

## **Fire Fighter Agility Test**

### **Intro**

Recruits or current members passing this agility test will have the ability to become Entry Qualified in the to EVFD.

The agility test is Pass/Fail. Recruits or fire fighter personnel who fail the agility test will be limited to Firefighter Support roles until corrective action/training is complete and they successfully pass the test. This is an annual test. One retest will be allowed on the same day.

If documented physical impairment makes performance questionable, a physician certification that the member is capable of performing the above tasks is required.

Proctor will review all aspects of test with recruit or member. Review will include all safety procedures, proper lifting techniques and description of stations.

### **Requirements**

All aspects of the following test must be completed within 10 minutes to pass. The test will be performed wearing standard PPE including turnout coat, proper shoes (boots, hiking shoes, or approved running shoes), entry approved firefighting gloves, entry approved firefighting helmet and airpack. Donning of Scott SCBA will not be timed and a SCBA mask will not be worn. **Safety First!** At any time the proctor or safety assistant may stop the test if there is a safety concern.

The Proctor will appoint a timer, safety assistant and spotter for Hose Lift. The timer will record elapsed time after completing each station and the overall time at the end of the test. The test will begin at the direction of the timekeeper. The test is designed to be circuit type evolution. There are no breaks permitted between stations. Forward progress must be maintained. **Running is prohibited during any portion of test.**

### **Test**

#### **Station # 1 Vent Prop**

The firefighter will begin the test by stepping onto the vent prop. The member will pick up and use the steel 14 pound sledge hammer, fully swinging it into the prop 20 times onto a pre-marked spot. A full swing is defined as a sledgehammer swinging above the members head at the uppermost part of the swing. Only full swings will be counted. A proctor will verbally count out full swings. Member will place sledgehammer down and pick up the hotel pack and move to Station # 2. Timing for station will begin when the firefighter hits the prop on the first swing and ends when the firefighter reaches the designated area at Station # 2.

Time Elapsed \_\_\_\_\_

#### **Station # 2 Stair Climb**

Firefighter must should the hotel pack onto his or her shoulder. The firefighter must climb the staircase three times (three times up and three times down). Running is prohibited and every stair tread must be stepped on. There must be one hand on the guardrail at all times.

When finished member will place hotel pack on marked spot at bottom of stairs. The firefighter will then climb the stairs to Station # 3. Timing for station will begin upon completion of Station #1 and will end when hotel pack is placed on designated area prior to climbing stairs to Station #3.

Time Elapsed \_\_\_\_\_

Station # 3 Hose Lift

The firefighter will proceed down the catwalk to the area where the spotter is located. The firefighter will then lift the 3” rolled hose with rope hand over hand until the hose touches the top rail of the wall. The firefighter will then lower hose back to floor hand over hand. After two repetitions the firefighter will proceed down the catwalk and down the stairs (hitting every step and one hand on the handrail at all times). The firefighter will move to Station # 4. Timing for station will begin at completion of Station # 2 and end when firefighter reaches the area at Station # 4.

Time Elapsed \_\_\_\_\_

Station # 4 Dummy Drag

The firefighter will drag the 185 pound dummy using the webbing (already around shoulders of dummy) thirty-five feet around the cone and thirty-five feet back for a total of seventy feet. The firefighter will then move to station # 5. Timing for station will begin on the completion of Station # 3 and will end when the firefighter reaches Station #5.

Time Elapsed \_\_\_\_\_

Station # 5 Hose Drag

The firefighter will pick up the nozzle and drag it 100 feet of 1 ¾” hoseline (charged). Hose will be arranged in “accordion” pattern at the start line and nozzle must clear the finish line. Station time will begin with the completion of station # 4 and end when the nozzle crosses the finish line.

Time Elapsed \_\_\_\_\_

Test is completed when the member finishes Station # 5.

**Overall Time:** \_\_\_\_\_

**Firefighter Name:** \_\_\_\_\_

**Proctors Name:** \_\_\_\_\_

**Safety Assistant Name:** \_\_\_\_\_

**Date of Test:** \_\_\_\_\_

**Pass/Fail:** \_\_\_\_\_ (Pass = 10minutes or less)