

Silver City Fire Department

Physical Fitness Entrance Ability Test

The physical ability test utilized by the Silver City Fire Department is a pass or fail event. Although the evaluation utilizes activities that may be performed on the fire ground, the tasks are not specifically skill oriented. No special knowledge is required to be able to successfully complete all tasks in the allotted time. The physical ability test is judged on basic skills and abilities. The theory and purpose behind this assessment is to assess the individual to determine whether or not they possess the minimum acceptable level of strength, agility, and stamina needed in the fire service.

The test will be conducted at Station Two of the Silver City Fire Department. Fire department staff will administer the test with the departments Physical Fitness Coordinator responsible for timing and evaluating candidates. The ability test has an allotted time of 6 ½ minutes, which must be completed within the specified time. Candidates must pass all phases of the test. If at any time, candidate states to the evaluator that they can not continue, the testing will stop and at that point, candidate will be disqualified. No second attempt will be allowed.

Candidates **must** wear the following:

Bunker coat with liner
Bunker pants with liner
Helmet with liner
Sweat suits or t-shirt and long pants
Bunker boots
Gloves

Environmental conditions

Testing should take place only as weather permits.

Assumptions

1. Timing of the evolution is to begin after the first event has been completed (aerial ladder climb). Candidates unable to successfully complete the aerial climb are not allowed to complete the testing process.
2. All evolutions must be completed in a series. There are no breaks between events.
3. No running is allowed during events, one listed exception is during the Hose Drag Evolution.
4. The Physical Coordinator prior to the actual test will give an orientation and walk-through to all candidates.

5. A total of 7 monitors will be needed. Two will time applicants (one being the Physical Coordinator) as they proceed through events and 5 will be placed at the various stations.

The physical ability assessment is comprised of seven (7) events which must be completed in the required time to pass. **The physical ability test evolutions are:**

1. **Aerial Ladder Climb:** The fire departments aerial apparatus is extended 75 feet at a 70 degree angle and the candidate is required to climb the ladder at a steady reasonable pace, wearing full bunker gear, helmet, gloves, and safety belt. Candidate will ascend up the ladder from concrete pad and descend to bottom of concrete pad. Candidate will be required to lock in on ladder rung once they have reached top of the ladder. A firefighter will follow the candidate as he/she ascends and descends the ladder without stopping. **Proceed to next event.**

Timed Evolutions

2. **Hose Line Advance:** This event simulates the ability to advance and reposition a charged line (filled with water). At starting point, the candidate will walk to the end of 2 ½ hose with nozzle attached, place the hose line over shoulder and advance hose approximately 100 feet until nozzle passes the center of a fire hydrant. This is the **only** event that you can run once hose is thrown over shoulder to advance pass the center of a fire hydrant. **Proceed to next event.**
3. **Confined Space:** This event simulates a confined area that the firefighter may encounter. The candidate will enter and crawl through the confined tunnel approximately 18 feet long on hands and knees and proceed to other end and exit. **Proceed to next event.**
4. **High Rise Carry:** This event simulates the ability to carry high-rise equipment to an upper story location. The candidate will pick-up and carry over shoulder two (2) sections of 1 ¾ inch hose to top of the training tower. Once there, the candidate will place the hose at a designated area. Candidates are required to step on all steps moving both up and down tower. **Proceed to next event.**
5. **Hose Hoist:** This event simulates the ability to lift fire equipment to an upper location. The candidate will hoist a fifty foot section of 2 ½ hose up to the third story of the training tower, using hand over hand method over/through rail and place at a designated area. Once this event is accomplished, the candidate will proceed downstairs and exit out the base door to next the station. Hose is attached to a line greater or equal to 1/2 inch. Weight of this hose is approximately 30 lbs. **Proceed to next event.**
6. **Roof Ventilation:** (Simulated Keiser Sled) This event simulates the ability to create an opening for ventilation. The candidates will move to a position that places them at the proper point, pick up a 10 lb. hammer, and position themselves on the Keiser Sled, repetitively striking the I-beam of the Keiser Sled until it moves a distance of 5 feet (repositioning feet as necessary), dismount the Keiser Sled, walk approximately 35 feet to next station. **Proceed to next event.**

7. **Rescue Drag:** (Mannequin Drag) This event simulates the ability to perform a rescue. The candidate must move a simulated victim, weighing approximately 165 lbs, at total distance of 100 feet. Any safe method of dragging will be allowed, but the mannequin may not be carried or suspended. The candidate will move to a position that places them at the proper lifting point of the rescue mannequin, lift, and drag backwards the total required distance. **The Physical Fitness Ability Test is complete. Proceed to the Rehabilitation Area.**