

CITY OF AUBURN FIRE DEPARTMENT  
PHYSICAL FITNESS AND DEXTERITY EVALUATION FOR  
ENTRY LEVEL FIREFIGHTERS

The following Candidate instructions shall be read aloud to all candidates:

This examination validates the method of evaluating various physical fitness components as a procedure for selecting firefighters. This examination is based on a model program developed by the New York State Department of State and has been in place in Auburn since 1990.

Muscular endurance, muscular strength, cardiovascular endurance, balance, etc. will be evaluated. The 10 exercises in the evaluation will be administered one after the other. Successful completion of the evaluation requires the passing of each of the exercises. It is very important you pace yourself throughout the evaluation. There are time limits for each exercise but an all out effort is not required to achieve them. A rapid walk between test stations by the candidate is sufficient.

New in 2012 participants will wear a 50 pound weight vest during the entire evaluation. The agility test will include a Stairmaster Step Mill which simulates you walking up flights of stairs with equipment on. You are allowed to fail this station once. If you fail Station 1 the proctor will stop the test and you are allowed a minimum recovery time of 20 minutes. Maximum recovery time will be dictated by the number of participants left to complete the physical agility test. After the recovery time is over you will start the agility test again. If you do not pass the first station the second time you are eliminated from participating in the rest of the agility test. A participant who fails Station 1 will be assigned a place at the end of the physical agility test line. The time between failing and re-testing will not be less than 20 minutes. For example if the last person in line failed Station 1 the administrators would give the participant 20 minutes before re-testing. The max time will be determined by the number of participants waiting and the progression of the testing.

There are 9 stations following Station 1 for a total of 10 stations. You will continue the other stations immediately following successful completion of Station 1. The times listed in each exercise are the maximum time allowed to complete that exercise. Exceeding this time is a failure. As you continue the agility test course you are allowed to fail two stations. Any failed stations, up to 2, will be repeated immediately after completing the final station, Station 10. If you fail three stations the agility test stops and you cannot continue testing and you cannot repeat again.

If, at any point, the candidate develops shortness of breath, chest pain or extreme discomfort, the candidate shall notify the examiner, who will stop the evaluation process.

At the conclusion of Test Number 10, measurements of heart rate, respiration, and blood pressure will be taken and recorded.

The test administrator will now walk through the exercises. He will explain each exercise and you may try it if you wish. If you have any questions, please ask the administrator now. Once the evaluation begins, there will be little time for instructions.

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**Station 1: Stair Climb**

**EQUIPMENT**

This event uses a StepMill stair climbing machine. The machine is positioned with one side against a wall and an elevated proctor platform on the side opposite the wall. A single handrail on the wall side is available for you to grasp while mounting and dismounting the StepMill. Additional steps are placed at the base of the StepMill to assist you in mounting the StepMill.

**PURPOSE OF EVALUATION**

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying fire fighter equipment. This event challenges the candidate's aerobic capacity, lower body muscular endurance and ability to balance. This event affects the aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

**EVENT**

Prior to the initiation of the 3 minutes timed stair climb, the candidate has a 20-second warm-up on the StepMill at a set stepping rate of 50 steps per minutes. During this warm-up period, the candidate is permitted to dismount, grasp the rail or hold the wall to establish balance and cadence. If the candidate falls or steps off the StepMill during the 20-second warm-up period, the candidate is required to remount the StepMill and restart the entire 20-second warm-up period. There is no break in time between the warm-up period and the actual timing of the test. The timing of the test begins at the end of this warm-up period when the proctor calls out "START". For the test, the candidate is required to walk on the StepMill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event. The candidate walks to the next event.

The following practices are allowed:

The candidate is allowed to *briefly* touch the handrails or wall for balance

The candidate is given up to two warnings for grabbing the handrails or bearing their body weight on the handrails/wall

The candidates is allowed to restart the warm-up period twice

The following practices constitute a failure:

The candidate falls or voluntarily dismounts the Step Mill three times during the warm up.

The candidate falls or voluntarily dismounts the Step Mill after the start of the test.

The candidate receives a third infraction for grasping the handrails or bearing weight on the handrails/wall after the start of the test.

Reasons for failure:

Falling demonstrates poor balance or muscular endurance and could cause injury to the candidate.

Using the handrails or wall for weight bearing gives the candidate a mechanical advantage that may not be available to them on the fire ground or demonstrates poor balance, conditioning or muscular endurance.

