

# Indian River State College Fire Academy

## - Physical Ability Test -

The Indian River State College Fire Academy Physical Ability Test is based upon a comprehensive job analysis; this determines tasks that are deemed critical and performed frequently by fire fighters.

There are two (2) parts to the examination process: Part I must be performed sequentially within a total of 7 minutes; Part II has no time constraint. Part I & II accurately reflect the metabolic demand imposed on a firefighter during actual emergency situations. A candidate who can perform these tasks within the time allotted possesses a reasonable level of fitness necessary to meet the demands of entry level fire fighting.

### Part I

The On-Target Combat Task Test is performed while wearing a 25 pound weighted vest. This vest will have a web harness attached to the vest so the the candidate can be secured by an instructor while doing the rope hoist portion of the test. ***(This is a safety measure that is required for the safety of the candidate.)*** The five (5) tasks are done sequentially and must be completed within 7 minutes. The clock does not stop until all five (5) tasks are completed or the time allotted has run out. However, candidates should pace themselves and remember that no running is permitted during the examination process.

### Part II

This part consists of two (2) separate exercises that will test a candidate's ability to perform basic firefighting skills; it is designed so a candidate walk at all times. Part II is not timed.

Exercise #1 Ladder Climb

Exercise #2 Ladder Carry

Note: Candidates will wear **long pants** (*sweat pants, running pants, etc.*), **Tee shirt** (*no tank tops or sleeveless shirts, no offensive or vulgar writing on the shirts*), **sneakers** (*running shoes*) and **gloves** (*no fingerless weightlifting gloves, tight fitting work or exercise gloves perform best*)  
*Candidates will be provided helmets to wear during the test.*

### Automatic failure will occur if:

1. **The seven (7) minute time limit is exceeded.** (*At this point the examiner will stop the clock and inform the candidate that his/her time has expired.*)
2. Equipment is abused (*All equipment shall be properly set on the ground*)
3. A lack of respect is displayed toward any examiner.
4. The candidate fails to comply with specific instructions given by the examiner.
5. Both part I & II are not completed.

Upon a failure the candidate will be asked to leave the fire grounds as soon as possible.

## Part I

### Task #1 – High-Rise Stair-Climb Evolution

1. With a weighted vest secured to his/her body, the candidate will stand behind the start line. The examiner will confirm that the candidate is ready, once confirmation is received by the candidate the examiner says “begin or start”.  
**Note:** A high rise pack will be positioned in front of the candidate on the ground. The high rise pack consists of a fog nozzle and gated wye attached to 100 feet of 1 ¾ inch fire hose that is strapped together and has a sling attached to it. (*The candidate may either carry the high rise pack via the shoulder strap or by lifting the entire pack over the shoulder.*)
  - A. The candidate will hold the hose in place with one hand and the other hand may be used on the hand rail for balance only.
  - B. At no time will the candidate use the stair rail to assist in pulling him/her self up the stairs.
  - C. Contact will be made with every step; the candidate may not skip a step while ascending or descending.
2. The candidate will place the pack in the marked box on the 5<sup>th</sup> floor landing and proceed to the rail where the rope is tied off for the rope hoist.

### Task #2 – Rope Hoist

1. The candidate will step up to the rail of the 5<sup>th</sup> floor landing. (The candidate will be secured by an IRSC Fire Academy Instructor via webbing attached to the candidates weight vest. This is for the safety of the candidate.) **THERE ARE NO EXCEPTIONS.**
2. The candidate will pull the rope that is attached to a 2 ½ inch 50 foot section of rolled fire hose. With straight pull method. The student can use the rail to assist in this task.
3. Once the hose roll is at the rail the candidate must lift it over the rail and place it in the marked box on the floor.
4. The candidate will now pick up the hi-rise pack and in the same manner that it was taken to the 5<sup>th</sup> floor they will proceed down the stairs to the 1<sup>st</sup> floor. The candidate will place the hi-rise pack in the marked box on the floor and proceed to the next task. (Keiser Sled)

### Task #3 – Keiser Sled (Forcible Entry Simulation)

1. The candidate will position both feet on the diamond plate so his/her toes are even with the front flat side of the steel block on the sled. Bend over forward so the flat front of the steel block can be seen at all times. Then with a 8 pound dead-blow sledge hammer, use short hard strokes to drive the block to the opposite side of the sled.  
  
**Note:**
  - A. The body must be kept in a bent forward position
  - B. The eyes must be on the striking end of the sled at all times.
  - C. The hands must not move down on the handle toward the head of the hammer.
  - D. After the block has moved past the feet; keep the block behind the feet to maintain that the hammer strikes the block flat and square.
2. Once the block has reached the other end of the sled and the instructor has announced stop, the candidate will carefully set the hammer down and exit the sled on the side the instructor announces.

3. The candidate will quickly and correctly navigate through a series of cones for a distance of 100 feet and end at the next task. (Charged Hose Pull)

#### **Task #4 – Charged Hose Advance Evolution (Hose Pull)**

1. The candidate will pick up the nozzle, place it over either shoulder (The hose should hang approximately three(3) feet in front of them), and drag a charged 1 ¾ hose in a straight line for a distance of one hundred (100) feet.
2. Once the candidate has completely crossed the line, he/she will carefully (NOT THROW THE NOZEL DOWN) place the hose on the ground and proceed to the next task. (Manikin Drag)

#### **Task #5 – Manikin Drag (Victim Rescue)**

1. The candidate will squat down using his/her legs and place his/her hands and/or arms under the arm pits and around the chest of a 175 pound rescue manikin. He/she will then stand up lifting the manikin with their legs and walk backwards (in a straight line) 100 feet to the marked finish line.
2. The entire evolution is completed only when the legs of the manikin have completely cleared the finish line.

Note: If the candidate slips or falls, he/she is encouraged to get up as quickly as possible and continue on. Once the candidate starts they must not stop.

### **THIS COMPLETES THE TIMED PORTION OF THE TEST**

## **Part II**

#### **Exercise #1- Ladder Climb**

After receiving instructions from the examiner, a harness will be placed on the candidate and safety line will be attached to the harness. The candidate will begin to climb a fully extended 24 foot extension ladder that has been secured to the building.

- A. The candidate will ascend the ladder and touch the top rung and return to the ground.
- B. The candidate will not skip any rungs while ascending or descending the ladder.

Note: **AUTOMATIC FAILURE WILL OCCUR IF THE CANDIDATE:**

1. Displays fear of heights and/or freezes on the ladder
2. Fails to follow the examiners orders.

#### **Exercise #2 – Ladder Carry**

After receiving instructions from the examiner, the candidate will pick up a 24 foot extension ladder (using appropriate lifting techniques, due to the ladder weighting 80 pounds), and carry the ladder (Low shoulder carry) for a distance of 25 feet. The candidate will walk around a cone and return 25 feet to his/her starting point and place the ladder on the ground.

Note: **AUTOMATIC FAILURE WILL OCCUR IF THE CANDIDATE:**

1. Cannot perform the task as described by the examiner
2. Fails to follow the examiners orders.

### **THIS COMPLETES PART II OF THE TEST**

Both part I & II of the IRSC fire Academy Physical Agility Test must be completed to pass the test. Thank you for your interest in coming to Indian River State College fire Academy.

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