

Firefighter Physical Ability Test



Candidate Orientation Guide

Rockledge Fire Department

Physical Ability Test Candidate Orientation Guide

This manual has been developed to introduce you to the Rockledge Firefighter Physical Ability Test (PAT). The test consists of two separate components. The first component is a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. The second component is a 1.5 mile run. The following section describes both components of the physical ability test and offers information to assist you in preparing.

Component 1: Job Simulation Tasks

The first component of the test contains five job-simulation events that will be timed in a continuous series. These events include:

- Ladder carry and raise
- Stair climb with equipment
- Hoseline hoist
- Equipment carry
- Victim Rescue (dummy drag)

The following guidelines apply to this component of the PAT.

- Applicants must wear a weighted vest, fire helmet and gloves. The vest weighs approximately 40 pounds to simulate the weight of an SCBA and gear.
- Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. You will be performing physical acts that demonstrate strength, agility, and endurance, and it is important to be outfitted in attire that does not hinder your performance. During the PAT, you may get dirty and/or wet from maneuvering through the exercises. Plan your dress accordingly.
- You may bring your own gloves, helmet, etc. to use; however, the testing authority reserves the right to inspect all equipment, and to disallow equipment, to ensure that its use does not affect the fair and impartial administration of the PAT.
- All five elements of this component of the PAT will be timed in a series. The test has a cutoff time and failure to complete the course in the allowed time will result in disqualification.
- **You must not run during the test.** Running is not permitted on a working fireground, and it will not be allowed during this test. Failure to heed a first warning not to run may result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe, on the stair climb stations as it is not technically possible to run during these components.

- You should hit every stair going up and coming down while climbing the stairs. You may move as quickly as you like and are encouraged to use the hand rails as needed.
- Test monitors will be assigned to time you while on the course. It is acceptable to ask the test monitor questions concerning course rules and layout prior to beginning the course and while on the course.
- You will be allowed as much time as needed to complete each individual component of the PAT within the maximum allotted time. Should you perform one of the components incorrectly; the test monitor will guide you as to how to correct your actions or to perform the component again. Pay careful attention to the instruction of the test monitor and ask for clarification when needed.
- Unnecessarily dropping, throwing or other **intentional misuse** of any of the testing props will be grounds to disqualify a candidate.

The following pages provide a description regarding each of the five events contained in the first component of the PAT.

#1: Ladder Carry/Raise

Station Description:

The candidate will pick up and carry a 24-foot extension ladder using a low shoulder carry through a designated course and place the ladder at the base of the training tower. The candidate will then raise and extend the fly section of the ladder using the rope (halyard). The candidate will use a hand-over-hand technique to extend the fly section of the ladder until the ladder is fully extended. The candidate will then lower the fly section down using a hand-under-hand technique and then lower the ladder to the ground. If the candidate loses control of the halyard (e.g., the rope slips through hands), he/she will be required to perform the event again.

#2: Stair Climb

Station Description:

The candidate will climb up to and back down from the 3rd floor of the training tower (3 flights of stairs) while carrying a bundled section of hoseline that weighs 35 pounds. The candidate will complete this climb two times to simulate six floors. Before climbing the tower, the candidate will pick up the bundled hose pack. The candidate must carry this hose pack without dragging it. The candidate should hit every stair going up and coming back down the staircase. When the candidate reaches the 3rd floor he/she will place his/her feet on the landing and then turn around and descend the stairs. The candidate may use the hand rails and may move as fast as he/she chooses on the stairs. Once the candidate exits the stairs, he/she should set the hose pack on the ground.

#3: Hose Hoist

Station Description: The candidate will ascend to the third floor balcony of the training tower, use a rope to hoist a rolled-up section of 2 ½ inch hoseline up to and back down from the third floor using a hand over hand method, and then descend the staircase. If the candidate loses control of the rope (e.g., the rope slips through hands), he/she will be required to perform the event again. While raising and lowering the hose roll, the candidate's feet must remain in a box that is painted on the balcony floor landing.

#4: Equipment Carry

Station Description:

The candidate will carry two five gallon containers of firefighting foam weighing 45 pounds each for a distance of 75 feet. The candidate will pick up the containers and carry them 35 feet around a cone and back to the starting location, and place the containers back on the ground. You may set the containers down at any time to rest, but may not drag or push the containers – they must be carried.

#5: Rescue Drag

Station Description:

The candidate will drag a human form dummy weighing 165 pounds (weight of dummy and harness) for 35 feet, around a barrel/cone and then back across the starting point for a total distance of 75 feet. The candidate will drag the dummy using the pull harness attached to the dummy. In order to complete this station, the candidate and the dummy must both completely cross the finish line.

The five simulation events are timed in a series. Any candidate that completes the course in 7 minutes (7:00) or less will pass this first component of the PAT.

Component 2: 1.5 Mile Run

Assuming the candidate successfully completed the first component of the PAT, he/she will be afforded a rest period of approximately 15 to 20 minutes. After this time, the candidate will run 1.5 miles. The 1.5 mile run must be completed in **18 minutes** (18:00) or less in order to pass the PAT.