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**Station 2: Ladder Extension**

Evaluates a candidate's muscular strength and muscular endurance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

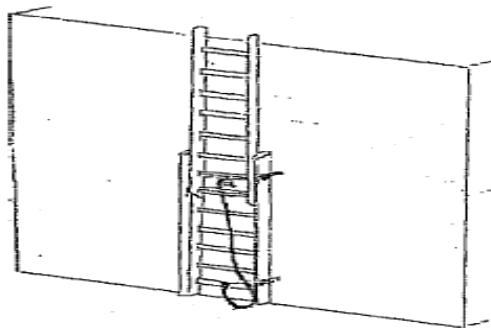
**Test Station:**

**Configuration** - A 24-foot extension ladder is lashed against a building, perpendicular to the ground. The ladder dogs are removed or rendered inoperative. The bottom rung of the fly is marked with a brightly colored tape (yellow). The second rung from the top of the lower section is also marked with this tape.

**Candidate Task** - The candidate stands in front of the ladder and grasps the rope attached to the fly. At the proctor's signal, the candidate pulls down on the rope, raising the fly until the marked rung of the fly passes the marked rung on the lower section. The fly is then lowered to the starting position under control. The task is repeated a second time. The total time for both raises is recorded. Candidates dropping the fly will perform another raise, adding the additional time candidate's score.

Maximum time is 55 seconds for 2 evolutions.  
The candidate walks rapidly to Test Station 3:

**Test Site Diagram:**



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**Station 3: Ladder Climb**

Evaluates the candidate's balance and muscular endurance.

A fear of height should also be identified. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

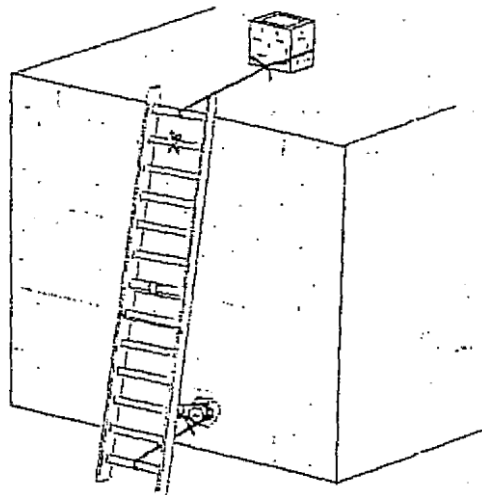
**Test Station**

**Configuration** - Located 15 yards from Test Station 2 is a 24-foot extension ladder fully extended to a 70 degree angle against a building. The ladder is secured by lashing it to the building at both top and bottom. Additionally, on the next to the last rung from the top, a brightly colored shoelace is tied in a bow and bright tape is placed five rungs below the shoelace.

**Candidate Task** - The candidate stands facing the ladder and, on the proctor's signal, begins a steady ascent of the ladder. The candidate stops on the marked rung and unties the shoelace, holds it out at arm's length for the proctor to witness and, at the proctor's signal, reties the shoelace to the rung using a bow knot. When the lace is retied, the candidate begins a steady descent of the ladder. Gloves may be removed for this test item. The ladder remains in position before and after the test.

Maximum time is 58.0 seconds for the evolution.  
The candidate walks rapidly to Test Station 4.

**Test Site Diagram:**



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**Station 4: Hose Drag**

Evaluates the candidate's muscular strength, endurance and cardiovascular endurance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

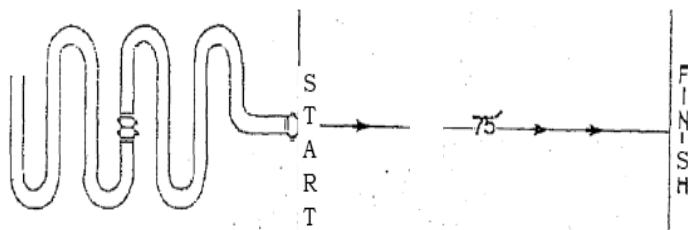
**Test Station**

**Configuration** - Located 10 yards from the ladder climb is 100 feet of 2 1/2 inch double jacketed rubber lined dacron hose flaked out on the ground. A starting line is marked with finish line designated 75 feet away.

**Candidate Task** - At the proctor's signal, the candidate grasps the end of the hose and drags it toward the finish line. The candidate may choose to pull the hose across the shoulder for a more secure position. This task ends when you cross the finish line with the hose in your hand.

**Test Site Diagram:**

Maximum time is 17 seconds for the evolution.  
The candidate walks rapidly to test station 5.



