

Fort Dodge Fire Department Candidate Physical Ability Test



Orientation Guide

Validated: July 2015

Candidate Physical Ability Test Orientation Guide

This Candidate Physical Ability Test was developed to allow the Fort Dodge Fire Department to obtain a pool of trainable candidates who are physically able to perform essential job tasks at fire scenes. There are three separate parts to the Physical Ability Test. The first part is a pass/fail stand alone event demonstrating the ability to climb a ladder without fear of heights. The second portion of the test is to demonstrate the ability to function in total darkness while remaining calm. The third part of this test is a sequence of six events requiring you to progress along a predetermined path from event to event in a continuous manner within a set time. This is also a pass/fail test based on a validated maximum time of **3 minutes and 55 seconds**. If you do not complete the third portion of the test within **3 minutes and 55 seconds** you fail. An explanation of the requirements for each of the six events is below.

For the third portion of the Candidate Physical Ability Tests you must wear a hard hat with chinstrap, a 50 - pound weighted vest, work gloves and footwear with no open heel or toe. You are allowed to wear shorts or long pants and a short or long sleeve shirt. Watches and loose or restrictive jewelry are not permitted.

All props were designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring your physical abilities.

The events are placed in a sequence that best simulates fire scene events. To ensure the highest level of safety and to prevent exhaustion, ***no running is allowed between events***. You may speed walk, but no jogging is allowed. This walk allows you approximately 20 seconds to recover and regroup before each event.

To ensure scoring accuracy by eliminating timer failure, two stopwatches are used to time the test. One stopwatch is designated as the official test time stopwatch; the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. If time elapses prior to the completion of the test, the test is concluded and you fail the test.

BRIEF DESCRIPTION OF PHYSICAL QUALIFICATION TESTS FOR FORT DODGE FIREFIGHTERS

TWO UN-TIMED TESTS CONSISTING OF THE FOLLOWING EXERCISES:

1. Demonstrate the ability to climb a ladder without fear of heights.

Equipment

An in-service aerial ladder will be placed in position suitable to climb, a rescue harness and rope.

Purpose of Evaluation

This event is designed to simulate the critical task of climbing an aerial ladder without the fear of heights.

Event

For this event you must successfully climb a ladder to the height of 50 feet and return to the ground without any assistance.

Failures

Falling, freezing or needing assistance will end the test and will constitute a failure.

2. Demonstrate the ability to function in total darkness while remaining calm.

Equipment

Blacked out mask and an established obstacle course.

Purpose of Evaluation

This event will evaluate your ability to remain calm when wearing a blacked out face mask.

Event

For this event you will successfully navigate through an obstacle course while wearing a blacked out mask.

Failures

Failure to keep mask on your face, freezing, or asking for assistance will constitute a failure.

A TIMED TEST CONSISTING OF THE FOLLOWING EXERCISES (time begins when the proctor says “GO”):

1. Fire Hose Drag – Stretch out 150 feet of dry 3 inch hose.

Equipment:

This event uses an uncharged 3 inch fire hose with a hose line nozzle. The hose line 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.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hose line from the fire apparatus to the fire. 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, gluts, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand grip.

Event

For this event, when the proctor says “GO” you must pick up and grasp a hose line nozzle attached to 150 feet of 3–inch hose. Place the hose line 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 150 feet to the pre-positioned line. Place (do not drop) the nozzle to the ground. This concludes the event. Walk the minimum 85 feet within the established walkway to the next event. (Hydrant operation)

Failures

During the hose drag, if you turn around and walk backwards, the test time is concluded and you fail the test. If you throw or drop the nozzle to ground the test time is concluded and you fail the test.

2. Hydrant Operation –Complete eight revolutions of a fire hydrant valve stem with the attached hydrant wrench (turn the wrench counter clockwise to open the hydrant).

Equipment

This event uses a working hydrant, hydrant wrench and a marked box to stand in.

Purpose of Evaluation

This event is designed to simulate the critical tasks of opening a hydrant while remaining in a stationary position. This event challenges your aerobic capacity, upper back muscular strength and endurance, grip strength and endurance, and

anaerobic endurance as well as the following muscle groups: quadriceps, hamstrings, gluts, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand grip.

3. Ladder Extension

Equipment

This event uses a 28-foot extension ladder.

Purpose of Evaluation

This event is designed to simulate the critical tasks of extending the ladder to the roof or window of a fire structure. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand grip, glutes.

