

**Title: Physical Ability Testing**

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**Chief's Approval:**

**Purpose:** To ensure that combat personnel are physically capable of performing the rigorous and strenuous tasks required of combat personnel when on the scene of a structure fire, building collapse, or other emergency in order to adequately protect lives and property.

**Scope:** It is the responsibility of all personnel to be familiar with this guideline. It is the responsibility of the test proctor to ensure the test process is followed each time and that each participant is evaluated fairly. It is the responsibility of command staff to ensure pre-employment and annual testing occurs.

**General:** The components of the physical ability test (PAT) are all job related and are examples of actual fire ground activities that may be assigned to any combat member at the scene of a structure fire. All combat personnel must successfully complete this test prior to membership. This guideline does not apply to positions above the rank of shift commander or individuals in non-combat positions.

**Guideline:**

**PRE-EMPLOYMENT TESTING**

- 100.13.01 Pre-employment testing will occur as organizational needs arise between the regularly scheduled annual PAT.
- 100.13.02 Applicants must successfully pass the written portion of the fire and EMS tests to be eligible to take the PAT.
- 100.13.03 If the PAT or State Fire Marshal acceptable CPAT has been successfully completed within six months of the hiring process, the applicant will not be required to retest.
- 100.13.04 Full-time, reserve, and combat volunteer applicants must successfully complete the PAT prior to becoming a member.
- 100.13.05 All applicants must be registered for the PAT one week prior to the test date in order to accommodate the logistics of gear and equipment.
- 100.13.06 All applicants must be at the test site prior to the start of the test in order to inspect the gear and equipment. A sign-in sheet will be provided for signature and arrival time.
- 100.13.07 A lead proctor will be assigned to oversee the process.
- 100.13.08 The test will start promptly on time. Applicants arriving after the test begins will not be permitted to participate unless the applicant provided proper notification of extenuating circumstances to the test proctor.

- 100.13.09 The proctor will review the order of the test components and the objectives of each component with all applicants prior to the test beginning.

#### **PREPARATION**

- 100.13.10 This test shall be completed while wearing full structural protective clothing including protective breathing apparatus, and an approved ladder belt or an integrated harness.
- 100.13.11 Protective clothing shall consist of NFPA approved coat, pants, structural firefighting gloves, boots and helmet. All closures and fastening systems shall be securely fastened, including helmet chinstrap.
- 100.13.12 Protective clothing and breathing apparatus shall be provided for the applicants if necessary.
- 100.13.13 Applicants may utilize personal equipment pending inspection by the test proctor to ensure conformance to NFPA guidelines. If equipment fails to meet acceptable standards, equipment will be loaned to the applicant. Arrangements for gear must be made at least one week prior to the test.
- 100.13.14 Individuals not familiar with Draeger air packs will be given instruction on use prior to the start of the test.

#### **PROCEDURE**

- 100.13.15 Each applicant shall be accompanied throughout the test by the proctor who will be available to answer questions of clarification.
- 100.13.16 Each applicant will be required to be "on air" throughout the test. If the applicant runs out of air while completing any test component, the applicant shall disconnect the air hose and breathe directly through the mask. The mask shall not be removed until the test is completed.
- 100.13.17 Each component shall be completed consecutively with no designated resting breaks between components. Applicants may pause between components but time will not be stopped.
- 100.13.18 No physical assistance shall be given to the participant at any point during the test, with the exception of ground ladder stabilization while climbing and lowering, and attaching a safety line for climbing the aerial ladder.
- 100.13.19 The beginning point of the test shall be fifty feet from the first piece of equipment utilized in the test.
- 100.13.20 Two independent stop watches shall be used to track applicant's time.
- 100.13.21 Time will start after the applicant indicates readiness and takes the first step.
- 100.13.22 There shall be no running throughout the test.
- 100.13.23 The maximum time given for successful completion is twelve minutes up to applicant age 45. At the twelve minute mark the participant will be notified that time has expired and the test will end.
- 100.13.24 For those who complete the test in twelve minutes or less, the time will stop at the end of the charged hose line component upon shutting the nozzle off, after the third traffic cone has been knocked down.
- 100.13.25 Applicants shall receive 15 seconds added on to the 12-minute requirement for every year over the age of 45.

- 100.13.26 New applicants will remove the SCBA mask and will have a maximum of three minutes to report to the simulated search component. The participant will don a "blacked-out" mask and begin a simulated search following a hose line through a pre-determined path.
- 100.13.27 The participant may be stopped at any time during the test for safety reasons, with the test resuming when the safety concern or hazard is corrected. Time will only be stopped for safety reasons or equipment malfunctions that are no fault of the applicant.
- 100.13.28 If applicant is unable to complete the test within the specified time, they must wait until the next regularly scheduled test for a second attempt. If the applicant is unsuccessful after the second attempt, they must wait six months to retest.

