

Jackson County Fire District 3 - Physical Agility Test

Updated January 2015

Purpose:

The Physical Agility Test (PAT) evaluates upper and lower body strength, stamina and aerobic capability. The PAT is a time-weighted exam with a maximum time limit of 10 minutes (see chart at the end of this document).

Procedure:

The candidate will wear the following Personal Protective Equipment provided by the District:

- Turnout jacket
- Structural helmet
- Gloves
- Knee pads (confidence crawl only)
- Ladder Belt (aerial climb and hose hoist only)

The candidate's time will begin after completion of the aerial ladder climb and end upon completion of the dummy drag. Safety of the candidate will be monitored at all times and running between stations is **NOT** allowed. Below is a detailed description of the PAT.

Check-In:

Every accepted candidate must check-in, sign a liability waiver and provide proof of photo ID. Once the candidate has been checked in they may don the protective gear.

Untimed Events:

Confidence Crawl:

- **This event has been eliminated for career testing as of October 4, 2012.**

Aerial Climb:

A proctor will assist the candidate with donning a ladder belt which will be attached to a belay system throughout this event. The candidate will be required to ascend and descend the aerial ladder, fully extended to 105' at a 70 degree climbing angle and touch the top rung of the ladder. Dismount the aerial platform.

Critical failure points:

- Candidate does not maintain upward/downward momentum
- Candidate does not complete the event

Don SCBA:

After completion of the aerial climb, the candidate will don a SCBA (pack only) and adjust it for comfort.

Critical failure points:

- None

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Timed Events:

The time will begin when the candidate crosses the designated start line.

Ground Ladder Carry:

Remove the 24' extension ladder from the rack and carry it 50' to the designated cones. Place the ladder on the ground between the cones.

Critical failure points:

- Candidate drops the ladder on the ground
- Candidate does not maintain control of the ladder
- Candidate does not complete the event

Ground Ladder Raise

Raise the fly section of the mounted extension ladder using the halyard. The fly section must make contact with the fly stops to ensure full extension. Lower the ladder using an appropriate technique.

Critical failure points:

- Candidate does not control the halyard during the event
- Candidate does not complete the event

Ground Ladder Carry:

Pick up the 24' extension ladder from the ground and carry it 50' to the ladder rack. The ladder may be set down for replacement onto the rack.

Critical failure points:

- Candidate drops the ladder on the ground
- Candidate does not maintain control of the ladder
- Candidate does not complete the event

1 ¾" Hose Drag:

Advance a charged 150' 1 ¾" attack line 100'. The nozzle must pass the designated cones.

Critical failure points:

- Candidate does not complete the event

Hotel Bundle:

Pick up the 100' hotel bundle of 1 ¾" hose and proceed to the roof of the training tower. The candidate must make contact with every step during the ascent. Place the bundle in designated area on the roof next to the door.

Critical failure points:

- Candidate does not complete the event

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Hose Hoist:

A proctor will attach a safety line to the candidate prior to this event. Using an appropriate hoisting method, the candidate will hoist a 50' donut roll of 3" hose to the top of the parapet wall. Once complete, the candidate will lower, under control, the hose roll back to the ground. Upon completion of this event, the Proctor will disconnect the safety line.

Critical failure points:

- Candidate loses control of the rope used to hoist the hose roll
- Hose roll uncontrollably returns to the ground
- Candidate does not complete the event

Hotel Bundle:

Pick up the 100' hotel bundle of 1 3/4" hose and proceed to the bottom of the training tower. The candidate must make contact with every step during the descent. Place the bundle outside of the door in the designated location.

Critical failure points:

- Candidate does not complete the event

Dummy Drag:

Drag the 165 lb. dummy 100'. The candidate must drag the dummy backwards, using the provided straps or by bear hugging the dummy to the designated cones. The candidate's time stops when the dummy's feet cross the finish line, which is designated by a cone.

Critical failure points:

- Candidate does not perform a backward drag
- Candidate does not complete the event

Personnel will assist in the removal of the candidate's PPE.

Physical Agility Test Points Breakdown

Time In Minutes	Points Awarded
6:00 and under	5
6:01 - 6:30	4
6:31 - 7:00	3
7:01 - 7:30	2
7:31 - 8:00	1
8:01 - 10:00	0
10:01 and over	Fail