

**Bath Fire Department
Physical Agility
Liability Release**

I _____, hereby state that I have applied for employment with the Bath Fire Department. I understand that the application and hiring process includes a job-related pass/fail physical fitness test consisting of the following activities:

Preparing for the physical agility test. It must be emphasized that regardless of a person's level of fitness, a person should be in good health before beginning any physical training program that emphasizes cardio-respiratory (heart-lung) fitness, strength and muscular endurance, and flexibility. Most people can improve their level of physical fitness through an intensive training program that includes running for cardio-respiratory fitness, weight lifting to develop muscular strength, and stretching exercises to increase flexibility.

How to evaluate your level of physical fitness. From a training standpoint, you should gradually work up to the point where you can run 1.5 miles in 12 minutes or less to establish your cardio-respiratory fitness. Your strength should be gradually developed to where you can do 7 chin-ups, 20 push-ups, and 40 sit-ups with comparative ease. This is about the minimum fitness level for a candidate to safely complete the physical agility test. It must be emphasized that following the guidelines is no guarantee for passing the test. However, your chances for passing will be greatly increased if adequate preparatory physical training has taken place.

What is cardio-respiratory fitness? Cardio-respiratory fitness is the ability of the heart to deliver oxygen to the muscles and other tissues. This is called aerobic power. Simply stated, the ability to perform exercise and/or physical work is directly dependent upon how well the body delivers oxygen to the working muscles. A highly fit person will be able to deliver large amounts of oxygen to the muscles, and therefore be capable of prolonged muscular exercise (for example: fighting fires). On the other hand, the out-of-shape individual will not be capable of delivering adequate amounts of oxygen to the muscles and therefore will fatigue quickly and be forced to stop working much sooner.

What about muscular strength? Strength can be defined as the ability to apply force. Since nearly all movements are performed against some resistance, a certain degree of muscular strength is needed to perform any activity. Firefighters perform activities against much greater resistance than the average individual. Therefore, the firefighter must have above average muscular strength, endurance, and power in order to effectively and sagely handle firefighting equipment and perform the duties of a firefighter.

What about flexibility? Flexibility allows the individual to perform required moves without causing injury. Firefighting and many extremely vigorous activities can be performed more safely if the person has good flexibility.

The physical agility test. Do not take the physical agility test lightly. It is more difficult than it appears. Your chances for passing the test will be greatly increased if adequate preparatory training has been undertaken. Physical training should emphasize cardio-respiratory (heart-lung) fitness, strength, and muscular endurance. Running and weight training are two of the best approaches to this end.

Prior to the test starting a set of vitals will be obtained, which will entail a blood pressure check and pulse check. Due to the strenuous nature of the test, the Bath Fire Department reserves the right to not allow candidates to run the test based on the vital signs obtained.

Here is a description of the six (6) tasks that must be completed in five minutes (5 mins) or less in order to pass the physical agility test.

Keep in mind that these tasks are performed while wearing a firefighter's coat, helmet, structural firefighting gloves, and a self-contained breathing apparatus (no mask).

Applicants must wear pants and close toed shoes to the test.

The following tasks are not in order of accomplishment for the day of the test and once time passes indicating the start of the test, as a group, all candidates will be walked through the test one time, to be shown the order and expected outcome of each station.

1. Hose Hoist

Requirement: Hoist 1 ¾ inch fire hose from ground level to the second story which is approximately 16 to 20 feet.

Procedure: Hoist a rolled and tied 50-foot section of 1 ¾ inch fire hose, from the ground level to the second story and pull hose roll over the rail and set onto deck.

Penalty: The candidate will have failed the test if the rope slips through their hands.

Job Relatedness: Firefighters are required to hoist fire hose and other tools to upper stories of buildings.

2. Hose Pull

Requirement: Extend one hundred fifty (150) feet of dry 2 ½” fire hose a minimum of one hundred fifty (150) feet.