#### **EXISTING PERSONNEL**

- 100.13.29 Existing personnel shall be required to test annually. The PAT will be scheduled in March of each year and all employees are required to take the test unless prior approval to be excused is received from Administration. Failure to take the test during the regularly scheduled time period will result in the member being placed on unpaid leave and receive disciplinary measures up to and including termination, unless a bonafide medical condition, substantiated by a medical doctor exists and a medical release is obtained from the physician. If an employee is unable to participate in the annual PAT due to a substantiated medical condition; such employee shall be required to take and pass the PAT once full and unlimited medical clearance from their physician to return to combat duty is received. All testing shall be coordinated through Department Administration.
- 100.13.30 If personnel are unable to successfully complete the PAT test within the specified time period, they shall have ninety days to work towards successfully completing the test; but are required to wait at least 72-hours for any official PAT re-attempt. They will be required to retake the test at the end of each 30-day period, but may attempt the test at shorter intervals if the test will be set up for other purposes, as long as there is a minimum of 72-hours between attempts. Those who do not successfully complete the test after the ninety-day period will be evaluated for their fitness for duty. If any member has successfully attempted and passed the required annual PAT test, they shall not be allowed a re-attempt (looking to improve their performance and/or time) until the next annual test or CFD required retest.

#### **TEST COMPONENTS**

- A. **Ladder Carry and Raise**  
Participant shall walk fifty feet, pick up a twenty-four foot extension ladder and carry it fifty feet to the building. The participant shall raise the ladder using an approved method and shall extend the fly section using the halyard, a minimum of three rungs and place the ladder on the building for climbing. The participant shall then pick up a fifty-foot section of 2 ½" hose in a self-locking donut roll, climb the ladder while carrying the hose touch the top rung and return to the ground, placing the hose back in its original location. (assistance will be given for ladder stabilization) The participant shall then safely take the ladder down from the building, lower the fly section, and return it to its original location. Assistance will be given for lowering the ladder by placing one foot on the bottom rung of the ladder for stabilization. Participant shall walk fifty feet to the next component.
- B. **Victim Rescue/Drag**  
Participant shall grasp a 175-pound rescue dummy and drag it at least fifty feet to the designated point. Participant may pick up dummy, drag dummy by grasping under arms, or use a section of rope or webbing in a recognized carry or drag method. Participant may not drag dummy by the head, hands, or clothing.

- C. **Hose Roll**  
Participant shall roll up one fifty-foot section of 3" double jacketed fire hose with couplings using a street roll beginning at the starting point and rolling toward the opposite end. Participant shall carry the hose fifty feet and place the hose back at the starting location. Participant may not pull the hose toward them. Participant shall walk fifty feet to the next component.
- D. **Simulated Roof/Floor Ventilation**  
Participant shall chop a wood utility pole (or other suitable simulation aid) forty times with "meaningful" blows utilizing the back side of a flat head axe. The head of the axe shall be raised a minimum of three feet above the chopping block and swung with enough force to be considered "meaningful." Participant shall walk fifty feet to the next component.
- E. **Aerial Ladder Climb**  
Participant shall be wearing an approved ladder belt and be connected to a safety line. Participant shall climb to the top of the aerial ladder extended fifty feet, touch the top rung of the ladder and return to the ground. The aerial ladder shall be set at an angle of approximately sixty degrees.
- F. **Hose Pull**  
Participant shall extend a charged 1 ¾" attack line with fog nozzle one hundred feet to the designated location, open nozzle and knock down three cones with the hose stream while maintaining control of the hose. Cones shall be placed 35 feet from the stop point, at angles of 0 degrees, 90 degrees, and 270 degrees. The cones shall be knocked down in order beginning with the middle, left, and then right. The nozzle shall be shut off slowly between cones so as not to cause water hammer to the pump. Applicants will be disqualified in cases of extreme water hammer as determined by the pump operator and test proctor. The participant must remain standing and shall maintain a proper firefighter stance with the nozzle pointed toward the target in the proper horizontal plane. If the applicant loses control of the hose at any time, the test shall be stopped. Time will be stopped when the applicant shuts down the nozzle after knocking down the last cone.
- G. **Simulated Building Search**  
New applicants shall report for the simulated building search. Within three minutes of completion of the timed portion of the test, the participant shall don an air pack and a blacked out face mask without breathing air and crawl through the course following a hose line using a predetermined path of travel. The hose line shall consist of one hundred feet of 2 ½" hose. Participant must maintain at least one hand in contact with the hose at all times. Participant will encounter confining and small spaces. The applicant will have a maximum of 8-minutes to complete this exercise; the applicant must continue to show forward progress and may not stop to rest for an extended amount of time. If the applicant follows the hose the wrong direction at anytime during the exercise and does not correct the error upon reaching a coupling, it will be considered as a failure to successfully complete the physical ability test. If the applicant removes the blacked-out mask prior to completion of the test, that will be considered an unsuccessful attempt of the physical ability test.