Event

For this event, you will proceed to the pre-positioned and secured 28-foot aluminum extension ladder, stand facing the ladder and extend the fly section hand over hand until it hits the stop. Lock the “dogs” at full extension, then unlock and lower section hand over hand in a controlled fashion to the starting position, and lock the “dogs” at the bottom. This concludes the event. Walk the minimum 85 feet within the established walkway to the next event. (Ladder Carry)

Failure

If during the ladder extension, you do not maintain control of the ladder in a hand over hand manner, or let the rope halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

4. Ladder Carry – Remove a 14-foot ladder from the rack and walk back 10 feet across the yellow line then 10 feet forward and replace on the rack without dropping the ladder or allowing either side to touch the ground.

Equipment

This event uses a 14-foot fire department roof ladder.

Purpose of Evaluation

This event is designed to simulate the critical tasks of removing a 14-foot fire department roof ladder from a fire apparatus, carrying it to the emergency scene and returning the ladder 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 systems well as the following muscle groups: biceps, deltoids,

upper back, trapezius, muscles of the forearm and hand grip, gluts, quadriceps, and hamstrings.

Event

For this event you must remove a 14-foot fire department ground ladder from a ladder rack mounted 67 inches above the ground, safely carry it 10 feet back and replace it on a ladder rack mounted 67 inches above the ground. The candidate is not allowed to rest the ladder on their shoulders. The ladder must not be dropped or touch the ground. This concludes the event. Walk the minimum 85 feet within the established walkway to the next event. (Attic crawl)

Failures

If the ladder touches the ground or the ladder is dropped, the test time is concluded and you fail the test.

5. Attic Crawl – Crawl on hands and knees, or crouch using feet to step on rafters, through a ground level attic prop with rafters spaced 24 inches apart. Turn at the end without exiting the prop and return to the prop entrance.

Equipment

This event uses a simulated attic that is elevated off the ground.

Purpose of Evaluation

This event is designed to simulate the critical tasks of crawling in confined attic spaces without damaging the ceiling below. 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 systems 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 crawl on your hands and knees, or crouch using feet to step on rafters, through a simulated attic prop to the end of the prop. Turn at the end without exiting the prop and return to the prop entrance.

Failures

If you stand (fully extend legs) on the rafter or step on the floor, the test time is concluded and you fail the test. If you drop a knee or toe below the simulated rafter, placing weight on the floor, 5 seconds will be added to your overall time for **each** violation. No violation will issued if your toe lightly brushes the floor, but try not to let your toe touch the floor at all.

6. Rescue Drag – Drag a 140 pound rescue dummy a distance of 120 feet while walking backwards.

Equipment

This event uses a weighted mannequin equipped with a body harness.

Purpose of Evaluation

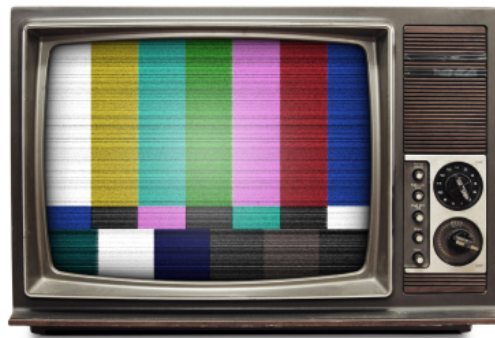
This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and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

Event

For this event, you must grasp a 140-pound mannequin by the straps on the shoulder(s) of the harness (either one or both shoulder straps are permitted), drag it 120 feet to the finish line. The entire mannequin must be dragged until it crosses the marked finish line. This event ends when the mannequin's foot has fully crossed the marked finish line. At this point, the proctor will call out "TIME" and your test is concluded.

Failures

If you turn and walk forward, fall, or lose your grip on the mannequin at any time, one warning is given. The second infraction constitutes a failure, time is stopped, and you fail the test.



Click on the television for a link to a video demonstration of the timed test.

Test Forms

You must present valid identification and sign a number of forms before taking the Candidate Physical Agility Test. Prior to the start of the Candidate Physical Ability Test you must complete the Sign-In-Form. You are required to complete the Waiver and Release Form.

CANDIDATE PHYSICAL ABILITY TEST

WAIVER AND RELEASE FORM

I, _____, hereby waive all causes of action for any personal injuries and damages which may exist against the City of Fort Dodge, Iowa and its employees as a result of performing the Candidate Physical Ability Tests required for the position of Firefighter with said City of Fort Dodge, Iowa.

I am aware that such tests may be strenuous and I accept full responsibility for any injuries that may occur by their performance.

Name

Witness

Date

Date

Photo ID checked and copied.

Hose Drag Pass Fail

Hydrant Operation Pass Fail

Ladder Extension Pass Fail

Ladder Carry Pass Fail

Attic Crawl Pass Fail

Rescue Pass Fail

Time _____

Not-timed Tests:

Ladder Climb Pass Fail

Blacked Out Mask Pass Fail