

Fire Fighter Physical Agility Test



~Owasso Fire Department~ Candidate Orientation Guide

Physical Agility Test Candidate Orientation Guide

This manual has been developed to introduce you to the Owasso Fire Department's Physical Agility Test (PAT). The test consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a fire fighter. These tasks were developed to mirror real situations that fire fighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a fire fighter to successfully complete.

The selection process for fire fighters is very competitive. Although you are not required to read or use this Orientation Guide, we encourage you to do so. The more prepared you are, the more likely you are to pass the test.

There are 7 job-related physical ability components that are timed in a continuous series. Following is an overview of the components of the PAT:

- Stair climb
- Hose drag and pull
- Equipment carry
- Forcible entry
- Search
- Rescue
- Ceiling Breach and Pull

The following points should help to familiarize you with what will take place on the day of the test.

- ✓ All candidates will be wearing a 50lb weight vest, a helmet and gloves for the duration of the test.
- ✓ No running will be permitted between event stations.
- ✓ Wear long pants, long sleeves and athletic shoes.
- ✓ You will be given 11 minutes and 20 seconds to complete the test.

EVENT 1: Stair Climb

Equipment

This event uses a StepMill stair-climbing machine. The machine is positioned with an elevated proctor platform on the side of the machine. A hand rail on each side is available for you to grasp while mounting and dismounting the StepMill.

Purpose

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle). This event challenges your aerobic capacity, lower body endurance and the ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves and lower back stabilizers.

Event

For this event, you must wear two 12.5-pound (5.67-kg) weights on your shoulders to simulate the weight of a high-rise pack. This is in addition to the 50lb weight vest you are already wearing. Prior to the initiation of the timed PAT, there is a 20-second warm-up on the StepMill at a set stepping rate of 50 steps (level 5) per minute. During this warm-up period, you are permitted to dismount, grasp the rail, or hold the wall to establish balance and cadence. If you fall or dismount the StepMill during the 20-second warm-up period, you must remount the StepMill and restart the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor calls the word "START." There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the StepMill at a set stepping rate of 60 steps (level 6) per minute for 3 minutes. This concludes the event. The two 12.5-pound weights are removed from your shoulders. Walk 75 feet within the established walkway to the next event.

Failures

If you fall or dismount the StepMill three times during the warm-up period, you fail the test. If you fall or dismount the StepMill after the timed PAT begins, the test is concluded and you fail the test. During the test, you are permitted to touch the wall or handrail for balance only momentarily. However if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. Only two warnings are given. The third infraction constitutes a failure, the test time is concluded and you fail the test.

EVENT 2: Hose drag and pull

Equipment

This event uses an uncharged fire hose with a hoseline nozzle. The hoseline is marked at 8 feet past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hoseline is also marked at 50 feet past (one section) the coupling at the nozzle to indicate the amount of hoseline that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a hoseline nozzle attached to 200 feet of hose. Place the hoseline over your shoulder or across your chest, not exceeding the 8-foot mark. You are permitted to run during the hose drag. Drag the hose 50 feet to a prepositioned pole, make a 90 degree turn around the pole, and continue an additional 45 feet. Stop within the marked 5' x 7' foot box, drop to at least one knee and pull the hoseline until the hoseline's 50-foot mark (one section) crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk 60 feet within the established walkway to the next event.

Failures

During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

EVENT 3: Equipment Carry

Equipment:

This event uses two hydraulic vehicle extrication tools and a tool cabinet replicating a storage cabinet on a fire truck.

Purpose of Evaluation

This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance. This event affects your aerobic energy system as

well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must remove the two hydraulic tools from the tool cabinet, one at a time, and place them on the ground. Pick up both tools, one in each hand, and carry them while walking 50 feet around the drum, then back towards the tool cabinet. You are permitted to place the tool(s) on the ground, in a controlled manner, and adjust your grip. Upon return to the tool cabinet, place the tools on the ground, pick up each tool one at a time, and replace the tool in the designated space in the cabinet. This concludes the event. Walk 35 feet within the established walkway to the next event.

Failures

If you drop either tool on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

EVENT 4: Forcible entry

Equipment

This event uses a forcible entry simulator called the KEISER FORCE Machine, as well as a 9 pound sledgehammer.

Purpose of Evaluation

This event simulates a firefighter breaking down a door or wall to enter a burning building. This event challenges your aerobic capacity, upper body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event

In this event, you will stand over a 160 lb. beam. You must strike a 9 pound sledgehammer against the beam until the beam moves to the tape marked line. You must keep both hands below a tape-marked line on the sledgehammer, and only contact the beam with the head of the sledgehammer. This tape marked line is 1 ft. down from the head of the sledgehammer. You will receive a warning for the first handle strike. Any handle strike thereafter adds five seconds to the final time. The event is complete once you return the sledgehammer to the platform.

Failure

Pushing, and raking of the beam is not allowed and is grounds for disqualification.

EVENT 5: Search

Equipment

This event uses an enclosed space with a search maze that has obstacles and narrowed spaces and an uncharged 1 ¾ attack line. The space will be void of any natural or artificial light.

Purpose of Evaluation

This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event

For this event, you must crawl through a tunnel maze that is approximately 2 feet high, 2 feet wide and 16 feet in length. At a number of locations in the tunnel, you

must navigate around, over, through and under obstacles. Your movement is monitored through the maze. If for any reason you choose to end the event, call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the 1 ¾ line will lead you to a downed “victim”, and you will begin the next event.

Failures

A request for assistance that requires the opening of the escape hatch or opening of the entrance/exit covers constitutes a failure, the test time is concluded and you fail the test. You must exit through the exit door. If you exit through the entrance door, the test time is concluded and you fail the test.

EVENT 6: Rescue

Equipment

This event uses a weighted mannequin.

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a 135-pound mannequin and pick it up off of the floor and onto your shoulder(s). Once off of the ground, no part of the mannequin can touch the ground while moving. Carry the mannequin 65 feet to a prepositioned marker, make a 360 degree turn around the marker, and continue an additional 65 feet to where you started this event. It is permissible

for the mannequin to touch the marker. The entire mannequin must be carried until it crosses the marked finish line. If you need to readjust, you may stop and drop/move the dummy. However, it needs to be completely off the ground prior moving on. This concludes the event. Walk 25 feet within the established walkway to the next event.

Failures

Once mannequin is entirely off of the floor, you may start walking with it to the marker. No part of the mannequin can touch the ground while walking. If the mannequin touches the ground, you will be given one warning. Stop and readjust if needed. The second infraction constitutes a failure.

EVENT 7: Ceiling Breach and Pull

Equipment

This event uses a pike pole and a mechanized device that measures overhead push and pull. The pike pole is a commonly used piece of equipment that consists of a six-foot long pole with a hook and point attached to one end.

Purpose of Evaluation

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, deltoids, trapezius, triceps, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area of the hinged door in the ceiling. Fully push up the 60-pound

hinged door in the ceiling with the pike pole three times. Then, hook the pike pole to the 80-pound ceiling device and pull the pole down five times. Each set consists of three pushes and five pulls. Repeat the set four times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to reestablish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition as indicated by a proctor who calls out "TIME."

Failures

One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain within the marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Owasso Fire Department
Station 3
9990 N. 145th East Avenue
Owasso, OK 74055

