

PLYMOUTH FIRE DEPARTMENT PHYSICAL AGILITY TEST

Created 1/1/2024.

Revised 11/20/2024.

This test consists of a series of task designed to assess important physical abilities necessary for the effective job performance as a firefighter. These tasks were developed to mirror real situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a firefighter to successfully complete.

There are seven (7) job related physical agility test components that are timed.

Step 1: Stair climber

Step 2: Equipment Carry

Step 3: Forcible Entry

Step 4: Extension Ladder Raise

Step 5: Drag 1 ¾ Hose Line 150Ft, then pull It back 50ft.

Step 6: Crawl

Step 7: Victim Rescue

The following are points and rules that the candidate must adhere to while participating in the physical agility testing.

- Candidate must wear 50-pound weighted vest during the duration of the test.
- A safety helmet and gloves will be provided and must be always worn during the testing. The candidate can bring their own equipment to use; however, the testing authority reserves the right to inspect all equipment and to disallow such equipment to ensure that its use does not affect the fair impartial administration of the test.
- Applicants are to wear athletic shoes (sneakers) and (sweatpants), appropriate clothing for physical demanding work. You will be performing physical acts that demonstrate strength, agility and endurance and it is important to be outfitted in attire that doesn't hinder your performance. During the PAT, you may get dirty from maneuvering through the exercises and or get wet. Plan to dress accordingly.
- Steps 1-8 will be timed from start to finish. **The test has a cutoff time of 10 minutes and 30 seconds and failure to complete the course in the allowed time will result in disqualification.**
- Step 5 will be the only time running will be allowed. All other steps you may move at your own pace but NO RUNNING. Failure to not comply with the warnings for running may result in disqualification.
- Test monitors will be assigned to time you while on the course. They are there for your safety and cannot assist you with the skill. It is acceptable to ask for direction to the next station if needed. Unnecessary dropping, throwing or other intentional misuse of any of the testing props or equipment will be grounds to disqualify the candidate from the test.

Medical Guidelines:

- Prior to beginning the agility test, a baseline set of vitals, including blood pressure, pulse, and respirations, will be taken and recorded. Upon completion of the test, a second set of vital signs shall be taken and recorded. If the initial blood pressure is greater than 180 systolic, the member may not participate in the agility test. If the initial pulse rate is 120 beats per minute or greater, the member may not participate in the agility test. If the initial respiratory rate is 20 or greater, the member may not participate in the agility test. The member will be asked about any existing medical condition, illness, or injury that may prohibit them from testing.

NOTE: If the candidates vital signs are outside the acceptable limits, the candidate will be given a rehab/recover period of up to 10 minutes and then have their vitals taken again. If the vitals are outside the limits after the rehab/recover period, the candidate will be dismissed from the PAT.

- The Candidate will have their vitals taken after the course to ensure you are medically able to leave the premises.

Step 1: Stair Climber

Duration: 3 minutes and 20 Seconds

The candidate has a 20-second warm-up on the StepMill at a set stepping rate of 50 steps per minute. During this warm-up period, the candidate is permitted to dismount, grasp the rail or hold the wall to establish balance and cadence. If the candidate falls or steps off the StepMill during the 20-second warm-up period, the candidate is required to remount the StepMill and restart the entire 20-second warm-up period. The candidate is allowed to restart the warm-up period twice. There is no break in time between the warm-up period and the actual timing of the test. The timing of the test begins at the end of this warm-up period when the proctor calls out "START." For the test, the candidate is required to walk on the StepMill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event. The proctor will then walk you to step 2.

Step 2: Equipment Carry

K12 and Chainsaw 50Ft.

Instructions: Pick up the K12 and Chainsaw and carry them for 50 feet. This step simulates the physical demand of carrying firefighting equipment to a location. It helps develop strength and endurance in the upper body and core, essential for firefighters who may need to carry heavy tools during emergency response situations. Then walk to step 3.

Step 3: Forcible Entry

Sledge and Tire move tire 10ft.

Instructions: Using the sledgehammer, perform tire strikes to move a tire 10 feet. Continue the test in a continuous manner. This exercise mimics the forcible entry actions firefighters may need to take during emergencies. It enhances upper body strength, coordination, and the ability to perform precise movements under pressure. Then walk to step 4.

