



Physical Agility Test

Participants are dressed in a Fire Helmet, Turn-out coat, Gloves and Safety glasses. They don a SCBA but no face piece. They may wear athletic pants/shorts and athletic shoes. **Bring your own turn out coat, helmet, and gloves.** If you cannot bring your own this equipment will be provided for you. The SCBA will be provided.

The time is continuous. **5:00 minutes** If the course is not completed in time, it will be considered a failure.

Station 1: 50' Charged Hose Drag 1.75" Hose.

The participant is allowed to get set with the hose when they cross the line time starts. The Participant will drag the 100' of hose 50'. They may drop the hose when they cross the end line.

Station 2: High-Rise Bundle Carry.

Carry a 2.5" 50' section tight hose bundle on your shoulder for 50', pass through a 10'x36" pipe. The participant may move the hose bundle in front of them. Exit the tube and return the hose bundle to the box. The bundle must remain in the box.

Station 3: Ladder Throw/Climb.

Move a 14' roof ladder, throw the ladder to the building and ensure proper angle. Climb the ladder, touch the top rung, and descend the ladder.

Station 4: Tire Hit.

drive the tire the full length across two tables with a 10# hammer. Any means other than a direct strike to move the tire will receive a warning, a second offense and the time is stopped and considered a failure. If the hammer hits the table, the tire will be retracted, and the station will be restarted.

Station 5: Equipment Carry.

Carry (2) pieces of equipment (Pressurized Water Extinguishers) 50', round a cone and return to the start. Set the equipment down. You are docked for 10 seconds for dropping or throwing the equipment.

Station 6: Window Jump.

Jump through a 4' window in a controlled manner.

Station 7: Vertical Rope pull.

Upon completing the window jump turn to the window and pull the rope until the sled touches the wall/pulley. This is achieved using a 45# sled attached to a rope. There is pulley on the window prop that changes the direction and allows for a vertical pull. The length of the pull is under 50.'

Station 8: Victim Drag.

Drag a 165# victim 50', turn around a cone and return. The time stops when the entire victim is across the finish line. The victim may be moved by either lifting the dummy or by pulling the dummy by the DRD.