

FIREFIGHTER CANDIDATE PHYSICAL ABILITY COURSE

SAFETY

All candidates will be escorted by at least one fire department personnel who will proctor the course for safety, to ensure proper completion of all events and to record the time on the course.

A Rehab Station will be set up.

MEDICAL EMERGENCIES

If at any time during the course the candidate believes they cannot continue due to a medical condition they will stop and state that they cannot continue and will not move on to the next event. The candidate will then be assessed and/or treated per Copperas Cove Fire Department Protocols and Standards of Care.

Any candidate who quits the course due to a medical condition will NOT be allowed to restart the course and will receive a grade of "FAIL." The candidate will then be eliminated from the hiring process.

RULES

All candidates will complete the Aerial Ladder Climb Event as a group before anyone is allowed to begin Event 1.

All events must be done in the order listed from 1 – 10.

Each event must be completed properly before the candidate can move on to the next event.

At no time will the proctor or any other person following the candidate be allowed to touch or assist the candidate in the completion of an event while they are completing the course. This DOES NOT include words of encouragement by the proctor or spectators.

Once the candidate has begun the course they are not allowed to receive any water or other refreshments until the completion of the course, unless they have stopped and WILL NOT finish the course.

SCORING

Candidates will receive a grade of "PASS" when the Aerial Ladder Event and events 1-10 are successfully completed within the time limit of 13.00 minutes.

Candidates will receive a grade of "FAIL" if they are unable to complete the Aerial Ladder Event.

Candidates will receive a grade of "FAIL" if they are unable to successfully complete events 1-10 events within the time limit of 13.00 minutes.

If a candidate is required to restart an event the proctor will annotate on the Assessment Form the reason the restart was required. The Proctor and/or the Event Attendant will reset the event to its starting point and the participant will begin the event again. Time does NOT stop while the event is being reset.

UNIFORM

Candidates will wear a weight vest weighing approximately 35lbs to simulate structural firefighting PPE and a structural firefighting helmet for the entire course.

TIME LIMIT

If an event must be restarted, the overall time DOES NOT stop while the event is being reset.

The maximum time limit for the successful completion of Events 1–10 is 13.00 minutes.

ORDER OF EVENTS

Aerial Ladder Climb – ALL NEW HIRE CANDIDATES SHALL COMPLETE THE AERIAL LADDER CLIMB AS A GROUP BEFORE ANYONE BEGINS THE PHYSICAL ABILITY COURSE.

THIS EVENT IS NOT TIMED

1. This event assesses the candidates ability to ascend an Aerial Ladder and conduct fire and rescue operations.
2. The event attendant will assist the candidate in donning the safety/truck belt and attaching the candidate to the rope belay
3. Using a rope belay and a safety/truck belt, the candidate will safely climb an aerial ladder that is fully extended at a 60 degree angle.
4. The candidate will start at the level of the turntable, climb to the top of the ladder, touch the top rung, and then descend back to the turntable.
5. Once safely back on the ground the event attendant will remove the rope belay and safety/truck belt.

Notes:

1. A rope belay and a safety/truck belt are required to be worn by each candidate for the Aerial Ladder Climb.

Fail Points:

1. Failing to climb the Aerial Ladder to the top rung and descend back to the turntable.

EVENT 1 - Aerial Ladder/Stairway Climb

1. This event simulates a Firefighter ascending an Aerial Ladder or Stairs to conduct fire and rescue operations.
2. The Aerial Ladder will be extended to 60 feet and raised to a 40 degree angle, which is the normal inclination of a flight of stairs.
3. The event attendant will assist the candidate in donning the safety/truck belt and attaching the candidate to the rope belay.
4. The candidate will start at the level of the turntable, climb to the top of the ladder, touch the top rung, and then descend back to the turntable and be unhooked from the safety/truck belt.
5. **Time starts as soon as the candidate begins to ascend the Aerial Ladder.**

EVENT 2 - Equipment Carry

1. This event simulates deploying various types of equipment on a fireground.
2. Using a proper lifting technique the candidate will pick up and carry 50 pound weight, around a cone that is 50 feet from the starting point and then return it to the starting point.
3. The candidate is allowed to set the weight down before reaching the end point to readjust a grip without penalty.

