

**WAIVER**

I, \_\_\_\_\_, hereby waive all causes of the action for any personal injuries and damages which may exist against the City of Boone and its employees as a result of performing the physical agility tests required for the position of Firefighter with said City of Boone.

I am aware that such tests may be strenuous and I accept full responsibility for any injury that may occur by their performance.

\_\_\_\_\_  
(Witness)

\_\_\_\_\_  
(Applicant)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Date)

## **LADDER EVOLUTION**

The candidate shall remove a twenty four (24) foot extension ladder from a fire department apparatus as described below. The ladder shall be mounted on the apparatus with the upper most beam at a vertical distance from the floor of at least six (6) feet. The candidate shall remove the ladder by grasping two rungs at or near the mid point of the ladder. The candidate shall lower the ladder to the floor in a flat position with both beams resting on the floor and the rungs of the ladder parallel to the floor. The candidate shall pick up the ladder and replace it in into the mounting brackets. The candidate shall not remove, lower, or raise the ladder one end at a time.

**JUSTIFICATION** The objective of this exercise is to identify the arm and shoulder strength of the candidate for the removing, handling, and replacing ladders, the firefighter is required to handle and use ladders alone and as members of a team on the fire ground. any failure of a firefighter to perform jeopardizes the safety and welfare or other team members and the public.

## **BREATHING APPARATUS**

The candidate shall carry a fifty (50) foot section of 2 1/2 inch hose with nozzle attached a horizontal distance of two hundred and fifty (250) feet while wearing a self contained breathing apparatus as described below.

The hose shall be loaded on either shoulder of the candidate with the nozzle carried in the hands. The examiner shall assist the candidate in donning and placing the self contained breathing apparatus into operation as well as the shoulder hose carry.

**JUSTIFICATION** The exercise has two objectives:

1. To identify the body strength and endurance of the candidate to to perform strenuous tasks while wearing completed protective firefighting gear.
2. To identify any psychological and / or physical impairment of the candidate affecting the use of self contained breathing apparatus.

## **BALANCE AND COORDINATION**

The candidate shall walk a total horizontal distance of twenty (20) feet on a 3 1/2 inch wide beam while carrying a fifty (50) foot section of 2 1/2 inch hose with nozzle attached without falling or stepping off. The beam shall consist of one (1) 4X6 standing on edge. The length of the beam shall be at least ten (10) feet. The beam shall be supported on its edge at each end with three (3) steps to facilitate mounting and dismounting. The top surface of the beam shall be twenty (20) to thirty (30) inches from the floor. The candidate shall carry the hose in a shoulder fold with the nozzle carried in the hands. The candidate shall ascend the steps at either end, walk across the beam, descend the steps at the other end, turn around and repeat the process ending up at the point of origin.

**JUSTIFICATION** The objective of this exercise is to identify vertical balance, stability, and coordination of the candidate. The firefighter is required to perform tasks on the fire ground with less than ideal footing.

## **EQUIPMENT HOISTING**

The candidate shall pull a fifty (50) foot section of rolled 2 1/2 inch hose with nozzle attached, to a height of thirty-five (35) feet and lower it again as described below, from the aerial ladder extended 35 feet above the ground. The candidate shall be secured to the aerial with a safety belt.

The section of the hose with the nozzle shall be attached to a rope. The candidate shall pull the hose and nozzle to the prescribed height and lower it again using hand over hand method as shall be demonstrated by the testing authority.

**JUSTIFICATION** The objective of this exercise is to identify the upper body strength of the candidate for hoisting tools, equipment and fire hose to upper floors of a structure. It is standard fire service procedure to hoist tools and equipment to areas of a building above the ground floor. This procedure requires less personnel and time to place in operation the equipment required rather than climbing stairways or ladders.

## **EXTENDING LADDERS**

The candidate shall be able to lift a weight of seventy-five (75) pounds off the floor and to a height of twenty (20) feet, and return it to the floor as described below.

The weight shall be raised by a rope attached to it and passing up and over a fixed pulley and back to the ground. The candidate shall grasp the loose end of the rope and hoist the weight to the prescribed vertical height, using a hand over hand method while keeping the legs and body perpendicular to the floor.

