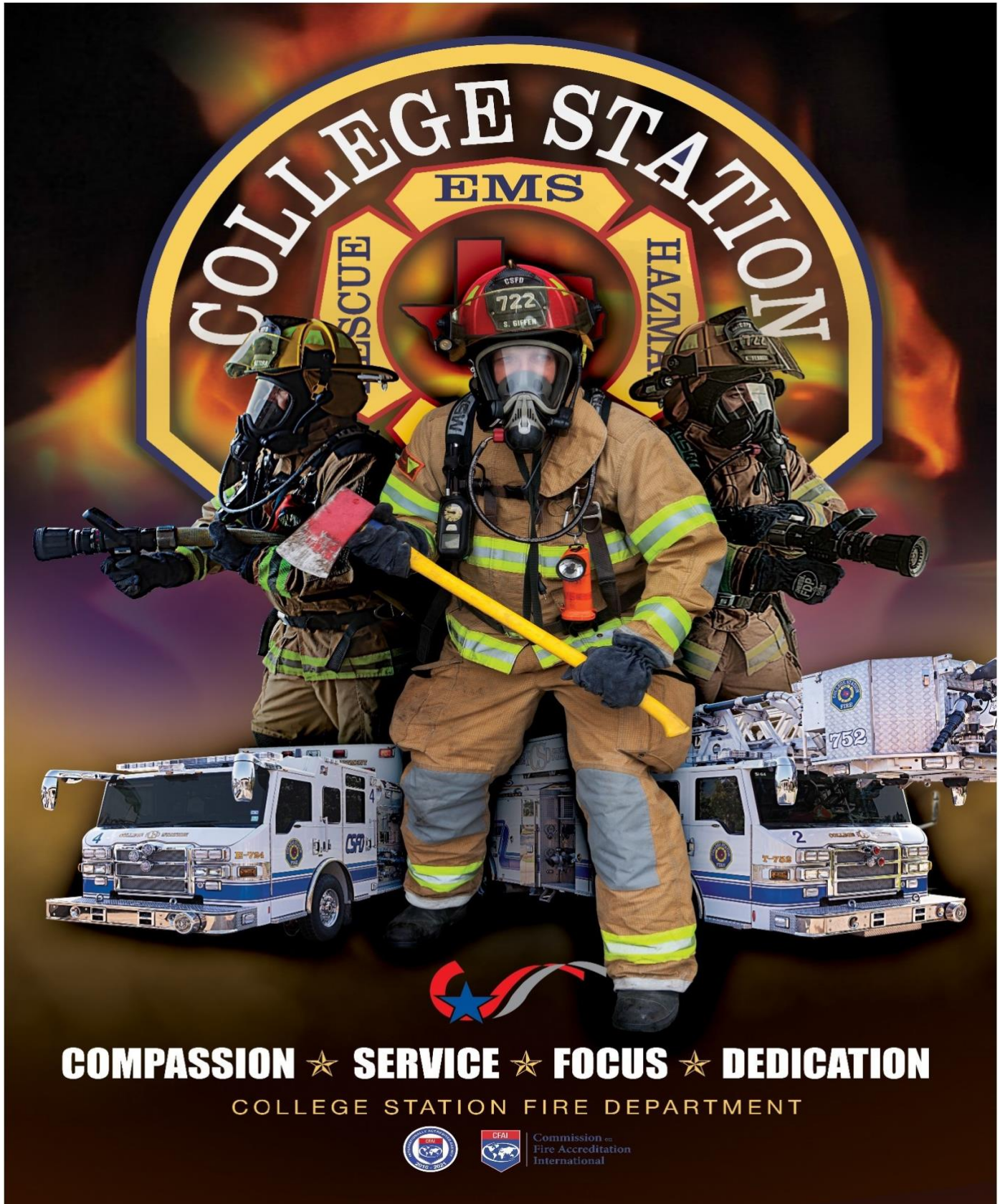


APPLICANT PACKET



College Station Fire Department

Entry Level Physical Agility Testing Instructional Guide for the Task Exercises



Task 1: Climb and descend a 100' aerial ladder set at 70°. The candidate will be attached to a safety line.

Exercise description: Firefighters are exposed to strenuous activities under stressing conditions. The ladder climb is used to simulate these strenuous activities under stressing conditions. The candidate must climb the full length of the ladder and touch the uppermost (top) rung. During the climb, a rope will be attached to the candidate as a safety precaution. There is no time limit for this task. This task is not included in the timed portion of the test. If inclement weather exists, a ladder mill will be utilized. The candidate will wear an SCBA (without the mask), helmet, and gloves.

To successfully complete means:

- Safety practices are maintained, including no running.
- Candidate reaches the top of the ladder.

Failure means:

- Unsafe act, such as running, is performed.
- The candidate does not reach the top of the ladder.

Tasks 2 – 10

Tasks 2-10 are completed as a continuous exercise. Tasks 2-10 are timed. The candidate will wear an SCBA (without the mask), helmet, and gloves. The time limit to complete these nine tasks is 10 minutes. The candidate is allowed up to one minute of rest after the aerial ladder climb before starting tasks 2-10. Time will start when the candidate leaves the resting area and will stop when the candidate carries or drags the rescue dummy across the finish marker.

Task 2: Carry a “high rise” hose pack section up the stairs and down the stairs.