Restart Points

1. Dropping the weight before crossing the finish line of the event will result in a restart of the event.
2. Failure to deploy the weight 50 feet prior to leaving the event will result in a restart of the event.

EVENT 3 – Keiser Sled - Ventilation/Forcible Entry

1. This event simulates ventilation and forcible entry techniques used on the fireground and in rescue operations.
2. Using an 8-lb dead-blow hammer, which will be located at the center point of the sled, the participant will place with one foot on either side of the Keiser Sled step rails.
3. The start point of the weighted I-Beam “sled”: One end of the sled will be flush with one end of the of the sled track.
4. The end point of the sled: The opposite end of the sled must be moved to at least flush with the other end of the sled track.
5. The candidate will strike the front of a weighted sled with the 8-lb. dead-blow hammer until the rear of the sled is moved to at least flush with the other end of the sled track.

Restart Points

1. Attempting to advance the sled by “hooking” or “pulling” it with the hammer will result in a restart of the event.

EVENT 4 - Large Diameter Hose (LDH) Deployment

1. This event simulates deploying, by hand, a large diameter hose to a hydrant from an apparatus for a water supply.
2. The candidate will deploy a 5 inch LDH supply hose to a mark on the pavement that is 100 feet from the starting point.
3. Once across the line the participant will then place the hose on the ground.

Restart Points

1. Failure to deploy the 5 Inch LDH 100 feet prior to leaving the event will result in a restart of the event.

EVENT 5 - Extension Ladder/Equipment Raise (2 Times)

1. This event simulates raising an extension ladder and equipment to support fire operations on the upper floors of a structure.
2. The candidate will stand in a 2x2 foot box and using a hand over hand technique, raise a roll of 2.5 inch supply hose until it reaches the pulley at the top of the hose tower.
3. The candidate will then lower the hose roll back to the ground using a hand under hand technique.
4. The candidate will then repeat raising and lowering the hose roll using the same technique.
5. If the candidate steps out of the 2X2 box while raising or lowering the hose roll they will be directed to return to the box and complete the event.

Restart Points

1. Failing to use a hand over hand technique when raising and/or a hand under hand technique when lowering the hose roll will result in a restart of the event.

EVENT 6 - 2.5 inch Supply/Attack Hose Assembly and Deployment

1. This event simulates connecting and deploying 3 sections of 2.5" Supply/Attack line during fireground operations.
2. Starting at the male coupling of a 50 foot section of 2.5 inch supply/attack hose that is fully extended, the candidate will walk to the female coupling, pick it up and drag the entire section 10 feet to the male coupling of the 2nd 50' section of 2.5 inch supply/attack hose that is fully extended.
3. The candidate will completely couple the two sections together, lay them on the ground and walk to the female coupling of the 2nd section of 2.5 inch supply/attack hose, pick it up and drag both sections 10 feet to the male coupling of the 3rd 50' section of 2.5 inch supply/attack hose that is fully extended.
4. The candidate will completely couple the 2nd and 3rd sections of hose together and lay them on the ground and walk back to the male coupling of the 1st section of 2.5 inch supply/attack hose pick it up and drag all three sections back to the original starting point and then place the hose on the ground.
5. All couplings must be tightened completely before moving on to the next section of hose.

Restart Points

1. Should any of the couplings come apart anytime before the event is completed, the event must be reset and restarted.

EVENT 7 - 1.75 inch Hose Fire Stream Manipulation

1. This event simulates manipulating a 1.75 inch charged attack hose effectively for fire suppression.
2. The candidate will pick up the **Nozzle, set at 95 gpm**, of a 150 foot 1.75 inch attack hose, that is pressurized with an **Engine to 100 psi** that is in a 4x4 foot box that is marked on the pavement.
3. The candidate will assume a firefighting stance (**STANDING OR KNEELING ONLY**) and fully open the nozzle adjusting it to a straight stream, if needed. Aim the fire stream at a 2x2 foot target that is 35 feet from the marked box on the pavement.

