

Physical Agility Evaluation (PAE) Information & Fitness Program Recommendations

Physical agility evaluations will be scheduled for those candidates reachable for hire from the written exam results. You will be notified by mail to the address Civil Service has on file.

Detailed instructions will be mailed to you along with your letter to appear for the PAE, if you are reachable. The Civil Service Commission determines how far down on the list they will go to offer the Physical Agility Evaluation. You must provide your own doctor's release to participate in the Physical Agility Evaluation.

To participate in the physical agility exam successfully, you need to have an established and well-rounded fitness program in place 6-12 weeks prior to participating. A fitness program should include the elements of: cardio vascular training (aerobic and anaerobic) strength training, muscular endurance training and flexibility.

The Civil Service Office, in conjunction with the Auburn Fire Department, will be offering the following for preparation:

- 1) Station 1-Stair Climb. There will be 4 opportunities provided by the Fire Department to "practice" Station 1-Stair Climb. These will be scheduled after the written results are back. They will be scheduled 1 and 2 weeks prior to the actual Evaluation date.
- 2) Stations 1-10. There will be one opportunity to practice the entire evaluation, it will be scheduled the day before the actual evaluation. At this practice, we will advise participants to eliminate or reduce the Station 1 practice and to focus on Stations 2-10. This advice is based on the assumption that the candidate has participated in a practice of Station 1 that was offered 1-2 weeks prior.

Description Summaries and Information on Fitness Programming Sites Follow Below

Description Summary

Below are the summaries of each physical agility station. For a full description of each station, you can click on the link located at the bottom of the page "Full Physical Agility Evaluation Description".

Participants will be required to wear a 50 lbs. weight vest through each station. The vest will be put on prior to the start of Station 1 and removed after Station 10 is completed.

The components of this exam will include:

Station 1 – Stair Climb using a Step Mill stair climbing machine: Simulates the critical tasks of climbing stairs in full protective clothing while carrying firefighter equipment. This event challenges the candidates aerobic capacity, lower body muscular endurance and ability to balance.

Station 2 - Ladder Extension: evaluates a candidate's muscular strength and muscular endurance.

Station 3 - Ladder Climb: evaluates the candidate's balance and muscular endurance. A fear of height should also be identified.

Station 4 - Hose Drag: evaluates the candidate's muscular strength, endurance and cardiovascular endurance.

Station 5 - Hydrant Coupling: evaluates the candidate's eye/hand coordination and muscular strength.

Station 6 - Simulated Chopping: evaluates muscular strength and endurance, explosive strength, dynamic flexibility, speed of limb movements and cardiovascular endurance.

Station 7 - Weight Lift: evaluates muscular strength and endurance, explosive strength and balance.

Station 8 - Victim Drag: evaluates muscular strength and endurance and cardiovascular endurance.

Station 9 - Pike Pulls: evaluates the candidate's muscular strength and endurance, explosive strength, dynamic flexibility, speed of limb movements and cardiovascular endurance.

Station 10 - Simulated Search & Rescue: evaluates cardiovascular endurance and ability to operate in confined spaces with limited vision.

Information on Fitness Programming Sites

Below are a variety of web sites with information on a physical fitness program.

This Candidate Preparation Guide provides specific information on training for simulated firefighting activities and an overall fitness program. It is graciously posted by the Seattle FD. Please note that the stations on their preparation guide are similar BUT NOT IDENTICAL to the Auburn Civil Service Physical Agility Evaluation.

<http://www.seattle.gov/fire/employment/CPATPrepGuide.pdf>

This guideline is produced by the Federal Government to assist Americans in starting a fitness program.

<http://ww.health.gov/paguidelines>

The Mayo Clinic has numerous articles on advice for fitness training.

www.mayoclinic.com Search for Fitness Training: Elements of a well-rounded routine and Fitness Programs: 6 steps to guide your selection. Additionally there are many articles on specific fitness questions.

Another federal website with guidelines for all fitness programming.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

FULL PHYSICAL AGILITY EVALATION HERE to access a more detailed description.