Exercise description: This task simulates fire ground operations at a multi-floor structure. Firefighters are expected to be able to carry necessary equipment to the fire area. This task consists of carrying one 50' section of 2 ½" fire hose the equivalent of six floors, up and back down.

To successfully complete means:

- Safety practices are maintained, including no running.
- Hose pack is not dropped at any point in the task.
- The candidate completes the minimum six flights of stairs.

Failure means:

- Unsafe act, such as running, is performed.
- Hose pack is dropped and makes contact with the ground or stairs.
- The candidate does not complete the minimum six flights of stairs.

Task 3: Raise a section of hose using a simulated roof hoist.

Exercise description: Firefighters often need to get equipment to another level on a building for operations. This task simulates the hoisting a section of hose to a roof for fire operations and then lowering back down.

To successfully complete means:

- Safety practices are maintained, including no running.
- The rope is not to slide through hands.
- The hose is not dropped.

Failure means:

- Unsafe act, such as running is performed.
- The hose is dropped.
- The task is not completed as described.

Task 4: Pick up a ladder from ground level and carry it a minimum 50' and with proper technique, raise and set at the proper climbing angle.

Exercise description: Firefighters often use ladders to gain access to elevated areas. These ladders must be raised for the firefighter to climb the ladder. The candidate must carry, raise, and climb one step of the ladder showing the proper climbing angle.

To successful complete means:

- Safety practices are maintained.
- The ladder was carried.
- The ladder was raised, and the proper climbing angle was demonstrated.
- The ladder was not dropped.

Failure means:

- An unsafe act is performed.
- The candidate was unable to carry the ladder.
- The candidate was unable to raise the ladder.
- The candidate was unable to demonstrate the proper climbing angle.
- The ladder has dropped.
- The task is not completed as described.

Task 5: Demonstrating proper technique, extend a multiple section ladder mock-up fully and return it to the lowered position without dropping.

Exercise description: Firefighters often use ladders to gain access to elevated areas. Many of the ladders used consist of multiple sections. These extension ladders must be extended in an upright position using a halyard (rope). The candidate must fully extend the ladder while maintaining control by not allowing the halyard to slide through hands or dropping the ladder.

To successfully complete means:

- Safety practices are maintained.
- The candidate is able to fully extend the ladder by pulling the halyard.
- Maintaining full control of the halyard.

Failure means:

- Unsafe act, such as running, is performed.
- Failing to maintain a grip on the halyard, such as allowing the halyard to slide through hands.

- Ladder is not fully extended.
- Ladder is allowed to drop.
- Task is not completed as described.

Task 6: Maneuver through a 20' tube.

Exercise description: This task simulates activities in which firefighters must maneuver through tight and restrictive places while wearing a self-contained breathing apparatus. This task is completed by the candidate maneuvering through a 20' tube.

To successfully complete means:

- Safety practices are maintained, including no running.
- Candidate is able to maneuver through the tube without removing the self-contained breathing apparatus.

Failure means:

- Unsafe act, such as running, is performed.
- Self-contained breathing apparatus is removed.
- The task is not completed as described.

Task 7: Demonstrating a fireground tool carry

Exercise description: Firefighters must carry tools during fireground operations to mitigate problems. The candidate shall pick up, carry, and place on the ground a given tool from a designated area 75' to a simulated work area. This task is completed by the candidate carrying a tool from point A to B.

To successfully complete means:

- Safety practices are maintained.
- The tool was not dropped.
- Task completed as described.

Failure means:

- An unsafe act is performed.
- The candidate was unable to carry the tool.
- The task is not completed as described.

Task 8: Demonstrating proper advancement of a hose line

Exercise description: Firefighters must advance charged hose lines in order to put water on the seat of the fire. Using a hose simulator, or a charged hose line, the candidate will advance the line a distance of 75'. The candidate must be able to advance the line past the designated end point.

To successfully complete means:

- Safety practices are maintained.
- The hose or simulator was moved to the finish line.

Failure means:

- An unsafe act is performed.

- The candidate was unable to move the hose to the finish line.
- The task is not completed as described.

Task 9: Use pike pole simulator 16 times.

Exercise description: Firefighters often have to pull sheetrock and other building materials from ceiling to check for extension of fire into the attic space. This task is often completed by the use of a pike pole. The candidate must demonstrate the use of a pike pole by using a pike pole simulator 16 times using the full motion of the simulator. If the full motion is not used, the pull will not count towards the 16 times.

To successfully complete means:

- Safety practices are maintained.
- The candidate is able to fully extend the pike pole simulator up and down 16 times.
- Maintaining full control of the pike pole simulator.

Failure means:

- Unsafe act is performed.
- Not completing 16 full-motion exercises with the pike pole.
- The task is not completed as described.

Task 10: Drag or carry a rescue dummy (approx. 150 pounds) 75 feet to finish line.

Exercise description: One of the expectations of a firefighter is for that firefighter to be able to rescue a fire victim by bringing them to safety. The candidate must demonstrate that they can carry or drag a rescue dummy a total of 75 feet. The candidate is allowed to reposition the rescue dummy and to regain their hold on the rescue dummy.

To successfully complete means:

- Safety practices, such as not running, are maintained.
- The rescue dummy was carried or dragged a total of 75'.

Failure means:

- Unsafe act, such as running, is performed.
- The candidate was unable to carry or drag the rescue dummy a total of 75'.