4. The candidate will manipulate the fire stream so that it maintains contact with the target for a period of two (2) minutes. The participant must remain inside the 4x4 foot box while manipulating the fire stream.
5. The nozzle must remain set at 95gpm during this event.

Notes

1. If the candidate steps out of the 4X4 box while manipulating the fire stream they will be directed to return to the box and complete the event.

Restart Points

1. Failure to maintain consistent contact of the fire stream with the target during will result in a restart of this event.
2. Shutting off the nozzle before two (2) minutes will result in a restart of the event.

EVENT 8 - Victim Search

1. This event simulates conducting a search for victims of an involved structure and the ability to low crawl while following a hose in or out of an involved structure and staying beneath the heat ceiling.
2. The candidate will crawl on the ground following an uncharged 50 foot section of hose from one coupling to the other coupling.

Restart Points

1. Failure to crawl for the duration of the event will result in a restart of the event.

EVENT 9 - Ladder Deployment

1. This event simulates safely deploying a roof or single ladder with controlled movements during fireground operations.
2. The candidate will approach a 12 foot roof/ground ladder that is on the ground and using proper lifting techniques complete a single person ladder carry.
3. The candidate will then proceed 20 feet around a cone and then proceed 20 feet towards the wall and place the ladder at approximately a 75 degree angle against the wall.
4. The candidate will then remove the ladder from the wall complete a single person over the shoulder carry back around the cone and return to the ladder to the starting position.

Notes

1. The candidate **MUST** announce that they are checking for overhead obstructions prior placing the ladder against the wall.

Restart Points

2. Failure to announce that the candidate has checked for overhead obstructions will result in a restart of the event.

EVENT 10 - Rescue Manikin Drag/Carry

1. This event simulates the rescue of a victim or downed firefighter from a structure.
2. The candidate will drag or carry a rescue manikin weighing approximately 185lbs across the mark on the pavement that is approximately 100 feet from the starting point. The entire rescue manikin must cross the mark on the pavement.
3. The rescue manikin will be in a sitting position to start this event.
4. Candidates are allowed to use the simulated DRD that is attached to the rescue manikin. If the DRD is used BOTH HANDS must be used to pull the rescue manikin.
5. The participant is allowed to set the rescue manikin down in order to reset their grip or hold.

Restart Points

1. Failure to carry/drag the entire rescue manikin across the finish line will result in a restart of this event.
2. Dragging the manikin by any of its limbs will result in a restart of this event.

End of the Test – TIME STOPS



**Copperas Cove Fire Department
Firefighter Candidate
Physical Ability Course Assessment Form**



Participants Name: _____ Date: _____

P = PASS F = FAIL R = RESTART OF THE EVENT

AERIAL LADDER CLIMB: P F

**ALL CANDIDATES WILL COMPLETE THIS EVENT AS A GROUP BEFORE BEGINNING THE PHYSICAL
ABILITY COURSE**

TIME STARTS - ONCE THE CANDIDATE BEGINS TO ASCEND THE AERIAL LADDER ON EVENT 1

EVENT 1: AERIAL LADDER / STAIRWAY CLIMB

P F R Comments _____

EVENT 2: EQUIPMENT CARRY

P F R Comments _____

EVENT 3: KEISER SLED – VENTILATION / FORCIBLE ENTRY

P F R Comments _____

EVENT 4: LDH DEPLOYMENT

P F R Comments _____

EVENT 5: EXTENSION LADDER / EQUIPMENT RAISE (2 TIMES)

P F R Comments _____

EVENT 6: 2.5" HOSE ASSEMBLY / DEPLOYMENT

P F R Comments _____

EVENT 7: 1.75" HOSE FIRE STREAM MANIPULATION

P F R Comments _____

EVENT 8: VICTIM SEARCH

P F R Comments _____

EVENT 9: LADDER DEPLOYMENT

P F R Comments _____

EVENT 10: RESCUE MANIKIN

P F R Comments _____

TIME STOPS - ONCE THE ENTIRE MANIKIN IS ACROSS THE LINE ON EVENT 10

12:00 Minute Maximum Time Allowed:

Total Time on the Course: Events 1–10: _____ **OVERALL RESULTS: P F**

Proctor Name: _____ Proctor Signature: _____