

## **STATION 1**

### **The Arial Ladder Climb**

In this firefighter agility test, Station 1 requires the candidate to climb the 75-foot arial while the ladder is placed at a 45-degree angle and is fully extended. This tests the candidate on their ability to ascend and descend the full length of the ladder. The candidate will climb and touch the top rung. This test typically involves core stability, leg muscle endurance, and the ability to maintain proper form while carrying weight. This station will also assess the candidate's ability to work in spaces that involve heights.

1. Candidate enters the course and goes directly to Station 1.
2. Proctor will ensure that the candidate has a proper safety belt/harness and is currently being worn.
3. The candidate, will climb up the operator side of the truck on the side mount ladder to the arial decking.
4. The candidate will begin ascent onto the arial ladder.
5. The candidates proctor will act as the candidate's safety while the candidate is on the ladder. The proctor will not climb with the candidate. If there is a safety issue that arises, the proctor will immediately climb the ladder to assist the candidate.
6. Candidate must touch the top rung.
7. Candidate descends safely to the bottom.
8. Once safely on the ground, the candidate will move to Station 2.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

**Station 1 is not timed. Failure to climb the ladder will end with the candidate's termination of the agility test.** All candidates must climb the arial ladder in order to progress to the timed agility test stations.

## **STATION 2**

### **24' Extension Ladder**

In this firefighter agility test, Station 2 requires the candidate to raise a 24-foot extension ladder and set it up for rescue. This tests the candidate on their ability to lift and maneuver a 24-foot extension ladder. Given a designated window and a 24' extension ladder, the candidate will raise the ladder to the building and then pull the bottom of the ladder out until the ladder beams are at the bottom of the window. This test typically involves core stability, upper body strength, and coordination.

1. Candidate arrives from Station 1.
2. Candidate will identify the ladder and the window.
3. **Candidates course time will start when the candidate touches the ladder.**
4. The candidate will perform a flat raise of the ladder up to the building.
5. The candidate will bring the bottom of the ladder out and set it for safe climbing.
6. Once the ladder is set, the candidate will bring the ladder back flush with the building.
7. Prior to lowering, the candidate will survey their immediate environment and visually clear the area.
8. The candidate will say loudly, "ladder coming down" and then begin to lower the ladder.
9. Once the ladder is on the ground safely, the candidate will immediately move to Station 3.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*

\*\*\*At no time will any candidate be asked or required to climb the 24-foot extension ladder\*\*

### **STATION 3**

#### **The Farmer's Carry**

In this firefighter agility test, Station 3 is the "Farmer's Carry" and involves carrying a heavy object, for a specified distance. This test typically involves a turn and return, assessing the candidate's grip strength, core stability, and ability to maintain proper form while carrying weight.

1. Two 45lb dumbbells will be staged at the start point.
2. The candidate will stand to the immediate rear of the dumbbells to start.
3. The candidate, using good body mechanics and form will bend down and grab both dumbbells.
4. Using proper body mechanics and maintaining personal safety, the candidate will walk with a dumbbell in each hand to the designated cone.
5. At the cone the candidate will walk around the cone and without stopping proceed back to the start position.
6. Once the candidate has returned to the start position, the candidate must safely place the dumbbells back onto the ground using proper body mechanics.
7. After returning the dumbbells, the candidate will immediately move onto Station 4.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 4**

### **Confined Space Tube**

In this firefighter agility test, Station 4 requires the candidate to negotiate and navigate a confined space tube or tunnel. This tests the candidate on their confidence, agility, and stamina in tight, restricted areas. This also allows the candidate to identify any signs of claustrophobia. This test requires agility.

1. Candidate arrives from Station 3.
2. Candidate will get low to the ground and identify the entrance of the obstacle.
3. The candidate will move through the obstacle until they reach the other side.
4. Once in the obstacle, the candidate will negotiate the obstacle using whatever movement(s) they desire.
5. Once on the other side, the candidate will exit the obstacle and move to Station 5.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 5**

### **1 ¾" Hose Roll and Walkout**

In this firefighter agility test, Station 5 involves the candidate rolling and walking out a 50' section of 1 ¾ inch hose. This test assesses the candidate's flexibility, core stability, and stamina.

1. The candidate will start at the designated start point and begin rolling the hose.
2. The candidate can not lift the hose it must remain on the ground at all times.
3. The entire section of hose must be rolled up prior to walking the hose out.
4. When ready, the candidate will walk the hose out by either walking it straight out or walking backwards pulling the roll; either are acceptable.
5. If the hose becomes twisted, the candidate must also untwist the hose.
6. Once the candidate has returned to the start position, and the hose has been completely unrolled, the candidate will move to Station 6.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 6**

### **5" Hose Roll and Walkout**

In this firefighter agility test, Station 5 involves the candidate rolling and walking out a 100' section of 5" inch hose. This test assesses the candidate's flexibility, core stability, and muscle endurance, and stamina.