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**Station 5: Hydrant Coupling**

Evaluates the candidate's eye/hand coordination and muscular strength. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

**Test Station**

**Configuration** - Located 14 yards from the hose drag is a simulated hydrant. The hydrant is a board with two male 2 1/2 inch couplings attached. Arrows on the caps indicate the direction the caps will be turned to remove them.

**Candidate Task** - At the proctor's 'signal, the candidate begins by removing the first cap and placing it on the ground. The second cap should be removed next and placed on the ground. The candidate then picks up the first cap and replaces it on the male coupling. When this is completed, the second cap will be replaced. When both caps are back in place the proctor will check to make sure that the caps are securely attached and not cross threaded. If the coupling is cross threaded or not snug the candidate will be asked to redo that cap.

Maximum time is 35 seconds for the evolution.

The candidate walks rapidly to Test Station 6.

**Test Site Diagram:**



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**Station 6: Simulated Chopping**

Evaluates muscular strength and endurance, explosive strength, dynamic flexibility, speed of limb movements and cardiovascular endurance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

**Test Station**

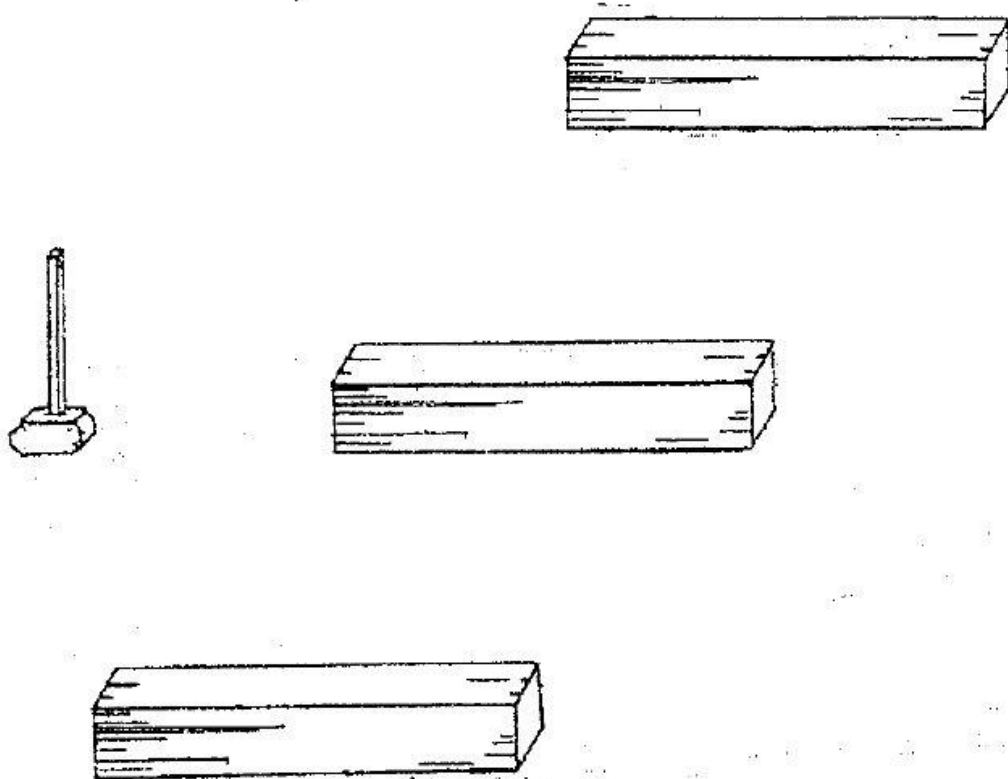
**Configuration** - Located 30 yards from the hydrant coupling are several standard 6 x 6 ties, with an 8 pound sledgehammer placed next to the tie.

**Candidate Task** - At the proctor's signal, the candidate selects a tie, stands facing the tie, grasps and lifts the sledgehammer over the head and delivers a striking blow to the tie. This continues until the railroad tie has been struck 20 times.

Maximum time is 38 seconds for the evolution.

The candidate walks rapidly to Test Station 7

**Test Site Diagram:**



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**Station 7: Weight Lift**

Evaluates muscular strength and endurance, explosive strength and balance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

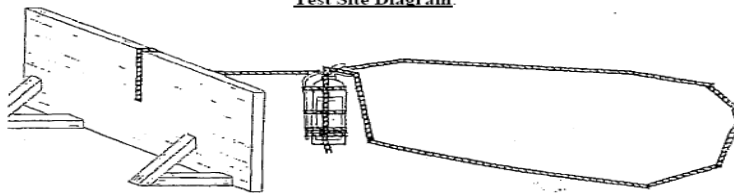
**Test Station**

**Configuration** - Located 8 yards from the Simulated Chopping is a 20 foot piece of 3/4 inch manila rope extending over a 30 inch wall, down to the stairwell floor. A 40 pound weight is attached to the rope.

