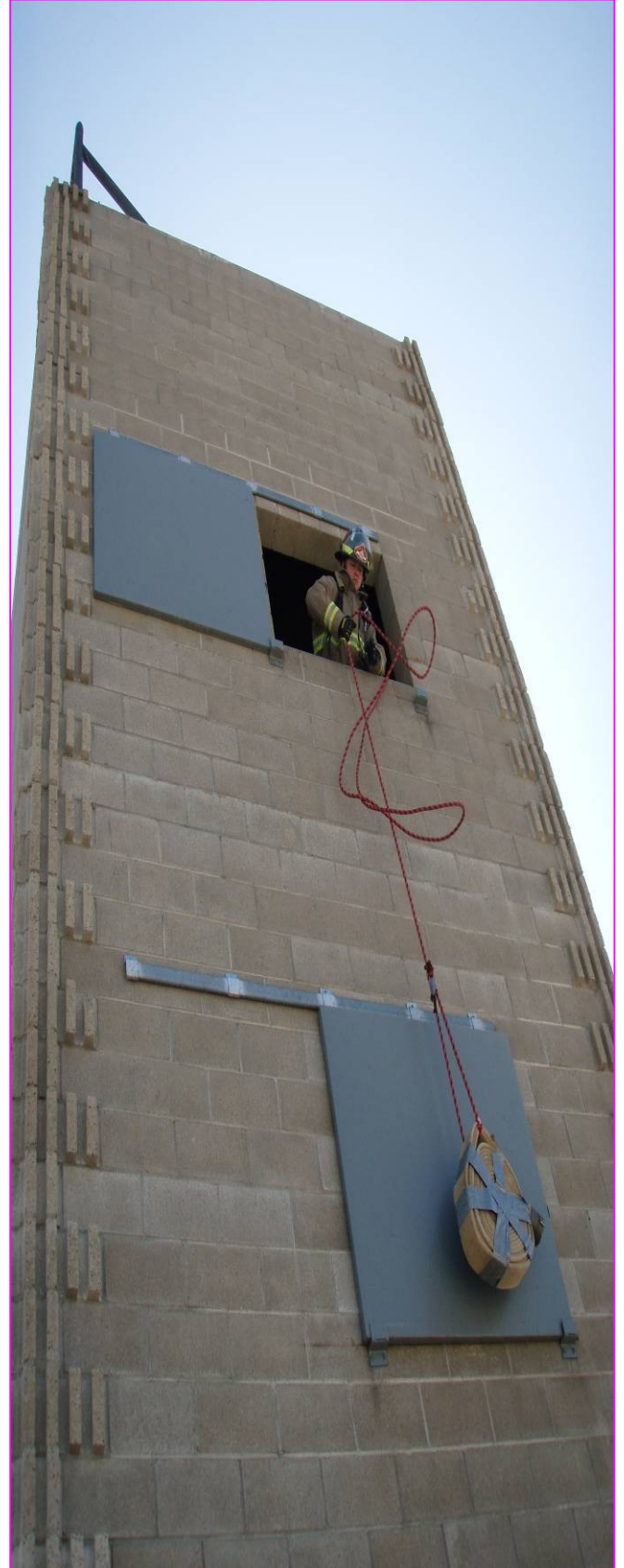


Porterville College Fire Academy

Cadet Physical Agility Test



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Cadet Physical Agility Test Procedures

Purpose of the Physical Agility Test

The Cadet Physical Agility Test consists of seven job-related physical tasks that have been selected to evaluate a Cadet's strength, dexterity, and stamina. It is similar to agility tests now required by most fire departments. It is designed to simulate a continuous series of routine tasks that a firefighter could be required to perform at a typical fire emergency.

The agility test will acquaint Cadets with the physical demands required of a firefighter, and assess each Cadet's physical conditioning as it relates to their ability to perform typical firefighter tasks.

The inability to successfully complete this test in the time allotted is a good indication that the Cadet would also have difficulty passing the physical agility tests that most fire departments now require as part of their firefighter candidate screening process. It should encourage those who fail or do poorly to implement a program of physical self-improvement so that they may become competitive in the fire service job market.

What will the Cadet wear?

Cadets shall wear the Academy "drill" uniform and a turnout coat, structural firefighting helmet, and gloves. Cadets shall also wear a Self-Contained Breathing Apparatus pack with cylinder (but with no mask) for the entire event.

What is the sequence of events?

1. 2-1/2" Hose Drag
2. 2-1/2" Hose Carry and Stair Climb
3. Hoist Hose with Rope
4. 2-1/2" Hose Carry and Stair Descent
5. Hang Smoke Ejector
6. Victim Drag
7. Stack Hose

Each Cadet will begin with event #1 and proceed non-stop through all seven events. Cadets will walk at a brisk pace from event to event without stopping. Running is not allowed. Timing of the test will begin at the start of the first event and end upon satisfactory completion of all events.

