

# PHYSICAL ABILITY TEST

Steamboat Springs Fire Rescue will conduct in-house firefighter physical testing to ensure all members are capable of performing the physical requirements of the job. This policy will be applied subject to the Americans with Disability Act. The testing will be conducted under the following guidelines:

- **Overview of Firefighter Ability Test**

The Steamboat Springs Physical Ability Examination measures job related physical skills, specifically strength and coordination, which are necessary for the successful performance as a firefighter. Only those skills, which do not require specialized training to become proficient, are assessed.

- **Description of Test**

Prior to the actual examination a test administrator will give an orientation and walk through. Participants must fully understand what is expected of them before being allowed to take the test. Examinations will take place only as weather allows. Additional information listed below:

1. Complete turnouts and helmet shall be worn throughout the course of the examination. Participants are encouraged to wear some type of athletic shoe rather than firefighting boots. Wearing gloves is optional.
2. All events will be performed safely and as designated. The events are as follows.

- **Aerial Climb**

There is a two-minute time limit on the aerial ladder climb. Participants unable to complete the aerial climb in two minutes will not be allowed to continue. If the participant maintains continuous motion, there is adequate time to safely complete this event. The participant shall climb to the top of the aerial ladder that is extended to 75 feet above the ground at a 70-degree angle. The participant will ascend the ladder one rung at a time without stopping. Once at the top to the ladder, both hands will be placed on the top rung. The participant will then descend the ladder one rung at a time without stopping. Hands will be placed on the ladder rungs, not the side rails. Time will be stopped once both feet of the participant are off the ladder.

Participants will be secured by a belay rope during the aerial climb.

- **Sequenced Events**

Prior to commencement of the sequenced events, the participant will don and adjust the SCBA. The participant is not required to go on air or wear the SCBA mask. After the aerial climb the participant will have up to two minutes to don the SCBA and begin the next stage.

There is a 5 minute time limit for the sequenced events. Time for the sequenced events will start once the participant touches the hose. During the sequenced events, there will be **one break of 10 seconds allowed**. If the participant stops for longer than 10 seconds at any time the test will stop at that point and the participant will not be allowed to continue. If the time limit for the sequenced events is exceeded, the participant will be informed and the physical ability examination will be terminated.

1. **Hose Drag:** The participant will move 50 feet of 5-inch diameter hose 75 feet and will place the end of the hose in a marked square on the ground. The end of the hose may be placed over a shoulder or grasped in the participant's hands. Picking up extra hose in any manner is not allowed.
2. **Ladder Handling:** The participant must lift a 16 foot roof ladder from brackets placed on the training building approximately six feet high. The participant will raise the ladder from its brackets and with a high shoulder carry, carry the ladder forty feet around a placed cone then forty feet back to the starting position and will place the ladder back on the brackets. If any part of the ladder touches the ground the participant will be asked to stop and the test will be terminated.
3. **Ladder Extension:** The participant will stand at the base of the ladder during the entire event. The participant will pull the halyard rope until the 35-foot (2 section) ladder is at full extension as confirmed by the test administrator. The ladder section must be raised and lowered using the halyard in a hand over hand motion. Wrapping the halyard around the body in any fashion is unacceptable. The ladder cannot be dropped or the participant will fail the examination.
4. **Charged Hose Advance:** The participant will pick up the nozzle and move 100 feet of 1 ¾ inch (charged to 125 psi hose laid out in an accordion style) hose 75 feet and will place the nozzle in a marked square on the ground. The hose will get progressively heavier as the participant walks with the nozzle. The end of the hose may be placed over the shoulder or grasped in the participant's hand.
5. **Hydrant Opening:** The participant will stand in a marked area during the entire event. A hydrant wrench will be in place on the operating nut of the hydrant. The participant using hands only, will turn the hydrant wrench counter clockwise one full turn.
6. **Stair Climb:** The participant will safely carry a hose pack, weighing approximately 75 pounds, with the strap over the shoulder (not over the head) up the main stairs of the Mountain Fire Station up to the door of the day room and back to the starting point. The participant is not allowed to use the handrails on the stairs and will not be allowed to skip stairs.
7. **Rescue Randy:** The participant will drag Rescue Randy, weighing approximately 175 pounds, by either grabbing him under the arms or by an attached strap and pulling him backwards a distance of 30 feet to a placed cone, around the cone and back 30 feet to the starting point. The event and the examination will be complete when both the participant and Randy completely clear the finish line.

Participants who are able to complete the entire sequenced events in a time of 5 minutes or less will successfully pass the test.

- **Pre and Post Vital Signs**

Pulse and blood pressure will be taken before the test, after the sequenced events, and five minutes after exam is completed.