Step 4: Extension Ladder Raise

Instructions: Set up the extension ladder vertically raising rung by rung and then back down rung by rung. Keep the test continuous. This step is crucial for firefighters as they often need to quickly and safely deploy ladders to access elevated areas during emergencies. It helps develop technique, coordination, and strength in the arms and upper body. Then walk to step 5.

Step 5: Drag 1 ¾ Hose Line 150Ft, then pull 50ft of It back to you.

Instructions: Drag a 1 ¾ inch hose line for 150 feet, and then at your own pace go to the cone and pull 50ft back to you. This is the only step where running is allowed. Maintain a continuous flow. This exercise simulates the actions involved in advancing and retracting a hose line during firefighting. It builds endurance, strength, and coordination, key components for effective firefighting operations. Then walk to step 6.

Step 6: Crawl
50ft

Instructions: Perform a crawling exercise for 50 feet. Keep the test continuous without stopping. This mimics the need to navigate through confined spaces or low-visibility environments during firefighting. It enhances agility, flexibility, and core strength. Then walk to step 7.

Step 7: Victim Rescue
110LBS 50ft

Instructions: Carry a simulated victim weighing 110 pounds for 50 feet. Keep moving without any breaks. This step replicates the physical demand of rescuing individuals from hazardous situations. It develops strength, endurance, and the ability to carry and maneuver a person to safety. Test is complete once all parts of the victim are past the cone.

Timing Note:

The entire agility test (steps 1-7) must be completed within 10 minutes and 30 seconds. If the time exceeds the test will be stopped, and the participant will be informed that they have failed the agility test. Additionally, if the applicant stops at any time during any step, the tester will stop the test and inform the participant that the test is over and has failed testing. Steps must be done in a continuous method without breaks. The only step where running is allowed is during step 5 hose drag.

Disclaimer:

The agility testing conducted by the Plymouth Fire Department and the City of Plymouth is designed to assess the physical abilities of individuals seeking employment or participating in training programs related to firefighting. It is important to understand and acknowledge the following disclaimers before engaging in agility testing:

Participation:

Participation in agility testing is required. Individuals may choose to opt-out at any time. If you choose to opt out of the agility test you will be eliminated from the hiring process.

Physical Fitness Requirement:

Agility testing is physically demanding and requires a certain level of fitness. Individuals with pre-existing medical conditions or injuries are advised to consult with a healthcare professional before participating.

Assumption of Risk:

Participants understand and assume the inherent risks associated with physical activities. The City of Plymouth and the Plymouth Fire Department are not responsible for any injuries, accidents, or medical conditions that may occur during or as a result of agility testing.

Medical Clearance:

It is the responsibility of each participant to ensure they are medically cleared to engage in physical activities. Participants should disclose any medical conditions, medications, or concerns to the testing personnel before initiating the agility testing.

Fitness Level Assessment:

The agility testing is designed to evaluate an individual's fitness level in relation to the requirements of firefighting. The results of the testing may be used to determine eligibility for employment or participation in training programs.

Testing Standards:

The agility testing follows established standards and protocols. Any concerns regarding the fairness or validity of the testing should be brought to the attention of the testing personnel.

Liability Release:

By participating in agility testing, individuals release the Plymouth Fire Department, the City of Plymouth, and their representatives from any liability, claims, or demands arising out of or related to the testing process.

Modifications to Testing:

The Plymouth Fire Department reserves the right to modify or cancel agility testing sessions due to unforeseen circumstances, safety concerns, or other reasons deemed appropriate by the department.

By engaging in agility testing, participants acknowledge that they have read, understood, and agreed to the terms and conditions outlined in this disclaimer. It is recommended to seek clarification on any aspects before participating in the testing process.

Print Name applicant: _____

Signature of applicant: _____

Print name of evaluator: _____

Signature of Evaluator: _____

*****DO NOT FILL OUT FOR EVALUATOR ONLY*****

Agility Test Results:

Initial Vitals:

Blood Pressure: _____ Pulse: _____ Respirations: _____

Secondary Vitals:

Blood Pressure: _____ Pulse: _____ Respirations: _____

Time Finished: _____

Pass or Fail

Notes: _____