A Cadet who is not executing an event as required will be stopped and directed to repeat that portion of the evaluation. Timing will continue and the Cadet will incur an infraction (time penalty).

What if a Cadet fails to finish the test, or takes too much time?

It is common for a few Cadets to fail to finish the evaluation fully, or on time, on the FIRST attempt. Failure to finish at all, or well beyond the prescribed timeframe, generally indicates a need for the Cadet to get in better physical condition. Finishing all events, in slightly over the allotted time, may indicate lack of physical conditioning, or just the need to work on technique.

Due to time constraints and the physical drain put on Cadets, each Cadet will be allowed only one attempt to go through the events each test day. However, there will be multiple test days scheduled during the Academy. The goal is for Cadets to show improvement each time they test by working on their physical conditioning and fire ground skills between tests.

Event Overviews

The sections below are intended to provide just a general overview of the event steps. The prescribed time and other pertinent information will be explained in detail on the day of the test.

1. HOSE DRAG: 150 FT. OF UNCHARGED 2 ½ INCH HOSE.

- * At the “Start” line, place the nozzle end of the hose over one shoulder.
- * Facing forward, drag the hose to the finish line, 100’ away, without stopping.
- * Place the nozzle on the ground beyond the finish line. (Dropping or throwing the nozzle end of the hose to the ground is an infraction.)
- * Walk briskly to start line of next event.

2. HOSE CARRY/STAIR CLIMB

- * Pick up a 50 ft. bundle of 2 ½ inch hose, and place it on either shoulder..
- * Carry the hose, step-by-step, up two flights of stairs to the third floor. Each step skipped is an infraction. The Cadet may use the handrail while climbing.
- * Place the hose bundle on the floor in the pre-designated area adjacent to the stairs on the third floor. Missing the pre-designated area is an infraction.
- * Go to the designated third floor window to start the next event.

3. HOIST HOSE WITH ROPE

- * Lean out of the window and grasp the rope below with both hands. Keeping hands, arms and elbows free from the window sill. (Placing hands, arms or elbows on the window sill is an infraction.)
- * While leaning out of the window, pull the rope, attached to a roll of 2-1/2 inch hose, up to the window sill using the hand over hand method.
- * Continuing to lift with the rope, raise the roll of hose vertically, until the bottom edge of the roll will clear the window sill. (Pulling the rope over the window sill is an infraction. Pulling the hose roll onto the sill on its side, is also an infraction.)
- * Lean in, and set the roll of hose on the window sill.
- * Using the rope, lift the roll of hose up off the sill.
- * Lean out the window again and using the rope, lower the roll of hose, hand over hand, to the ground. (Letting the rope slide through the hands is an infraction. Letting the rope slide over the edge of the window sill is an infraction.)
- * Leave the window and return to the hose bundle previously place on the floor.

4. HOSE CARRY/STAIR DESCENT

- * Pick up a 50 ft. bundle of 2 ½ inch hose, and place it on either shoulder..
- * Carry the hose, step-by-step, down two flights of stairs to the ground floor. Each step skipped is an infraction. The Cadet MUST use the handrail while descending.
- * Place the hose bundle on the ground at the pre-designated area (starting point). (Missing the pre-designated area is an infraction.)
- * Go to the designated starting line for the next event.

5. HANG SMOKE EJECTOR

- * With both hands, lift the smoke ejector from the ground.
- * Walk to the designated doorway.
- * Use the smoke ejector on the doorway bracket using the smoke ejector hooks.
Dropping the smoke ejector is an infraction.
- * Leave the smoke ejector hanging and proceed to the next event start line.

6. VICTIM RESCUE – 175 Lb. Manikin

- * Crawl under the provided low-profile obstruction.
- * Grasp the manikin by any means.
- * Drag the manikin approximately 12 ft. until out from under the obstruction.
- * Stand up and walk to the net event starting point

7. Dry hose load

- * Walk to the stack of 10 dry 2-½ inch hose rolls.
- * Pick up the hose rolls one at a time and stack them on the engine tail board, with couplings facing outward to protect engine from damage.
- * Make two stacks, each five rolls high.
- * Dropping or throwing hose rolls on the tail board is an infraction. If the hose rolls are not placed in orderly stacks, as determined by the proctor, it is an infraction.

Scoring the test

To pass this examination, Cadets must complete all events within the prescribed time limit. Each INFRACTION will result in the addition of 5 seconds to the final time.

Monitoring

Cadets will be visibly monitored throughout the test. Any Cadet who, in the opinion of instructors, is exhibiting excessive fatigue or shows signs of distress, shall be immediately stopped and assessed. Likewise any Cadet who is unable to perform any of the individual events shall be stopped and not allowed to proceed any further in the testing process that day.

Immediately following their test, each Cadet shall be required to rest for a period of time, (typically 10 minutes or more) and shall have pulse respiration, and blood pressure monitored during this cooling off period.