tape. The candidate must move continuously while ascending or descending the ladder. A verbal warning will be given to a candidate who falters or stops on the ladder. The candidate may **not** have both feet on the same rung until they reach the 75' point.

When the candidate stops at the 75' point, they must look to the ground and identify one of the items designated by the evaluator on the ground. The candidate will then descend the ladder.

Failure to complete this event or any other subsequent event will disqualify the candidate from participating further in the testing process.

TIMED EVENTS: The following 7 events must be completed within 9 minutes and 30 seconds (9:30).

The evaluator will walk with the candidate from the aerial ladder to event #2. The candidate is to proceed through the events by walking briskly from event to event without waiting for the evaluator's direction. The clock will stop when the candidate crosses the finish line. Failure to complete the physical agility test within 9:30 will disqualify the candidate from proceeding further through the testing process.

#2 Stair Climb with High-Rise Pack

The candidate will proceed to the north side of the drill tower where a high-rise pack with 100' of 1³/₄" fire hose will be placed on the ground in front of the drill tower. The candidate will pick up the high-rise pack and place it on top of the right shoulder (this allows the candidate to use the railing in the stairwell with their left hand). The clock will start when the candidate crosses the start line. The candidate will proceed up the stairway of the drill tower to the top floor. Touch each step; do not skip steps when climbing the stairs. Once the candidate has reached the top floor of the drill tower, the hose pack will be placed in the square painted on the floor to the left of the stairway. The high-rise pack must be at least 80% in the square.

#3 Hose Hoist

After placing the high-rise pack in the painted square, the candidate will proceed to the north side of the tower where the candidate will hoist a 50' rolled 1³/₄" fire hose to the top of the drill tower in a hand-over-hand manner. The candidate will pull the rope up over their shoulders when hoisting (refer to the video for illustration of proper technique). **At no time should the rope be pulled against the building**. Once the candidate has hoisted the hose over the top of the drill tower, they will place the hose roll in the circle painted on the floor to their right. The hose roll must be completely within the circle. After placing the hose roll in the circle painted on the floor, the candidate will pick up the high-rise hose pack that was placed in the painted square during event #2, place it on their left shoulder (this allows candidate to use the railing in the stairwell with their right hand), and proceed down the drill tower. Touch each step; do not skip steps when descending the stairs.

Upon exiting the drill tower, the candidate will place the high-rise hose pack behind the starting line and walk to the next event.

#4 Ladder Extension

After placing the high rise pack behind the start line, the candidate will proceed to the south wall of the drill tower. The candidate will fully raise the top section of the fixed 24' ladder using the hand-over-hand method. Both feet must remain on the ground at all times while raising and lowering the ladder.

The ladder is considered fully raised when the red rungs line up. Once the ladder has

been raised to the point the red rungs line up, the candidate will lock the ladder and let go of the rope to show it is locked. The candidate will then unlock and lower the top section of the fixed 24' ladder using the hand-over-hand method.

The rope must not be allowed to slip through the hands of the candidate. If the rope slips the distance of a rung, the evaluator will give the candidate a warning and direct them to start again. The ladder must be returned to the fully extended or fully lowered position (whichever was the last position achieved) before the candidate may proceed.

When the candidate successfully lowers the ladder to the starting position at the end of the event, they will immediately walk to the next event.

#5 Fire Department Connection Hook-Up

The candidate will extend two (2) 2½" fire hoses 40' to the fire department connection located on the south side of the drill tower. The candidate will then connect each 2½" section of hose to the fire department connection.

To signify to the evaluator that the candidate has completed the connections, the candidate will clap their hands.

The candidate will reverse the process by disconnecting the individual 2½" fire hoses and returning them behind the starting line. The entire length of hoses must be behind the starting line to complete the event.

Upon completion of the event, the candidate will immediately walk to the next event.

#6 Hose Drag: 2½" Attack Line

The candidate will pick up the nozzle attached to the 2½" fire hose and drag the hose to a point marked 100' away. The candidate must carry the fire hose over their shoulder with the nozzle held in front of the body.

When the candidate and the nozzle cross the line marked 100' away, the candidate will turn around and walk back toward the event starting point. The candidate is to pick up the first coupling along the way.

The event is completed when the candidate crosses completely over the line with the nozzle and coupling. The candidate will place the nozzle and coupling on the ground without dropping them. If the nozzle and coupling are dropped, the evaluator will direct the candidate to pick them up and place them properly on the ground.

Upon completion of the event, the candidate will immediately walk to the next event.

#7 Hose Carry

The candidate will pick up and carry each of the four (4) 2½" rolled sections of fire hose, one by one, and place them on the truck tailboard 50' away in a single or double stack.

After placing the last roll on the tailboard, the candidate must raise their arms into the air to signify to the evaluator that they have completed this portion of the task.

The candidate must then reverse the process and return the four (4) fire hose sections, one by one, to their original marked locations behind the starting line.

During the event, the candidate must be careful to place the fire hose sections on the tailboard or ground and **not** throw them into place. If the fire hoses are thrown, the evaluator will direct the candidate to pick up the thrown fire hose and properly place it on the ground or tailboard before proceeding with the event.

If a fire hose is dropped while carrying it to the tailboard or to the starting point, the candidate is required to return the fire hose to its last resting place before resuming the event.

When all four (4) sections of fire hose have been returned to their original marked location at the starting line, the candidate will walk to the next event.

#8 Victim Rescue Drag

The candidate will stand at the head of the rescue dummy, crouch or kneel, and raise the rescue dummy to a sitting position. The candidate will grasp the rescue dummy around the torso from behind and raise the dummy. *The candidate MUST raise the dummy using their legs and not their back to avoid injury.*

Once the candidate is in a standing position and holding the dummy around the torso from behind, the candidate will drag the rescue dummy backwards a distance of 75'. The candidate must be in a full, upright standing position before proceeding with the drag. The candidate may readjust their grip on the dummy if necessary, but the clock keeps running.

The event is complete when the candidate and the rescue dummy completely clear the finish line. This will also complete the physical agility test.

After the Test

The evaluator will escort the candidate to fire personnel who will remove the safety equipment and take the second and third blood pressure and pulse checks. After the third blood pressure and pulse check, the candidate's driver's license will be returned. Those who have successfully completed the physical agility test will be given information regarding the time and location of written testing. The candidate will leave the testing facility.