PARK CITY FIRE SERVICE DISTRICT POLICIES AND PROCEDURES MANUAL

Order Type: PROCEDURAL ORDER Order Number: III-E-202

Date: May 2, 2007 Reference: III-E-200

Subject: ENTRY-LEVEL PHYSICAL PERFORMANCE ASSESSMENT

 Authority: _____

I. POLICY

The Park City Fire Service District firmly believes in providing for the safety of all district employees, as well as the citizens and guests it serves. Recognizing that the basic duties and expectations of a firefighter require a high level of strength, endurance, and agility, it shall be the policy of the Park City Fire Service District that all entry-level suppression candidates must demonstrate a minimum physical ability to carry out these duties and expectations. This policy establishes a minimum physical performance standard.

II. PROCEDURE

A. Pre-Employment Standard

The physical ability test will consist of the Park City Fire Service District's modified version of the *ARA Human Factors Firefighter Combat Test*. (See accompanying instructions.) The standard for successful completion is **seven minutes**. If the candidate is unable to complete the test within seven minutes, they will be asked to leave the course. There are no adjustments for age or gender. The test will be conducted during the entry-level testing process. Results will be kept confidential and only the words PASS or FAIL would be recorded.

Park City Fire District

Physical Agility Test for Entry-Level Candidates

Task: #1 Hose Carry/Stair Climb

Description:

The firefighter will lift and carry a hose bundle up three to five flights of stairs and place the hose bundle on the top of the dedicated landing.

Rationale:

This weight and the bulk of the hose used simulates the weight and bulk of any such equipment that might typically have to lifted, carried or hoisted by a firefighter.

Procedure:

A hose bundle of two-three lengths (100-150') will be lifted and carried to the top of the landing of the stairwell or tower. The firefighter must walk, not run up the stairs, but may tale multiple steps at a time. Then firefighter must touch each step as the firefighter comes down the steps.

Recommended weight of hose will be a typical high-rise pack used by the PCFSD.

Abilities Evaluated:

Lifting, carrying, and climbing.

Abilities Required:

The energy systems necessary to support this activity could be mainly aerobic and anaerobic. Critical to success is the pace at which the task is performed.

Task-specific Training Recommendations:

1. Climb/Walk Stairs:
   - A. Without Gear.
   - B. With Gear.
   - C. With Gear and SCBA. (not breathing air or wearing face piece)
   - D. Full Gear and Breathing Air Through Face Piece.
2. Weight Training.
3. Walking, Jogging, Bicycling.

Task: #2 Hose Hoist

Description:

The firefighter will pull on a rope to hoist a roll of 2 ½" cotton jacketed/vinyl hose to the top landing of the designated stairwell, lifting the hose over the railing and onto the landing.

Rationale:

This requires the ability to hoist needed equipment by rope and lift such loads over railings or over the edge of a building.

Procedure:

The firefighter will pull on the rope to hoist the hose to the top rail and lift the hose over the rail. For safety, the firefighter must keep both feet remaining on the landing, and the full body weight may not be placed on the rail.

Note: The height of lift will depend on the number of flights determined to be utilized. The weight of hose pack will be no heavier than 45 pounds. Height of lift will be approximately 70 feet.

Abilities Evaluated:

Lifting object of weight, hose, hose pack, assorted fire fighting tools.

Abilities Required:

This task demands upper body strength and grip strength, with some muscular endurance involvement. The trapezius, deltoids, latissimus dorsi, triceps, and forearm flexors are involved in hoisting.

Task-specific Training Recommendations:

A.
1. Hoisting light, then progressively heavier objects, wearing helmets and gloves.
2. Hoisting progressively heavier objects wearing full turnout gear.
3. Hoisting progressively heavier objects wearing full turnout gear and SCBA, but no face piece.
4. Hoisting progressively heavier objects wearing full turnout gear, SCBA, and breathing air.

B. Weight training including that related to the development of muscle groups described under abilities required.

Task: #3 Forcible Entry Simulation

Description:

The firefighter will use an 8 lb. sledgehammer to repeatedly strike the sled component of a Kaiser Forcible Entry Machine.

Rationale:

This performance demonstrates the ability to physiologically simulate the actions necessary to perform forcible entry ventilation procedures.

Procedure:

The sled of the Kaiser machine must be moved a distance of five (5) feet by repeatedly striking the sled with the 8 lb. sledge. The firefighter must stand on the support ledges of the sled and strike the sled on the vertical portion of the sled, without pushing or pulling.

Abilities Evaluated:

This task evaluates the ability to repeatedly strike a surface with a tool, (8 lb. sledge) lifting the tool, and swinging the tool.

Abilities Required:

This explosive power of the upper body muscle groups and the muscular endurance of the forearm flexors, triceps, latissimus dorsi, and the abdominal muscles demonstrated in the performance of this task.

Task-specific Training Recommendations:

1. Weight training: lat pull downs, bench press, bicep curls, tricep curls, military press. .
2. Exercises to strengthen abdominal muscles and lower back muscles.
3. Repeatedly swinging an axe against roof cutouts, or repetitive swinging of sledge against Kaiser Force Machine or pitched roof.

Task: #4 Charged Line Advancement

Description:

The firefighter will advance a charged 1 ¾" hose 50 ft. and set the nozzle down on a designated pad.

Rationale:

This advancement of charged lines is critical in performance of fire suppression duties.

Procedure:

The firefighter will advance a charged attack line a distance of 50 feet. The charged line will be pressurized to 80 PSI.

Abilities Evaluated:

Evaluates firefighter's overall physical strength, coordination and ability to handle weight in motion.

Abilities Required:

Advancing or pulling hose demands muscular strength and endurance of the legs and torso.

Task-specific Training Recommendations:

1. Carry heavy objects. To be done progressively, building up endurance while increasing weight load carried.
2. Weight training: resistive training, squats, leg presses, knee flexing and knee extensions.
3. Exercises necessary to strengthen abdominal and lower back muscles.

Task #5: Victim Drag

Description:

The firefighter will move a 165-175 lb. Mannequin 100 feet

Rationale:

The most critical task expected of firefighters is the rescue of a member of the community or a fire suppression crewmember. The importance of this task transcends all others and is directly responsive to the mission of the Fire District; the protection of life and property. This task represents an essential function as defined by the ADA, and is one of the most demanding required by a firefighter.

Procedure:

A 165-175 lb. mannequin will be on the ground. The firefighter will move the mannequin 100 feet to designated mark. The method used to move the victim cannot involve any equipment other than a typical rescue rope or strap, and cannot involve methods of which would likely injure a real victim. Example: no dragging by the neck or head.

Time is stopped when the mannequin's entire body passes the finish line.

Abilities Evaluated:

Evaluates the firefighter's physical strength, coordination and balance.

Abilities Required:

Muscular strength and endurance of muscle groups including forearm flexors, biceps, anterior deltoids, latissimus dorsi, trapezius, spine erectors, gluteus maximus, hamstring muscles, and quadriceps are necessary for the victim rescue task.

Task-specific Training Recommendations:

. 1. Resistance and weight training on the muscle groups defined above.
2. Progressive exercises involving lifting and carrying.
3. Exercises necessary to strengthen the abdominal and lower back muscles.