Procedure: The applicant will approach one hundred fifty (150) feet of dry 2 ½” fire hose and nozzle, which is in an accordion fold. The hose is placed on the applicant by Fire Department personnel. The applicant CANNOT reach back beyond a six (6) foot mark on the hose. The applicant moves forward until all of the hose is extended.

Penalty: The applicant must extend the hose the full one hundred fifty (150’) feet or they will have failed the exam.

Job Relatedness: 2 ½” hose is carried on engine companies in lengths up to three hundred fifty (350) feet. A firefighter occupying the nozzle position on an engine company is responsible for extending the line to the point of attack.

3. Ladder Extension

Requirement: Fully raise (extend) the top (fly) section of an extension ladder and safely lower it completely by using the attached rope (halyard).

Procedure: The applicant will fully raise (extend) and lower the top (fly) section of the fixed extension ladder by using the demonstrated hand over hand method; both of the applicant’s feet must remain in contact with the ground at all times while raising and lowering the ladder.

Penalty: Allowing the rope (halyard) to slip through the hands in an uncontrolled manner is an unsafe practice and is unacceptable. A ten (10) second penalty will be added to the applicant’s total time if the halyard slips and the top section falls a distance of three (3) or more rungs. If there is a second slip the candidate will have failed the test.

Job Relatedness: Rescue from elevated levels is sometimes required via ground ladders.

4. Roof Ventilation Simulation

Requirement: Strike mock roof with 8 lb. sledge hammer fifty (50) strikes.

Procedure: The applicant will kneel on ground and strike the mock roof fifty (50) times using the 8 lb. sledgehammer provided to them. The applicant must raise the hammer up to a height equal to the side of their helmet for each of the 50 strikes and must maintain control of the sledgehammer at all times. Failure to strike properly will result in the repetition not being counted. Evaluator will count strikes out loud as they are completed. If necessary, applicant may switch hands on sledgehammer one time to complete simulation.

Job Relatedness: In order to effectively ventilate the roof of a small building, the firefighter would be required to strike the roof a minimum of fifty (50) times, penetrating the roofing materials with each blow. This normally is accomplished using a pick head axe, however we are using a sledgehammer for safety to the applicant and to lessen wear of the props and equipment.

5. Roof Ladder Forearm Carry

Requirement: Lift a fourteen (14) ft. roof ladder that is raised against a building, move horizontally by ten (10) feet, then return to original placement.

Procedure: The applicant will approach a fourteen (14) ft. roof ladder that has been extended and placed on ladder rack attached to a building. Using a forearm carry, the applicant will lift the ladder off of the rack and take lateral steps to the right for a distance of ten (10) feet. Applicant will then take steps to the left and return ladder to original position. Ladder must not touch the ground during the carry.

Job Relatedness: This event simulates removing the ladder from the fire truck and placing on the scene.

6. Dummy Drag

Requirement: Drag a 160 lb dummy a distance of 100 feet.

Procedure:

The applicant will approach the dummy and proceed to lift and drag the dummy head first. The dummy cannot be carried over the shoulder and cannot be dragged by the head or limbs; no personal devices may be used to drag the dummy. The dummy must be dragged the entire 100 feet without allowing the head, shoulders, or posterior to touch the ground. The applicant may not sit the dummy down at any time before crossing the finish line. Test time will be stopped once the feet of the dummy cross the finish line.

Penalty:

The applicant will have failed the exam if they do not drag the dummy in the manner described above, as demonstrated by the fire department.

Claustrophobia Test: This test is a simple pass or fail exercise. The candidate shall don a self contained breathing apparatus face piece and successfully negotiate an established course. If the candidate fails to negotiate the course or needs assistance from the fire department they will have failed the entire exam.

Ladder Climb: The candidate shall climb to the top of a one hundred (100) foot aerial ladder that is set at a 60-degree angle. The candidate shall complete this climb in less than four (4) minutes. The candidate must ascend the ladder continually. If the candidate stops for more than ten (10) seconds at any point during the climb or stops more than twice, the entire PAT will be considered a failure. If the candidate fails to complete this climb in the allotted time or if they need assistance from the fire department they will fail the entire exam.