**ROCKLEDGE FIRE DEPARTMENT
1800 ROCKLEDGE BLVD.
ROCKLEDGE, FL 32955**

<http://www.cityofrockledge.org/153/Fire-Department>

HOLD HARMLESS AGREEMENT

- **The Hold Harmless Agreement must be notarized**
- **Keep a photo copy of this document for your records**

I _____, as applicant before undergoing a required physical ability test at the Rockledge Fire Department Training Center, do hereby state the following:

1. That I understand that I will be taking a rigorous physical ability test for the position of firefighter.
2. That I understand that this test is intensive and related to the rigorous physical functions necessary to perform as a firefighter and have received the schedule of specific test events.
3. That I am in good physical condition and am able to take the above described physical ability test at the Rockledge Fire Department Training Center.
4. That I hereby release and waive any claims that I may have against the Rockledge Fire Department and the City of Rockledge from any and all injuries, liabilities, claims, actions, damages, costs or expenses which I may have against any of them arising out of the above described physical ability test that I am about to take.

SIGNATURE OF APPLICANT _____

STATE OF FLORIDA:
CITY OF ROCKLEDGE

SWORN TO AND SUBSCRIBED BEFORE ME THIS _____ DAY OF _____, 20____.

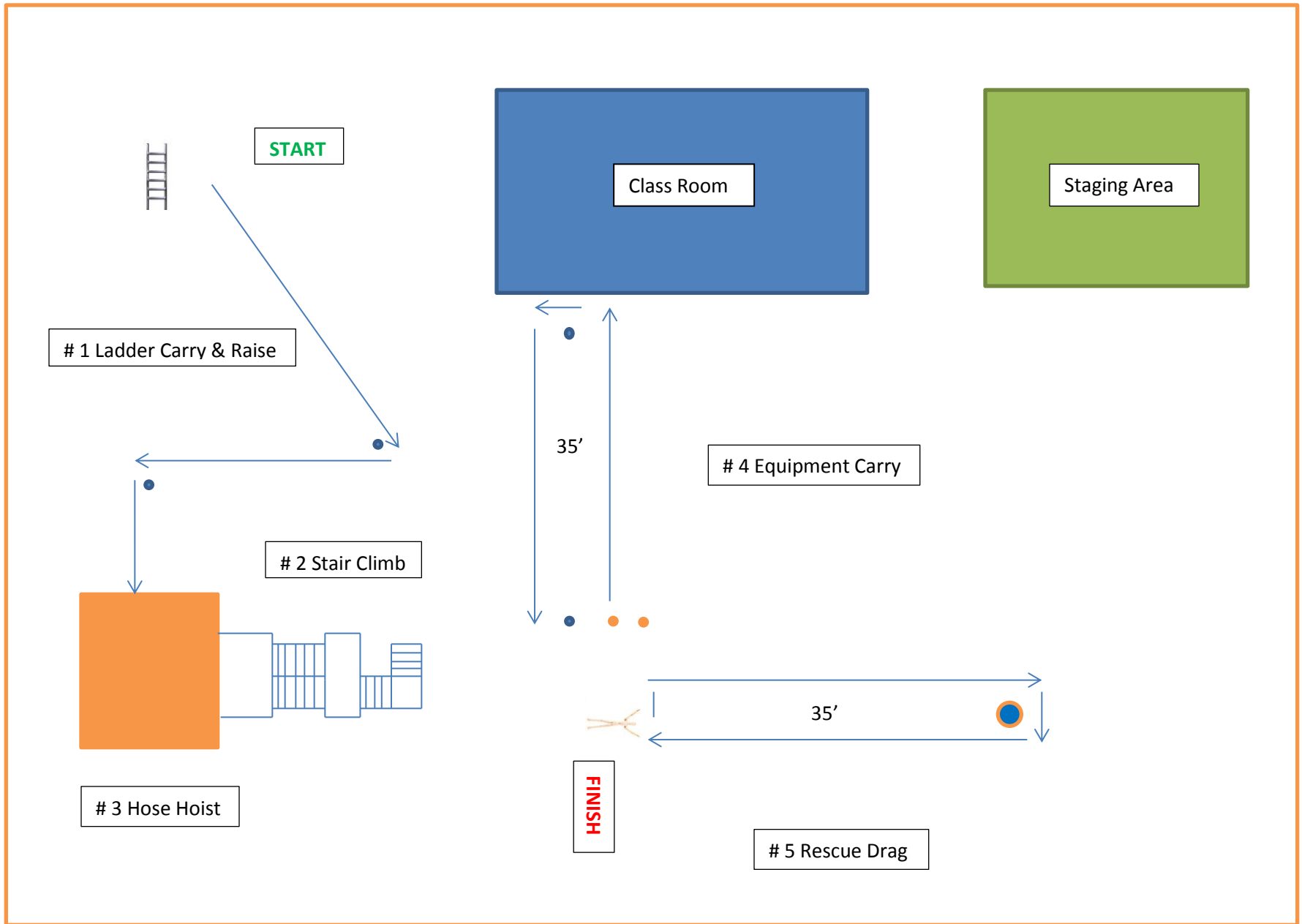
Signature of Notary, State of Florida

Print Name of Notary

- () PERSONALLY KNOWN TO ME; OR
() PRODUCED IDENTIFICATION

Type of Identification

ROCKLEDGE FIRE DEPARTMENT PHYSICAL ASSESSMENT TEST
COMPONENT 1



7 MINUTE TIMED CIRCUIT