

Apex Fire Department

Volunteer Physical Agility Assessment Guidelines

The physical agility assessment is the next component in the process for membership approval, after completing the ride-along program. Applicants who fail to successfully complete this component will be eliminated from further consideration in this selection process.

Purpose:

- To confirm the applicant's ability to perform various physical requirements of the job description
- To determine that the applicant does not possess a fear of heights or closed spaces
- To evaluate the ability of the applicant to perform the basic functions of the job, as listed in the job description

Health and Safety Issues:

- Applicants are encouraged to discuss the entire agility assessment with their personal physician, in order to consider any physical limitations which might prevent successful completion or lead to possible injury.
- Applicants should wear loose fitting, old clothes such as gym shorts and t-shirts to the agility. Certain portions of the agility will require full firefighter turnout clothing, which will be provided for all applicants.
 - Designated personnel will be assigned to take your pulse and blood pressure at established intervals
- If any officer feels that it would be detrimental to your health to continue the assessment, he/she may require that you to stop the test immediately.
- All applicants must sign a Waiver of Claim for Injury form prior to participating in the agility assessment.

Apex Fire Department

Physical Agility Assessment

Aerial Climb

Description:

While wearing a fire helmet and fire gloves, the individual will climb 75 feet up an aerial ladder (extended at a 70-degree angle), touch the top rung, and descend to the bottom. The ladder must be climbed with both hands on the rungs and descended in the same manner. The climb and descent must be made in a continuous, methodical motion, without rushing or recklessness. **The individual may not remain with feet on the same rung for over 60 seconds.** This shall constitute freezing, which is unacceptable performance.

Grading:

Pass or Fail: Freezing or failure to complete the climb constitutes a failure, and no further employment consideration will be given at that time

Relevance:

The aerial climb will determine whether applicant has vertigo or acrophobia sufficient to interfere with job performance. It also determines whether applicant has the physical endurance to accomplish the essential functions of the job specification, requiring upper and lower body strength.

Firefighter Obstacle Course

This course is designed to best simulate tasks that a firefighter may encounter on the job.

All objectives must be completed within specified time frame and specified order, in accordance with the accepted practices of the IFSTA “Essentials of Firefighting” manual. Applicants will be given 5 minutes to complete this course, which will be completed wearing turnout gear and an air pack without a mask. The entire course will be graded as pass or fail. Applicants must be able to complete any weight-carrying portions of this course without pausing for more than 15 seconds at a time. **Pausing for longer than 15 seconds will constitute automatic failure.** There will be no assistance in completing these objectives.

Time will start at the “go” command from course evaluators.

1. Hose Hoist- After “go” command has been given, candidate will climb a ladder to roof of building, exit ladder to roof and pull up 50’ roll of 2 ½” hose to roof with a hand over hand motion. Once hose is placed on roof exit down the ladder and proceed to the next station. (A 20-second penalty will be assessed for not using a hand-over-hand motion and using the building as a pulley.)
2. Ladder Raise- Candidate will lift a 24’ ladder from ground to building while touching each rung of ladder. Once ladder touches building proceed back down to the ground position. Ladder is mounted on a pivot at the foot. (20-second penalty will be assessed for each of the following: dropping ladder, slamming ladder against building, not touching rungs, rail sliding.)
3. Rescue Drag- Candidate will drag Rescue Randy for 50’. All of Randy must cross line for objective to be complete.
4. Ventilation Simulator- Candidate will swing 8 lb. hammer at tire and move tire for 3’ and knock over target. Once target is knocked over you can proceed to the next station. (Candidate may not stand inside of tire or use any part of body to move tire. This will result in failure)
5. Hose Drag and Spray- Candidate will pick up nozzle of charged 1 ¾” hose and drag 100’. Candidate will then stop in box and spray water at target, filling barrel with water. Once water runs out of marker hole in barrel, place nozzle in box. Time stops when nozzle is placed in box. (20-second penalty for dropping nozzle on ground.)