

# CHESHIRE FIRE DEPARTMENT

## Physical Agility Test

### **NOTES:**

#### ***Recommended personal protective equipment for the candidates***

1. ***bump cap***
2. ***leather gloves***
3. ***long pants only, no shorts.***

**Station #1 – High Rise Evolution** – applicant shoulders a 1 ¾” x 100’ high rise pack and ascends and descends the south stair tower a total of 2 complete times

#### **Setup**

- a. Stair climb starts and ends on the apparatus floor by the south stairwell door
- b. Both of the doors from the apparatus floor and the 2<sup>nd</sup> floor are chocked open
- c. High rise pack is picked up from the ground and shouldered by the applicant
- d. Applicants must complete 2 rounds of stair climbs (both feet must touch the top and bottom landings to be a complete round)
- e. Applicants must not skip any stairs ascending or descending
- f. Applicants must use at least one hand rail ascending and descending the stairs

#### **Reasons For Failure**

1. Applicant drops the high-rise pack
2. Applicant fails to ascend or descend the stairs all the way to the landings
3. Applicant skips stairs
4. Applicant fails to use hand rails

#### **SCRIPT TO READ TO CANDIDATE**

**Shoulder the high-rise hose pack and walk up the four short flights of stairs to the second floor landing. You must use each and every stair tread and at least one hand rail. Both feet must touch the top and bottom landings to be considered a full round. You must complete two full rounds of stair climbs. The time will start after you shoulder the hose and adjust it to ride comfortably on your shoulder.**

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**Station #2 – Equipment Carry** – applicant carries a chain saw and a rotary saw from a starting point, around a cone and returns to the starting point

**Setup**

- a. Equipment carry starts and ends at the south apparatus bay wall to the right of the south stair tower door opening.
- b. Applicant picks up one saw in each hand and carries them toward the north apparatus bay wall, proceeding around a cone placed approximately 50 feet away and returns to the starting point

**Reasons For Failure**

1. Applicant fails to pick up both saws
2. Applicant drops a saw after leaving the starting point
3. Applicant fails to carry the saws the total distance down and back
4. Applicant fails to carry the saws around the cones

**SCRIPT TO READ TO CANDIDATE**

**Pick up both saws, walk around the cone and back past the starting line**

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**Station #3 – Hose Stretch** – applicant shoulders up to 10’ of hose line, walks to a designated point, drops to one knee and drags an additional 50’ of hose line to that point

**Setup**

- a. Hose drag begins at the south wall by the front bay door
- b. Applicant shoulders 10’ (hose line is marked) of hose and the nozzle
- c. Applicant proceeds towards the north wall and turns 90° right, after passing the last column at Engine 6’s bay
- d. Stopping at a cone just before of the rear floor drain grate, the applicant drops to at least one knee and drags an additional 50’ of hose (hose line is marked) to the grate

**Reasons For Failure**

1. Applicant shoulders more than 10 feet of hose
2. Applicant turns 90° right before the designated column
3. Applicant walks past the designated stop point
4. Applicant fails to pull the additional 50’ of hose

**SCRIPT TO READ TO CANDIDATE**

**Pick up the hose and nozzle, up to the hose-line mark, and place the hose over shoulder or across your chest. Walk to last column, turn right and proceed to cone. At cone, drop to at least one knee and pull the hose until the second hose-line mark passes the cone**

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**Station #4 – Rescue Drag** – applicant drags a mannequin a measured distance and back to the starting point

**Setup**

- a. The event starts and ends at the north wall by the gear racks
- b. Applicant grabs / lifts the mannequin by the harness and drags it from the starting point, toward the south wall, goes around a cone approximately 50 feet away and returns to the starting point.

**Reasons For Failure**

1. Applicant fails to drag the mannequin the total distance down and back
2. Applicant fails to drag the mannequin around cone

**SCRIPT TO READ TO CANDIDATE**

**Drag the mannequin by the shoulder straps or the strap on the back of harness, go around the cone and back past the start line.**

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**Station #5 – Ceiling Breach & Pull** – applicant simulates opening up and pulling a sheetrock ceiling

**Setup**

- a. This event is on the north wall at the breach prop
- b. The applicant grabs the wooden handle (just above head height) which is attached to a 25 lb. weight and pulls down 5 times (the lower hand must come down to waist height)
- c. The applicant then steps to the side and grabs the second wooden handle (at waist height), which is attached to a 25 lb. weight, and pushes up 3 times (the upper hand must come up to head height)
- d. The applicant must perform 4 complete sets of 5 pulls and 3 pushes.