1. The candidate will start at the designated start point and begin rolling the hose.
2. The candidate can not lift the hose it must remain on the ground at all times.
3. The entire section of hose must be rolled up prior to walking the hose out.
4. When ready, the candidate will walk the hose out by either walking it straight out or walking backwards pulling the roll; either are acceptable.
5. If the hose becomes twisted, the candidate must also untwist the hose.
6. Once the candidate has returned to the start position, and the hose has been completely unrolled, the candidate will move to Station 7.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 7**

### Twins

In this firefighter agility test, Station 7 involves the candidate conducting hose advancement with 100' of 1 3/4" hose that is half filled with water.

This test assesses the candidate's core stability, and leg muscle endurance.

1. The candidate will start at the designated start point and place the hose over either shoulder.
2. The candidate will begin to advance the hose forward.
3. The candidate will advance 50'.
- 4. The candidate will not stop until the proctor has informed the candidate that they have gone the required distance.**
5. Once the candidate has achieved the required distance, they can place the hose on the ground immediately.
6. The candidate will move to Station 8.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 8**

### Tire Strike

In this firefighter agility test, Station 8 involves the candidate striking a large diameter tire. This test assesses the candidate's core stability, upper body strength and endurance, and use of proper mechanics with tools.

1. The candidate will place themselves in front of the tire and pick up the sledge hammer leaning on the tire.
2. The candidate will begin by picking up the sledge hammer and using good form and mechanic, the candidate will strike the tire 20 times.
3. The tool must go above the patient's head with each strike.
4. **The proctor will call out the number of each correctly executed strike until 20 strikes have been accomplished. If the candidate does not perform the strike correctly, the proctor will call out the number of the last correctly executed strike.**
5. Once 20 strikes is achieved correctly, the candidate will place the sledge hammer back onto the tire and move directly to Station 9.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*



## **STATION 9**

### Hose Hoist

In this firefighter agility test, Station 9 involves the candidate hoisting a roll of 2 ½" hose using utility rope. This test assesses the candidate's core stability, upper body strength and endurance, and use of proper mechanics with manual hoisting. This simulates a second division hoist.

1. The candidate will move from Station 8 to the mezzanine inside the building.
2. The candidate will identify the hose roll and must lower the roll to the ground and raise it back up twice.
3. The candidate will begin by picking up the hose role and holding it over the safety railing.
4. The candidate will lower the hose role all the way to the ground. The proctor will ensure to confirm with the candidate that the roll has touched the ground.
5. **When lowering the hose, the candidate MUST use a hand over hand method and maintain a controlled descent all the way to the ground. Sliding of the rope is not permitted. If sliding occurs, the proctor will ask the candidate to restart from the previously successful place.**
6. The candidate will hoist the hose roll back up and over the railing and the candidate must place the roll onto the ground next to them each evolution. While hoisting the hose, the candidate is allowed to use the railing and pull (slide) the hose/rope over the railing. This is only allowed on the way up – during the actual hoist. This station requires two successful evolutions.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 10**

### **High Rise Pack Stair Climb**

In this firefighter agility test, Station 10 involves the candidate carrying a 100' section of 1 ¾" Hose, while in a Denver Roll configuration, and conducting three evolutions of stair climb. This test assesses the candidate's core stability, strength and endurance, stamina, and cardio. This simulates a single division climb.

1. The candidate will start at the base of the steps and pick up the Highrise pack. The Highrise pack can be placed over either shoulder or placed in a manner in which the hose is over both shoulders. The nozzle should be facing forward.
2. The candidate will move onto the steps and climb to the top. Skipping steps is not permitted at any time. If a candidate skips any steps, the proctor will ask the candidate to go back to the last correctly completed step. The hose can not touch the ground at any time.
3. Once the candidate has reached the top, they will come back down to the bottom of the steps. When they have reached the bottom, this will be considered one evolution. The candidate must complete three evolutions.
4. When the candidate has completed their three evolutions, the candidate will safely place the Highrise pack back onto the ground where they originally found it and move to Station 11.

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*

## **STATION 11**

### Victim Drag

In this firefighter agility test, Station 11 involves the candidate dragging a victim (training mannequin) 50' while using webbing or a hasty drag. This test assesses the candidate's core stability, upper body strength and endurance, lower body strength and endurance, stamina, and cardio.

1. The candidate will identify the victim. The candidate is only permitted to move the victim from the feet area. A piece of webbing will already be girth hitched to the victim. The candidate can use the webbing, grab the feet or ankles, or use the cuff of the clothing. **NO OTHER PART OF THE VICTIM can be used to move the victim.**
2. If using the webbing, the candidate can move facing forward or backwards. The webbing can simply be grabbed, can be placed over a shoulder, or can be placed around a waist.
3. The candidate will drag the victim from the start point and around a second designated cone. **Victim must be dragged AROUND the second cone.**
4. Candidate will continue to drag the victim back to the start point.
5. **Course time will stop when the victims head crosses the start/finish point.**
6. **Course is finished – candidate will move to rehab**

\*This station can be terminated immediately based on any unsafe act(s) observed by the proctor(s)\*

\*\*Gloves, weighted vest, and rescue helmet will be worn for the duration of this test\*\*