

HEARTLAND FIRE ACADEMY PHYSICAL AGILITY

The physical agility test is designed to be completed in a maximum time of 6 minutes and 45 seconds.

The test consists of the following consecutive events:

- 150 foot 2 1/2" hose drag
- Ladder lift and carry
- Hose drag and dummy rescue
- 25 foot charged 2 1/2" hose drag
- 35 foot ladder extension
- Advance up stairwell to roof of tower while wearing breathing apparatus and carrying a 55 lb. hose pack
- Hoist 35 lb. hose bundle to roof by rope and lower
- Return to ground level without hose pack
- Lift and carry simulated rescue tool 90 feet

DESCRIPTION OF EVENTS

EVENT 1 - DRY HOSE DRAG

- Three lengths of 2 1/2" dry hose will be coiled in a standard manner on the ground.
- The hose shall have a 2 1/2" fog nozzle connected to the end that will be placed over the shoulder.
- The candidates will place the hose line over their shoulder and grip the end with the hands.
- Candidates will then run 150 feet in a straight line while dragging the hose until the line marking the finish has been reached, pulling coupling only, not loop.
- If coupling is dropped, it will be picked up and placed on the ground. (5 second penalty)
- PHYSICAL ABILITIES MEASURED: Leg strength, cardiovascular endurance.

EVENT 2 - LADDER LIFT AND CARRY

- Candidates are to lift a 14 foot ladder (38lbs.) off of a bracket from a height of 5 1/2 feet, which simulates ladder bracket on fire truck.
- Candidates will then carry it 90 feet around a pylon where they will replace it back on the bracket. (Ladder touches ground = disqualification)
- PHYSICAL ABILITIES MEASURED: Leg, arm, grip, chest, back strength and endurance.

EVENT 3: HOSE DRAG AND RESCUE

- The candidates will drag a 1 1/2 inch charged hose line a distance of 25 feet.
- After crossing the finish line, place nozzle on ground (DO NOT DROP).
- A dummy (150 pound sled) will be placed at the hose drag finish point.
- The candidate will drag the dummy (150 pound sled) back to the hose drag starting point. NOTE: Shall use two hands while pulling dummy/sled.
- PHYSICAL ABILITIES MEASURED: Leg, arm, grip, back strength; flexibility.

EVENT 4: ADVANCED CHARGED HOSE LINE

- 2 1/2 inch hose, charged to hydrant pressure, will extend from the fire hydrant to the test area.
- The hose will be laid out so that a portion of it is snaked to provide slack for advance.
- The candidates will be required to pull the hose forward 25 feet; then, beginning with a 90E right turn, will make a lateral arc, also 25 feet in length.
- The path that the candidates will be required to follow will be marked onto the pavement of the course.
- Do not drop nozzle.
- Stay within lines.
- A foot over the line = disqualification. (5 second penalty each time nozzle touches ground)
- PHYSICAL ABILITIES MEASURED: Leg strength and power.

EVENT 5: LADDER EXTENSION EVENT

- Candidates are to fully extend a 35 foot ladder by pulling down on halyard, then lower.
- Ladder will be fixed in an upright position.
- While lowering ladder, do not let it bang ground. (5 second penalty)
- PHYSICAL ABILITIES MEASURED: Back, arm, grip strength.

EVENT 6: STAIRWELL ADVANCE

- Candidates will don an air tank and harness (less valves, hose, mask and regulator).
- Candidates must then lift a prepared hose bundle from the ground and place it over their shoulder.
- Prepared hose bundle weighs 55 pounds and consists of one length of 2 1/2 inch hose looped and tied near each end with a rope.
- Candidates then proceed 100 feet around pylon to entrance of training tower and climbs stairway to forth story landing.
- The hose bundle carried up the tower will be placed in the designated area marked on the floor.
- Candidates must use every step going up and down tower. (5 second penalty for each step missed).
- PHYSICAL ABILITIES MEASURED: Leg strength and endurance; cardiovascular endurance.

EVENT 7: HOIST

- After placing hose bundle, candidates stand on fourth floor and hoists one 50 foot length of tightly coiled 2 1/2 inch hose (35 lbs.) from ground level up to the fourth floor.
- Event ends when hose bundle touches top of hose roller.
- Do not go over "white line" while raising hose (No turning around and walking out of pulling area).
- Candidate will then return down stairwell to ground.
- Use every step going down stairwell.
- Hand B.A. to the Procter - Do not drop B.A.
- PHYSICAL ABILITIES MEASURED: Back, arm, grip strength.

EVENT 8: LIFT AND CARRY

- Candidates pick up simulated rescue tool (73 lbs.) from a two foot bench.
- Candidates will carry it around a pylon a distance of 90 feet and then place tool back on a four foot bench.
- PHYSICAL ABILITIES MEASURED: Leg, arm, grip, chest, back strength and endurance.