**Candidate Task** - The candidate takes a position against the 30 inch high wall, leaning over the wall, then grasps the rope and raises the 40 pound weight over the top of the wall, moving the rope hand over hand. When the bottom of the weight is even with the top of the wall, the candidate returns the weight, in a controlled manner, to the floor. Two repetitions of this task are required and each evolution must be completed in 20 seconds. Not following instructions is a failure.

Maximum time is 40 seconds for this evolution.  
The candidate walks rapidly to Test Station 8

**Test Site Diagram:**





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**Station 8: Victim Drag**

Evaluates muscular strength and endurance and cardiovascular endurance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

**Test Station**

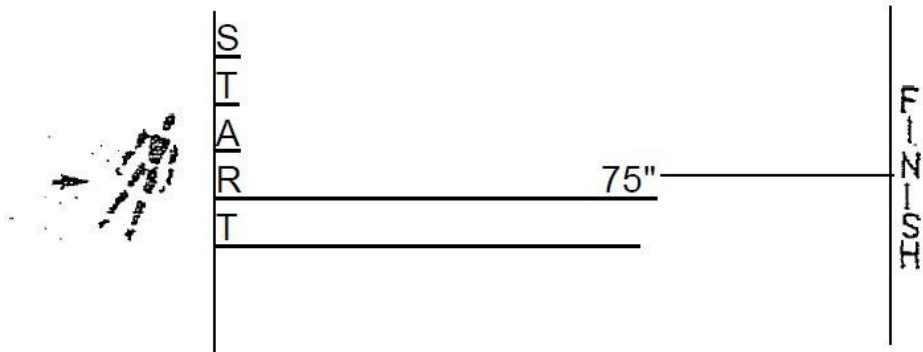
**Configuration** - Five yards from the weight lift is a 145 pound articulated dummy.

**Candidate Task** - At the proctor's signal, the candidate grasps the dummy and drags it 75 feet to a finish line. The candidate may drag the dummy in any manner, and the time will end when any part of the dummy crosses the finish line.

Required time is 26 seconds for this evolution.

The candidate walks rapidly to Station 9.

**Test Site Diagram:**



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**Station 9: Pike Pulls**

Evaluates the candidate's muscular strength and endurance, explosive strength, dynamic flexibility, speed of limb movements and cardiovascular endurance. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

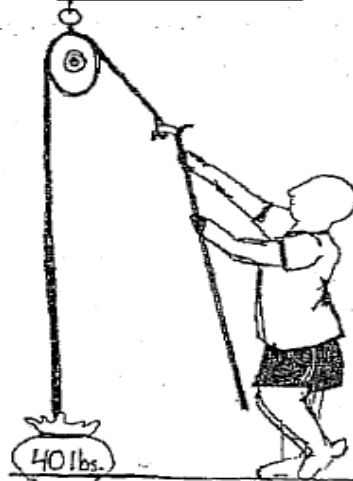
**Test Station**

**Configuration** - located 20 yards from the victim drag is a rope/pulley apparatus with a 40 lb. weight attached.

**Candidate Task** - At the proctor's signal, the candidate will grasp a pike pole, hook the pole into a ring and then perform downward thrusts to raise the weight above the specified mark on the wall. The candidate will continue until 50 thrusts are completed.

Required time is 90 seconds for the evolution.  
The candidate walks rapidly to Test Station 10.

**Test Site Diagram:**



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**Station 10: Simulated Search & Rescue**

Evaluates cardiovascular endurance and ability to operate in confined spaces with limited vision. Candidate will be required to wear a 50 lbs. vest throughout entire agility examination.

**Test Station**

**Configuration** - 10 yards from the pike pulls station is a 24 inch diameter by 6 foot long pipe that extends into a 5 foot by 5 foot plywood box. A quantity of used air masks with the face pieces occluded will be present.

**Candidate Task** - the candidate will pick out an air mask and stand ready at the entrance to the pipe. The candidate will then don the air mask and at the proctor's signal, enter the pipe and crawl through the pipe into the box. Once inside the box, the candidate will locate a simulated victim and then return through the pipe to the starting point.

Required time is 30 seconds for the evolution. Failure to locate and remove the victim or removal of mask during evolution will result in failure.

The candidate walks rapidly to Vital testing.

**Test Site Diagram:**