**Reasons For Failure**

1. Applicant fails to grasp the pike pole in the proper location
2. Applicant fails to complete the repetition before going on to the next one.
3. Applicant loses control of the pike pole and drops the the buckets
4. Applicant fails to complete 4 sets

**SCRIPT TO READ TO CANDIDATE**

**Step up to the pike pole on the left and grab the pike pole just above head height and pull down 5 times, each time your lower hand must come down to waist height. Step to the right and grab the second pike pole at waist height and pushes up 3 time, each time your upper hand must come to head height. You must complete 4 sets of 5 pulls and 3 pushes.**

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**Station #6 – Ladder Raise** – applicant raises a 24’ ground ladder from the floor up to the wall and then raises a simulated fly section

**Setup**

- a. The ladder raise is performed with the ladder prop to the right of the hose dryer.
- b. Applicant raises the 24’ ground ladder from the floor and up to the wall (a self-retracting lanyard is attached to the top rung of the ladder to protect the applicant in the event they lose control of the ladder)  
(a rubber is pad placed on the wall to protect the ladder tip and the concrete block)
- c. Applicant steps to the side in front of the wall mounted ladder and using the hand over hand method raises a weighted fly section to the highest point  
(the weight is equal to the weight of the fly section of a 24’ ladder)
- d. Applicant using the hand over hand method lowers the weight to the ground.

**Reasons For Failure**

1. Applicant fails to raise the ground ladder up to the wall
2. Applicant drops the ground ladder so the fall arrest lanyard activates
3. Applicant fails to extend the weighted fly section until it stops make contact
4. Applicant fails to maintain control of the weighted fly section, on either raising or lowering.

**SCRIPT TO READ TO CANDIDATE**

**Raise the ladder to the wall using each rung, Then step to the right and grab the halyard of the ladder secured to the wall. Using a hand over hand motion, pull down on the halyard and raise the fly section to the top until it stops and lower it back to the ground.**

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**Station #7 – Forcible Entry** – applicant strikes a target 10 times using a 8 lb. sledge hammer

**Setup**

- a. Applicant strikes a target on a tire 10 times with a 8 lb. sledge hammer

**Reasons For Failure**

1. Applicant fails to strike the tire the required number of times
2. Applicant loses control of the grip on the sledge hammer
3. Applicant unable to perform an overhead swing of the sledge hammer

**SCRIPT TO READ TO CANDIDATE**

**Pick up the sledge hammer and strike the target on the tire 10 times. When you are done, place sledge hammer on the ground.**

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**Station #8 – High Rise Evolution** – applicant shoulders a 1 ¾” x 100’ high rise pack and ascends and descends the south stair tower 1 additional time

**Setup**

- a. Stair climb starts and ends on the apparatus floor by the south stairwell door
- b. Both of the doors from the apparatus floor and the 2<sup>nd</sup> floor are chocked open
- c. High rise pack is picked up from the ground and shouldered by the applicant
- d. Applicants must complete 1 round of stair climb (both feet must touch the top and bottom landings to be a complete round)
- e. Applicants must not skip any stairs ascending or descending
- f. Applicants must use at least one hand rail ascending and descending the stairs

**Reasons For Failure**

1. Applicant drops the high-rise pack
2. Applicant fails to ascend or descend the stairs all the way to the landings
3. Applicant skips stairs
4. Applicant fails to use hand rails

**SCRIPT TO READ TO CANDIDATE**

**Shoulder the high-rise hose pack and walk up the four short flights of stairs to the second floor landing. You must use each and every stair tread and at least one hand rail. Both feet must touch the top and bottom landings to be considered a full round. You must complete one full rounds of stair climbs. The time will start after you shoulder the hose and adjust it to ride comfortably on your shoulder.**