

Physical Agility Course

The applicant will perform multiple tasks that simulate the basic physical requirements required to function as a firefighter/paramedic. This module evaluates the applicant's physical abilities such as strength, balance, coordination, and stamina. These will be time evolutions, some with pass-fail criteria.

Setting Up: Applicant will be dressed in comfortable shift work attire, with shoes on. Laid out along the Bay 1 backing line applicant will place fire boots, turnout pants, turnout jacket, and hood in one pile. In a second distinct pile applicant will lay out a fully charged air pack, mask, helmet, and fire gloves. If applicant needs an overview of SCBA staff will inform them at this time and allow applicant up to 10 minutes familiarize themselves with this equipment. Applicant may place their running shoes next to the chair and table where vitals will be assessed, and any other items they may want for the walk/run portion. Applicant will also have to select an appropriate sized ladder belt and have it placed on the tailboard of the ladder truck.

Task #1 - Gear Donning: Applicant will begin from a standing position and remove shoes and don their firefighting protective gear placed in the first pile to include: fire boots, turnout pants, turnout jacket, and hood. When applicant has all gear on appropriately and all clasps and Velcro secured they will raise both hands to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue. Applicant will proceed to Task #2.

Task #2 - SCBA Donning: Proceeding from Task #1, applicant will don and charge their SCBA air pack, mask, helmet, and fire gloves. After securing all equipment and confirming all skin is covered, applicant will attach their breathing regulator to their mask and begin breathing air. Applicant will raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue. Applicant will proceed by walking to the back of the ladder truck for Task #3.

Task #3 50 ft Aerial Climb: Proceeding from Task #2 applicant will place on previously sized ladder belt, with assistance of the evaluator. Applicant will climb to the base of the ladder using appropriate steps and handholds. When positioned to climb to the ladder, applicant will clip into the side safety rings with the ladder belt and may proceed climbing. Applicants must be secured to the ladder at all times. Upon reaching the top of the 50ft ladder applicant will clip into the 2nd rung and stand straight up with both hands raised and look for evaluator on the ground to give a thumbs up signal to proceed. Applicant will then lower themselves in the same manner as climbing, always being secured to the ladder until their feet reach the platform at the bottom. They will then climb down to the ground using appropriate safety foot and handholds until they have reached the ground. Applicant will remove ladder belt and will raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue, and may result in needing to redo the task and/or whole agility test. Applicant will proceed by walking to wood chopping block near the retaining wall in front of Bay 1 for Task #4.

Task #4 - Wood Chopping: Proceeding from Task #3, applicant stands in front of the wood chopping block and grasp the axe provided at the station. Applicant will need to strike the block 30 times, each swing must bring the axe head at or above the applicant's shoulders. When the 30 qualifying strikes are completed applicant will leave the axe in the wood block on the last strike and raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect requiring additional strikes will be communicated and additional strikes may be accomplished at this time. Applicant will proceed by walking to the rear of Bay 4 for Task #5.

Task #5 - 50 Foot Hose Crawl: Proceeding from Task #4, applicant will get down on their hands and knees and crawl along a rolled out 50ft section of hose. At the end of the crawl applicant will stand and will raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue. Applicant will proceed by walking to the mannequin near the rear wall in of Bay 1 for Task #6.

Task #6 - Victim Drag: Proceeding from Task #5, applicant will stand at the head of the mannequin which will be laying supine in the bay floor with a rescue strap already placed around the chest and under the shoulders. The mannequin will not be wearing an air pack or SCBA. Grasping the rescue strap drag the mannequin 75 feet down Bay 1 and into the parking lot toward two cones placed on the parking tarmac, near the wood chopping task station. When the heels of the mannequin cross between the cones the applicant will raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue, and may result in needing to redo the task and/or whole agility test. Applicant will proceed by walking to the passenger side of the ladder truck for Task #7.

Task #7 - Roof Ladder Move: Proceeding from Task #6, applicant will stand on the passenger side of the ladder truck facing the mounted ladders. The roof ladder, which will not be locked down, will be removed by the applicant in a safe manner and properly carried to the side of the building between Bay 4 and Bay 5. Applicant will foot the ladder and raise it against the building at a proper angle, then stand back and wait until the evaluator indicates it is properly placed against the building. Applicant will then take down the roof ladder and carry it properly back to the passenger side of the ladder truck, where they will lift it and place it on the mounting brackets from where it was removed. The applicant will NOT be required to lock the ladder down. Applicant will then raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue, and may result in needing to redo the task and/or whole agility test. Applicant will proceed by walking to the charged hose line in Bay 2 for Task #8.

Task #8 - 50 Foot Charged Hose Line Pull: Proceeding from Task #7, applicant will pick up the nozzle end of a 2 ½ inch hose line charged 100psi, which has been snaked across Bay 2 from the ladder truck. Applicant will advance the nozzle end straight forward 50 feet toward two cones placed at the edge of the roadway. When the tip of the nozzle passes between the cones applicant will discharge a small burst of water, then place the nozzle on the ground where they are standing. The applicant will then walk back to Bay 2 without the hose line and complete the task when they cross the entrance of Bay 2 where the evaluator is standing. Applicant will then raise their hands in the air and display the air pressure reading to the evaluator to indicate completion and wait until the evaluator states it is ok to precede. Anything the evaluator notices incorrect will be communicated and needs to be corrected to continue, and may result in needing to redo the task and/or whole agility test. Applicant will proceed to the Rehab table for their mandatory 3 minute rest.

Task #9 - Mandatory 3 Minute Rest: Proceeding from Task #8, applicant must have a minimum 3 minute rest period. This time will begin from the time the applicant crosses the entrance into Bay 2 and the evaluator indicates they have completed the last task. Applicant will remove, with evaluator assistance; gloves, helmet, SCBA mask and air pack and lower it safely to the floor. They will then remove their hood, turnout jacket, and sit down at the rehab table and chair placed in the front of Bay 1. Turnout pants will remain on until the end of the 3 minutes period. The evaluator will take vital signs to include blood pressure and heart rate and pulse-ox as soon as practical and the applicant may drink any water or beverage during this time. At the end of the 3 minute period the evaluator will determine if it is safe for the applicant to continue based on vital signs or if they require additional rest and/or repeat vital signs before continuing. When cleared to continue, applicant will proceed to the run/walk portion of Task #10.

Task #10 - 1.25 Mile Run/Walk with Extension Pack Carry: Proceeding from the 3 minute rest applicant will remove any remaining gear and clothing not needed for the run/walk, and may change into appropriate shoes. Applicant will run/walk from the fire station and turn left onto Muscadine Wynd heading south to the ocean, crossing South Bald Head Wynd, and continue to the cul-de-sac end of Silversides Trail. As applicant enters the cul-de-sac they will proceed to the tarp on the left hand side placed at #30 Silversides Trail. From the tarp they will pick up and carry an extension pack and 2 ½ inch gated wye adapter. Applicant will carry both over to Hydrant #26, which is in front of #25 Silversides Trail, on the opposite side of the cul-de-sac. Placing the items on a second tarp at the hydrant, the applicant will remove the hydrant cap, place the wye on the hydrant, and then connect the end of the extension pack onto the wye. When all connections are done, applicant should leave the extension pack connected to the hydrant and on the tarp for inspection by the evaluator, which may be at a later time. Applicant will NOT charge the line, and will NOT need to unroll the extension pack, and does NOT need to wait at the hydrant to proceed. Applicant will then run/walk back to the fire station along the same route. Applicant will be considered finished when they cross into the Bay 2 entry and time will stop. Applicant must sit for a final set of vital signs in the rehab chair to be taken by the evaluator.