**Snohomish County Fire District #19**

**Physical Agility Test  
*Updated: 7/10/2015***

All applicants who wish to be tested will be required to wear gym attire and athletic shoes. Applicants must arrive on time for their test and be properly dressed prior to testing. Any applicants that fail to meet these requirements will be disqualified from the testing process. If at any time the applicant is unable to complete any section of the test they will be disqualified from the testing process. Applicants will be exempt from the test if proof of current CPAT is provided prior to test date. Please note: This test is conducted partially outdoors and will not be cancelled due to weather so be sure to dress appropriately. Applicants are allowed to wear gloves in any portion of this test.

**Gurney Load**

**(This is not a timed event.)**

**The gurney will be positioned at the rear of A-94A and placed in the raised flat position. The hose dummies (one large and one small) will be secured together and to a backboard. They will be placed on the ground next to the gurney. Both hose dummies together and on the backboard weigh 180 lbs. Applicant will stand at the head of the back board throughout the lifting process. The applicant will have the assistance of one firefighter on the foot end of the gurney. On the direction of the applicant, they will direct the firefighter to lift the backboard and dummies onto the gurney. On direction of the applicant the back board and dummies will be lowed to the ground. (The gurney will stay in the raised position throughout this station).**

**Critical failures: Dropping back board or failure to complete the task will result in failure of the test.**

The remaining portion of the test after the gurney load will be timed with a maximum time of 8 minutes and 30 seconds. The time starts when the applicant starts the stair climb. If the applicant is unable to complete this test in the time allotted, they will be disqualified from the testing process.

Applicant will wear an SCBA provided by Fire District #19 for the stair climb portion of the test only. The pack will not be utilized for breathing air during the physical test.

Stair Climb

This portion of the test will begin when the applicant feels they have a steady pace on the Step Mill. The applicant will be allowed the first 30 seconds of the test to grasp the handrails if needed. After that time and holding of the handrails will result in failure of the test. The machine will be set at a rate of 59 steps per minute. This portion of the test will last 3 minutes and 30 seconds (including the 30 seconds allotted to hold handrails.) The applicant will then dismount the machine without assistance and be assisted in removing the air pack. The applicant will exit the building via the outside stairwell and re-enter the building through the mechanical room door.

**Critical failures:**

Falling off the machine, failure to complete the test or grasping the handrails after the first 30 seconds of the test will conclude the test.

Tool Carry

Applicants will be required to carry a chainsaw and cut off saw from the mat located next to the pop machine to the next station which is located at the end of the crosswalk on the pad. Tools may be set down a maximum of one time during the carry to gain a better grip.

**Critical failures:**

Dropping of tools or setting the tools on the ground more than one time will conclude the test.

Hose Drag

There will be 150 feet of 2 ½” uncharged fire hose at the base of the hill. The hose will have an attached nozzle. (The nozzle will come from the 2-1/2 reverse bed of E-94). The hose will be laid in a straight line in front of the roof prop. Applicants must grasp the nozzle of the hose and pull it up the incline until the nozzle is past the 150 foot line marked at the top of the hill.

**Critical failures:**

Dropping of the nozzle during this event will disqualify the applicant from the testing process.

Dummy Drag

At the top of the hill, where the previous event is concluded there will be a 100 pound dummy (the medium size yellow dummy). Applicants will be required to drag the dummy down the hill within five feet of the mat at the end of the pad with the tools on it.

**Critical failures:**

If an applicant is unable to complete the task the test will be concluded.

Tool Carry

The tools carried earlier in the test will be picked up from the mat at the end of the pad and carried to the next event where there will be another mat (at the hose hoist) to place them on. Applicants are allowed to set tools down a maximum of one time during this test to gain a better grip on the tools.

**Critical failures:**

Dropping of tools or setting the tools on the ground more than one time will conclude the test.

Hose Hoist

There will be a hose bundle of two 2 ½” 50 ft. rolls of fire hose on a pulley system. (There are two dedicated sections of hose for this test located in the Conex Box). These bundles weigh 55 lbs combined. The applicant will be required to face the hose bundle, and while staying in the designated area (on the mat) lift the hose bundle approx. 20 feet (to the ceiling) in a hand-over-hand fashion and lower without allowing it to slide through hands or fall to the ground. The applicant must complete this exercise three times in sequence prior to completing the test.

**Critical failures:**

If the applicant fails to remain in control of the rope and rope slides through his/her hands or drops to the ground the test will be concluded.

Applicant: PASSED FAILED

Time: \_\_\_\_\_\_\_\_\_Maximum time is 8 minutes and 30 seconds.

Name of Applicant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed by applicant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Test: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Proctor Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proctor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AIR-94

T-94

E-94

A-94

Bay

(1st Floor)

Mechanical Room

(1st Floor)

Workout Room

(2nd Floor)