



City of Santa Fe Fire Department

PHYSICAL AGILITY TEST



*It is **MANDATORY** that you bring full-fingered work gloves to the agility test.*

*Failure to bring gloves will be **AUTOMATIC DISQUALIFICATION**.*

1. **10 MINUTE STEP TEST** – Wearing a 40 pound weighted vest to simulate firefighting gear, take three seven-inch steps up a platform and continue down the other side. Turn around and repeat the process over the platform and back. This is counted as two repetitions. Missing a step or not placing both feet on the ground will disqualify the repetition. You will have to accomplish 150 repetitions during this time period. The test is designed to test leg, back and upper body strength, stamina and depth perception. The candidate will be given a 10 minute rest period between this and the next phase of the agility test.
2. **CONTINUOUS AGILITY** – All tasks must be accomplished in 4:05 minutes. The candidate will be wearing a 40 pound weighted vest and a Class III harness. Each task must also be completed fully or the candidate will stop at that point and no further tasks will be completed. The time will be started when the command is given by the test proctor at the end of the 10 minute rest period.

HOSE CARRY TOWER ASCENT – The candidate must carry 50 feet of 3 inch hose with a nozzle up three floors of stairs to the roof of the training tower and set the hose down. This will demonstrate ability to bring equipment up to a fire burning above the ground level.

HOSE HOIST – While on the roof of the training tower, following the hose carry, the candidate will first have a tether attached to the harness and will then step to the railing of the tower. The candidate must then hoist a single 50 foot roll of 3 inch hose to the top of the tower. The rope and hose must be raised using a hand-over-hand or single side controlled method. Once the hose has been raised to the top level, the candidate must then lift the hose onto the decking. Once the hose has been successfully lifted on to the deck, the hose must then be lowered from the top to the ground level using the hand-over-hand or single side controlled method. The candidate will be disqualified if he or she uses the railing as a fulcrum or if the candidate uses the rail to drag the rope across during the ascent or descent of the hose. Further, the candidate will have to lower and begin the hoist again if the rope is allowed to slip through the candidate's fingers. This will demonstrate ability to hoist equipment to the roof of a structure while performing fire operations.

HOSE CARRY TOWER DESCENT – Once completed with the hose hoist, the candidate will be untethered and must then pick up the hose and nozzle that was carried during the tower ascent. The candidate will descend the tower staircase back to the ground level.

FORCIBLE ENTRY – After the tower descent, the candidate will move to the Keiser Force Machine (a chopping simulator). The candidate will use a 9-pound molded plastic sledgehammer to drive a 160 pound steel beam on the Keiser Force Machine a horizontal distance of four feet. Pushing or pulling the beam is not allowed and will constitute disqualification. This will demonstrate ability to use a sledgehammer in a simulated forcible entry.

LADDER EXTENSION – The candidate will go to a 24 foot extension ladder mounted to the side of the training tower, grasp the halyard and pull the ladder to its full extension, then lower it to the ground without losing control of the fly section. This will test ability to extend a standard fire service ladder to access upper levels of a building.

HOSE DRAG/ NOZZLE SPRAY – The candidate will pull a 200 foot charged 1 ¾ inch hose a distance of 50 feet. Once at the 50 foot mark, the candidate will then open the nozzle fully without losing control of the line and aim at a target. The candidate will then close the nozzle and set the nozzle and hose down and proceed to the next phase. This will test ability to pull a fire service hose line into position and be able to handle the pressure of an open nozzle. If the nozzle is dropped the candidate must pick the nozzle back up and demonstrate control prior to setting the nozzle down. (Nozzle Tip pressure will be 75 psi = 150 gpm)

DUMMY DRAG – The candidate will drag a fire department dummy that weighs approximately 180 lbs. a distance of 50 feet. This tests the ability to rescue a victim from a dangerous environment. There will be a 5 minute rest between this phase and the next phase.

3. **CLAUSTROPHOBIA TEST** – Wearing a 40 pound vest and a blackened out SCBA mask, the candidate will crawl through the smoke tower using the tower wall until the candidate reaches a confined area and will be asked to lay there for 2 minutes. If, at any time, the candidate stands up and/or removes the SCBA mask, the candidate will be disqualified. The test is designed to ascertain the absence of debilitating claustrophobia.
4. **LADDER CLIMB** – The candidate will climb the ladder from the platform, touch the top rung, and descend. The ladder will be 75 feet in length and shall be set at a 70 degree climbing angle. There is no time limit on the climb and the candidate must make the climb in a continuous motion. The test is designed to ascertain dexterity, weight distribution and the absence of debilitating acrophobia.

The candidate is now finished with all Physical Agility requirements.

***** It is recommended that candidates wear sweat pants, tennis shoes, comfortable T-shirt and or sweat shirt for the physical agility test. Candidate will be asked to crawl on concrete floor for the claustrophobia test.**

***** The City of Santa Fe Fire Department reserves the right to make any changes to this test without prior notice.**