**JUSTIFICATION** The objective of this exercise is to identify upper body strength of the candidate performing the task of raising and lowering the moveable fly sections of the fire service ladders. The task is performed in conjunction with a total team effort and must be done in a manner by the firefighter that will provide protection and safety of the other team members. The weight used in this exercise is equal to the force needed to move the fly sections of a thirty-five (35) foot fire department extension ladder. The method used for hoisting are those specified by standard fire service ladder practices.

## **LADDER CLIMBING**

The candidate shall climb an aerial ladder that has been extended seventy (70) feet. The ladder shall be positioned for climbing at an angle of seventy (70) degrees to the ground. The candidate shall climb the ladder from the turntable platform of the apparatus to the top, touch the tip of the ladder with either hand and return to the platform. The candidate shall ascend and descend the ladder. For this exercise the candidate shall be wearing a ladder safety belt in addition to full turnout gear.

**JUSTIFICATION** This exercise has two objectives:

1. To identify any psychological fear of heights.
  2. To identify arm-leg coordination of the candidate.
- The firefighter is required to perform firefighting and rescue tasks while working above ground level from ground and aerial ladders.

## **EQUIPMENT TRANSFER**

The candidate shall pick up and carry various tools and equipment a horizontal distance of thirty (30) feet, transverse an obstacle consisting of three (3) steps up and three (3) steps down. The candidate shall place the equipment at a designated point and return to the point of origin. This shall be repeated five (5) times for a total of three hundred (300) feet. In addition to the protective clothing worn, breathing apparatus minus the face piece shall be worn. This exercise shall be completed without stopping, except to pick up and set down the equipment. The following equipment shall be used for this exercise.

1. Vent saw with case
2. 15# Carbon dioxide extinguisher
3. PPV fan
4. High rise hose pack
5. Large cord reel

**JUSTIFICATION** The objective of this exercise is to identify the endurance and coordination of the candidate for transporting equipment from the apparatus to a specified point for intended use.. Fire ground and rescue operations require the firefighter to carry tools and equipment considerable distances from the apparatus, up stairways and ladders over rough terrain and other obstacles.

## **RESCUE**

The candidate shall crawl, on hands and knees, a minimum distance of seventy five (75) feet while dragging a training dummy weighing one hundred twenty (120) to one hundred fifty (150) pounds. This exercise shall be completed while wearing full turnout gear and self-contained breathing apparatus. For this exercise the visibility through the face piece of the breathing apparatus shall be altered to simulate fire ground conditions. The candidate shall execute three (3) voice commands during this exercise.

1. Left turn
2. Right turn
3. Stop

**JUSTIFICATION** This exercise has two objectives:

1. To identify physical and / or psychological impairments of the candidate affecting the use of breathing apparatus.
2. Under minimal stress the candidate shall be able to execute simple direct voice commands.  
Under actual fire ground conditions the firefighter must be able to function in extremely hazardous environments of toxic gases, heat, falling debris, and other life threatening conditions, while executing instructions.

**RATING SHEET FOR THE PERFORMANCE OBJECTIVE TEST**

The following tests are each on a pass/fail basis. Each test requires a “pass”. A “fail” on any one of the following tests disqualifies the candidate and the test terminates. The candidate and examiners will note such “fail” on this rating sheet. Two attempts may be made on each test.

	<u>Pass 1st try</u>	<u>Pass 2nd try</u>	<u>Fail</u>
Ladder Evolution	_____	_____	_____
Breathing Apparatus	_____	_____	_____
Balance and Coordination	_____	_____	_____
Equipment Hoist	_____	_____	_____
Extend Ladder	_____	_____	_____
Aerial Ladder Climb	_____	_____	_____
Equipment Transfer	_____	_____	_____
Rescue	_____	_____	_____
Advance Hose Line	_____	_____	_____

\_\_\_\_\_ PASS

\_\_\_\_\_ FAIL

\_\_\_\_\_  
Candidates Signature

\_\_\_\_\_  
Candidate Name

\_\_\_\_\_  
Examiner

\_\_\_\_\_  
Examiner

\_\_\_\_\_  
Examiner

**All nine performance tests must be passed to qualify.**