

**CITY OF ELKINS FIRE DEPARTMENT**

**PHYSICAL AGILITY TEST**

**Release of Liability and Hold-Harmless Agreement**

I, \_\_\_\_\_, am over the age of eighteen (18) years, am able to read, write and understand the English language, have been provided the opportunity to seek review of this legal document by a licensed attorney (at my own expense), understand that my execution of this document forfeits various legal rights to which I might otherwise be entitled, have read and understood this document and agree to the conditions set forth in this document, as evidenced by my signature below, said signature being freely and voluntarily provided.

I understand that the physical agility test which I am required to perform is a demanding exercise which requires a certain level of physical fitness to accomplish safely. I understand that the risk to my physical health and welfare is substantially increased if I have a medical history of heart trouble, heart or chest pain, dizzy spells or fainting spells, high blood pressure, arthritis or other bone or joint abnormality, or other medical conditions.

My execution of this document evidences my understanding of the risks associated with the physical agility test, my willingness to personally assume said risks, and release and hold-harmless the City of Elkins, Elkins Fire Department, and Elkins Firemen’s Civil Service Commission, from any and all administrative or civil liability resulting from any illness, injury, or other harmful outcome of my participation in the physical agility test.

\_\_\_\_\_  
Candidate’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness’s Signature

\_\_\_\_\_  
Date

## City of Elkins Fire Department

### Physical Agility Testing

When hiring for a new firefighter the following physical agility test shall be administered. Each station is outlined along with how it relates to the job of being a firefighter and pass/fail criteria is also stated. While much of these tasks are relatively simple by design it is important that they are done as described so that each test is comparable to the other with no advantage given.

Each of these tasks is to be completed consecutively and it is a timed event. It is a Pass or Fail event, with an eight (8) minute time limit.

Stopping or quitting in the middle of the test will result in automatic failure of the test. The location for this test will be the apparatus bay at the Elkins Fire Department. Any changes in venue may also require minor modifications elsewhere in the course layout. The City of Elkins Fire Department reserves the right to make any changes necessary.

During this test each candidate shall wear long pants, appropriate closed toe footwear and long sleeve shirt. They will also be provided with a safety helmet, gloves, and 40lbs. weighted vest. Each of these shall be worn throughout the test.

The candidate will be guided through the course by an attendant. The attendant will provide the candidate with the name of the next station and guide him/her in the right direction. Assistance at the station will not be given. The attendant will tell the candidate when the task is complete. The attendant has final say on the completion of tasks. For example if the candidate does not pull the hose completely across the line, the attendant will advise them they must pull further before the station is complete.

#### **Task 1 – Stair Climb with Hose Bundle**

This station will be performed on a step-up box. The candidate will carry a high-rise pack over one shoulder. One (1) complete step-up will consist of both feet being planted on top of the step-box, then returning both feet to the ground. An example is to step up with the left foot, step up with the right foot, step down with the left foot, and step down with the right foot. This completes 1 repetition. The candidate must complete Sixty (60) step ups or repetitions in order to proceed to the next station. Upon completion, the high rise pack shall be placed on the ground beside the step box.

Pass/Fail Criteria: During this task candidate must not drop hose bundle or skip steps in the sequence of a repetition. Failure to complete the station will result in failure.

Job Correlation: As a firefighter you are expected to maintain a good aerobic exercise capacity. Many tasks on an emergency scene can test your cardiovascular system. What this test ensures is that you can keep a steady pace for a period of time. Also stairs, hills, and other grades are

often encountered on different scenes. This ensures that the candidate will not be affected greatly by such an obstacle. The test is also a good test of balance as you are not allowed to grasp anything while doing this task. This is also difficult at times in the fire service with the weight and amount of equipment one may be asked to carry.

### **Task 2 – Hose Drag**

During this portion of the test each candidate will drag the hose and nozzle connected to the weighted sled a distance of 100 feet. The hose and sled must cross the designated line.

Pass/Fail Criteria : During this task each candidate must pull the hose by walking, jogging, or running forwards and holding onto it. At no time will a person be permitted to move it in any other fashion. The candidate must also be sure to not stray from the established path designed for this section of the course. The length from start to finish for dragging the hose will be 100 ft. dragging the hose any length shorter than this before starting the next task will result in failure of the test.

Job Correlation: As a firefighter the candidate may be required to hoist hose or other equipment into the upper floors of a building, thus requiring upper body strength.

### **Task 3 – The Sled**

During this task the candidate will be required to drive a block of steel with a 10lb. sledgehammer while straddling the block of steel. The candidate will be required to drive the block 4 feet. This task is completed using a “sled” similar to the Keiser Force Sled.

Pass/Fail Criteria: This task should be with safety in mind. Reckless swinging or losing control of the sledgehammer will be grounds to immediately end the candidates test. Candidates must be completely on the sled with both feet straddling the steel block while swinging the sledgehammer. If at any time the candidate steps off of the sled he/she shall remount the sled prior to striking the steel block. The candidate must complete this task before starting the next task. Failure to comply with these criteria will result in failure of the test. If the candidate misses the steel block and strikes anything other than the block they will receive one warning. A second miss will result in failure of the test.

Job Correlation: As a firefighter one will be expected to use heavy hand tools such as sledgehammers and axes to force entry into buildings or to create openings through different building materials. This will test the candidate’s ability to generate enough force with a weighted tool.

#### **Task 4 – Equipment Carry**

During this task the candidate must pick up and move two saws a distance of 100 feet. This will be accomplished in an upright and forward facing position.

Pass/Fail Criteria: The candidate must walk at all times during this task. No running or jogging permitted. The candidate must stay within the designated path for this task. The saws must be picked up from the ground and not set down again until crossing the end line for the task. Failure to comply with these criteria will result in failure of the test.

