

**SHEPHERDS FIRE – RESCUE, INC.**

**2014 CHARLOTTE HWY \* MOORESVILLE NC 28117 \* 704-663-1245**

**PHYSICAL AGILITY TEST**

The Physical Agility Test consists of five separate events that test the applicant’s ability to complete the daily physical requirements of a Firefighter. During the test, applicants will progress along a predetermined path from event to event in a continuous manner. This test was developed to assist Shepherds Fire – Rescue to obtain a pool of candidates that are physically able to perform the essential job tasks of a Firefighter.

**THE PHYSICAL AGILITY TEST IS PASS / FAIL – MAXIMUM TIME IS 10 MINUTES**

Weight vest and Clothing

During the test, applicants will wear a 50-pound (22.68-kg) vest to simulate the weight of a self-contained breathing apparatus (SCBA) and Firefighter personal protective equipment (PPE).

Candidates should wear climate appropriate station uniform type clothing with closed toed shoes.

**Event #1- STAIR CLIMB**

This event is designed to simulate the critical tasks of climbing stairs in full PPE. For the test, applicants will walk a stationary stair climbing machine at a set stepping rate of 60 steps per minute, for 3 minutes. During the event, you are permitted to touch the wall or handrail for balance only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, it is an automatic failure. The evaluator will announce when three minutes has been reached.

**Event #2- HOSE DRAG**

The applicant must grasp a hose line nozzle attached to 100 feet of 1-¾ inch hose. Place the hose line over your shoulder or across your chest. Stop when you have reached the marked designated area, drop to at least one knee and pull the hose line until the hose line 50-foot (15.24 m) mark crosses the finish line. Between the 100’ and 50’ marks, the candidate must keep at least one knee in contact with the ground.

**Event #3- KEISER FORCE MACHINE**

This event simulates using force to open a locked door or to breach a wall. This evolution utilizes the Keiser Force Machine (a chopping simulator). Using the 14-lb shot mallet provided, the applicant must drive the sled; a 160-lb steel beam a horizontal distance of 5-ft. Pushing, raking or hooking the beam is not allowed; only the head of the mallet is allowed to strike the beam.

**Event #4- RESCUE**

This event simulates the critical task of removing a victim or injured firefighter from a dangerous area. This event challenges the candidate’s upper and lower body strength, endurance, and grip strength. For this event, the candidate must grasp a 165-pound mannequin under the shoulders or by the arms and drag it 25 feet past a pre-positioned marker, make a 180 degree turn around the cone, and continue an additional 25 feet to the finish line. The candidate is permitted to drop and release the mannequin and adjust grip. The entire mannequin must be dragged until it crosses the marked finish line.

**Split time will be Recorded**

**Event #5- FORCIBLE ENTRY**

This event assesses strength and technique for the art of forcible entry. The applicant will don a helmet, safety glasses and gloves at the start of this event. The applicant will be given a set of basic forcible entry tools (IRONS), that are to be used to force entry of the prop. The applicant must force an outward and inward facing door for this test using normal means. Failure to force prop within the time limit given will result in failure of test. (Applicants must use the Prop in the manner it was intended for. Any other method will not be allowed. Applicants can ask for a demonstration prior to starting the test.)

**Total Time will be recorded**