



STAGE ONE RECRUITMENT

PHYSICAL AGILITY EVALUATIONS

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GOAL: To impartially measure applicants' ability to perform fire suppression & rescue duties.

OBJECTIVE: To select applicants that can perform job-related tasks in the following activities:

- a) Hoisting - Testing upper body strength
- b) Pike Pole Push & Pull - Testing upper body strength
- c) Manikin Drag - Testing upper leg & upper body strength
- d) Hose Drag - Testing ability to pull to resistance
- e) Forcible & Ventilation Entry Simulation – Testing muscle strength, power and endurance upper body
- f) Stairway Hose Advance - Testing stamina

ACTIVITIES: Job related tasks to be performed by applicant in order to meet physical standards of a fire fighter: All activities below will be instructed and demonstrated for proper body mechanics and methods prior to applicants' attempt. The applicant will be wearing a SCBA (not on air) throughout all 6 stations.

- 1) Hoist Hose – Applicant shall hoist a 15m section of 65mm hose 10m upward and lower hose back down.
- 2) Ceiling Breach Push & Pull - Applicant shall push vertically upward on a target (3x) approximately 6" and then proceed to pull down on a weighted rope (5x). Complete 4 sets.
- 3) Manikin Drag - There will be a manikin weight approximately 185lbs. The applicant will be requested to perform an incline victim drag approximately 15m.
- 4) Hose Drag (dry) - This exercise simulates advancing a 45mm attack line. Applicant will place a 45mm hose over shoulder which will be weighted approximately 150lbs. to simulate a standard 3 hose attack line which is filled with water. The applicant will advance this a distance of 45m.
- 5) Forcible Entry - & Ventilation Applicant will perform a forcible entry task by using a 3.6kg (8lb) sledge hammer and striking a tractor tire horizontally approximately 2'.
- 6) Stairway Advance - Applicant shall carry a section of 38mm hose up the hose tower and down for a total duration of 3 mins.