Job Correlation: : Firefighters are constantly moving heavy tools and objects over varying distances. This task tests the strength of the firefighter to both pick up and carry the object over a given distance.

#### **Task 5 – Tunnel Crawl**

The candidate will crawl through a blacked out tunnel with established obstructions

Pass/Fail Criteria: Each candidate must safely climb into, through, and exit the tunnel; failure to complete the station will result in automatic failure

Job Correlation: Firefighters are asked to work in tight spaces and often spaces that impair vision because of smoke or darkness.

#### **Task 6 – Dummy Drag**

The dummy drag consists of moving a 165lbs. dummy for a total distance of 100 feet backwards. The dummy will be lying on its back with its arms at its side. The candidate must drag the dummy by placing their arms under the arms of the dummy.

Pass/Fail Criteria: The candidate must drag the dummy from start to finish backwards without going outside of the pathway designated for this task. Upon both feet leaving the pathway the candidate will be disqualified.

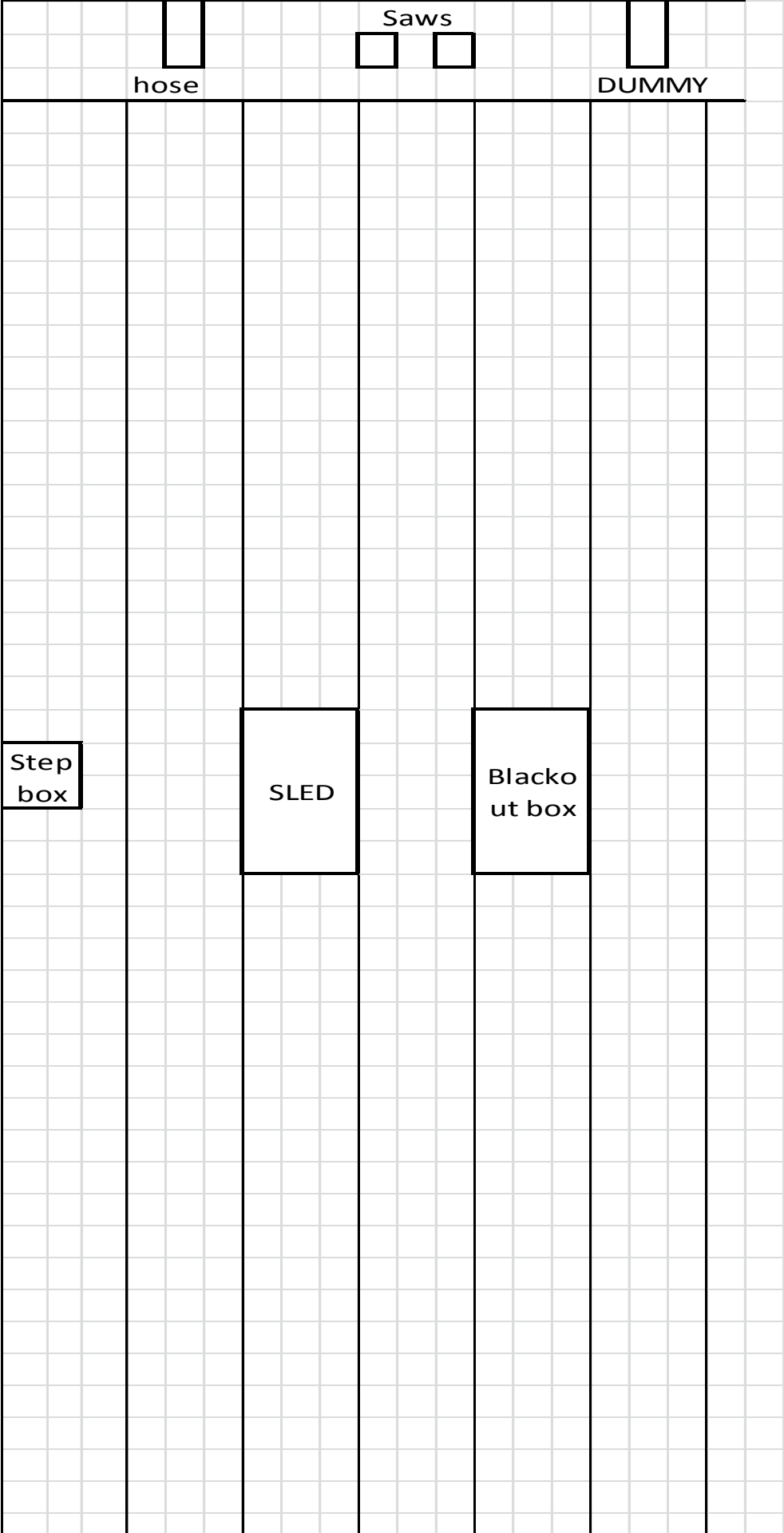
Job Correlation: This task simulates a firefighter having to remove a victim from a hazardous situation.

#### **Conclusion**

This test is designed to ensure each candidate is able to physically complete firefighting duties. At all times during this test safety is our utmost priority. The City of Elkins Fire Department reserves the right to make any necessary changes as they see fit. Any changes made will be pointed out and explained. All of these tasks are to be completed consecutively. Between each

of these tasks candidates shall not run or jog. Administrators will give directions to aid the candidate. Examples of these directions may be to let the candidate know that have completed the task or that they are starting towards the edge of the designated pathway. Verbal cues and reminders of proper form and technique will not be offered.

It is our intent to encourage and aid candidates to pass this test of their physical ability to perform the tasks of a firefighter. However we will not bend the rules or allow rules to be broken in order to gain more candidates. Please understand this ahead of time.



hose

Saws

DUMMY

Step  
box

SLED

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ut box