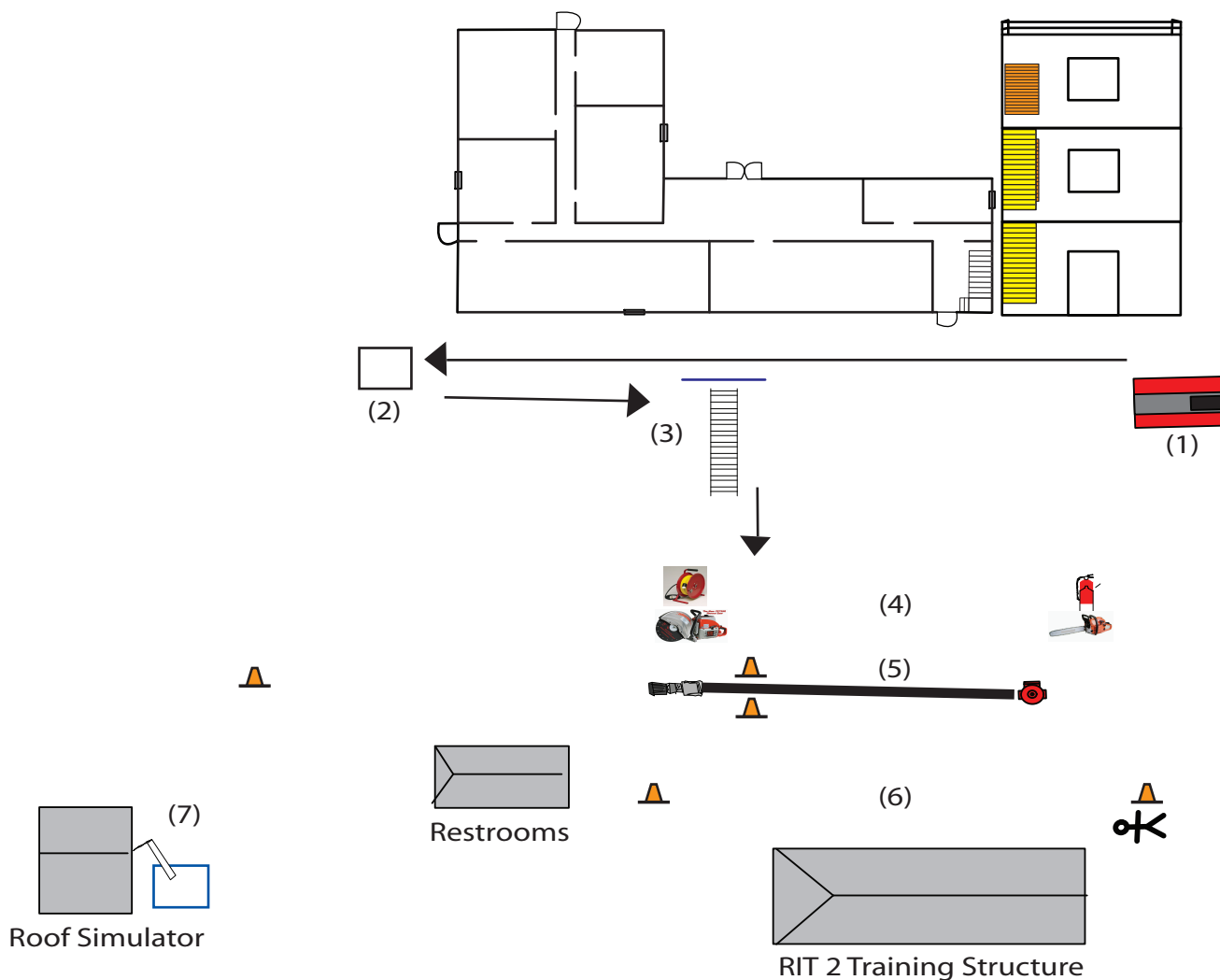




FREDERICK COUNTY FIRE AND RESCUE DEPARTMENT

PHYSICAL AGILITY TEST



OBJECTIVES:

- * Applicant will wear a 40-pound weight vest to simulate structural turnout clothing and S.C.B.A.
- * Course must be completed within the 12-1/2 minute time limit.

START:

EACH PENALTY LISTED BELOW ADDS 5 SECONDS TO OVERALL TIME

- (1) Using a 10-pound sledge hammer, strike sliding block until its end passes the edge of the sled
PENALTY: Throwing hammer in an unsafe manner
- (2) Carrying a 150-foot high-rise pack, step up and down on elevated platform 30 times, then return the pack to the platform.
- (3) Raise a 14-foot ground ladder using the flat-raise method against the side of the burn building, then lower and drag ladder back to starting position until ladder butt crosses blue line on ground.
- (4) Carry two pieces of fire equipment (rotary saw, 20 pound extinguisher, exhaust fan, cord reel) 50 feet, place items down and carry the two other pieces back 50 feet to the starting point.
PENALTY: Not placing final tool pair in box on ground
- (5) Drag a 165-pound firefighter dummy 50 feet, turn then drag another 50 feet to the starting point.
- (6) Pull a 150 foot handline 75 feet, turn and walk back to starting point. Pull the hose back until nozzle is pulled back over starting line.
PENALTY: Not staying within cone area while pulling hose back to starting position
- (7) Using a pike-pole with 30-pounds of weights attached to it, simulate pulling a ceiling. Must make 30 complete pulls with the pole. Hands must be kept in the indicated areas on the pole and you must stand in the designated area.
PENALTY: Not keeping hands within indicated area on pole, not standing in box on ground

View the video for this test on YouTube! - search "frederickcountyfire"