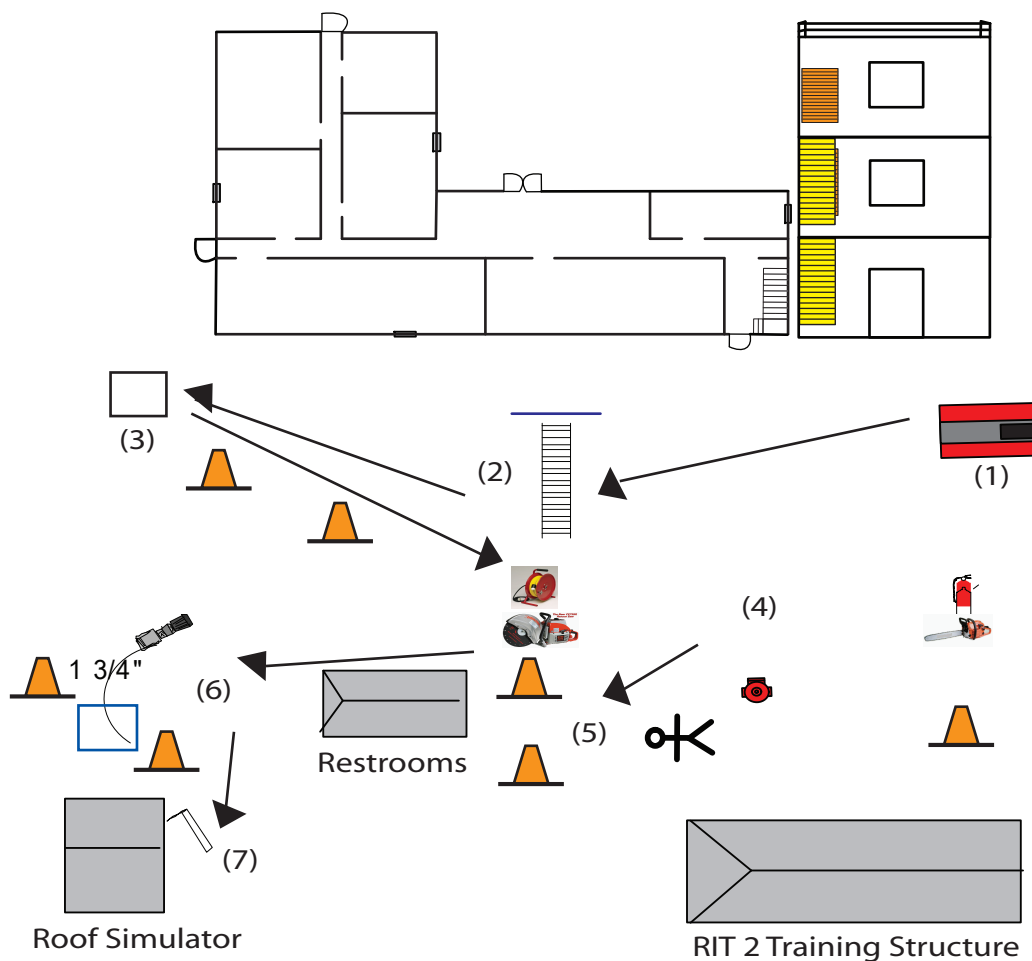




# FREDERICK COUNTY FIRE AND RESCUE DEPARTMENT

## PHYSICAL AGILITY TEST



### OBJECTIVES:

- \* Applicant will wear full structural P.P.E. and S.C.B.A. without a mask during the testing process.
- \* 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) 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.
- (3) Carrying a 150-foot high-rise pack, step up and down on elevated platform 30 times, then return to ground, placing high-rise pack in square on pallet  
**PENALTY: Not placing high-rise pack back on pallet**
- (4) Carry two pieces of fire equipment (chain 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 175-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 crawl back to starting point. Pull the hose back until nozzle is pulled back over starting line.  
**PENALTY: Not staying within box on ground while pulling hose back to starting position**
- (7) Using a pike-pole with 25-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"