



San Juan Island Fire Department

Physical Ability Test Instructions

COURSE ATTIRE:

Non-restrictive athletic attire and good athletic shoes are recommended. Supplemental attire is subject to approval. Candidates will wear the following mandatory safety equipment: Turnout coat, Breathing apparatus (shell and empty bottle), helmet, and structure fire fighting gloves. Knee pads are recommended but not required. Candidates may use their own equipment, with the exception of the Breathing Apparatus, provided it is inspected and approved by the instructor. All mandatory equipment, in various sizes, will be available at the test site. It is the candidate's responsibility to make sure they are wearing all mandatory equipment before they begin the test. If any candidate cannot locate suitable equipment for the test they must notify the instructor before they begin the test. You may use your own turn-out coat with liner, helmet, structure gloves and kneepads. These items are provided if you do not own your own. All candidates are encouraged to proceed as quickly as is safe within each event but are required to walk between events with the exception of the distance between events one and two.

EVENT 1: DRY HOSE DEPLOYMENT

Candidate advances 3 sections of uncharged pre-connected 1.75 inch hose 150 feet around 2 obstacles and 1 corner placing the hose nozzle in the marked box.

EVENT 2: CHARGED HOSE DEPLOYMENT

Candidate advances 3 sections of charged pre-connected 1.75 hose 70 feet. Thirty-two feet of hose deployment involves stooping or crawling while advancing the hose into a simulated narrow hallway. The nozzle of the hose is placed in the marked box and the candidate walks to the next event.

EVENT 3: HALYARD RAISE

Candidate raises and lowers the fly section of a 35- foot aluminum extension ladder. The resistance for each pull is approximately 45 pounds. Candidates must use a hand over hand method to raise the ladder using the upper body only as the lower body is

positioned to stabilize the ladder. If the rope slips through the candidates hand while either raising or lowering the ladder the candidate will be required to lower the ladder and restart the event. If the rope slips a second time the candidate will be disqualified. Upon completion of this station the candidate walks to the next event.

EVENT 4: ROOF WALK

Candidate ascends and descends a 12 foot distance walking/crawling on the rungs of a roof ladder while carrying a 33lb. saw. The candidate must hit every rung while ascending the ladder. If the candidate misses a rung on the way up the ladder they will be required to back down and restart the event. Candidate will be required to descend the ladder backwards and will not be allowed to turn around at the top of the ladder and face front to descend. Skipping a ladder rung on the way down the ladder is not disallowed. Upon completion of this station the candidate walks to the next event.

EVENT 5: ATTIC CRAWL

Candidate crawls a distance of 20 feet across an attic prop while carrying a box type flashlight in their hand. Candidates are required to either crawl on hands and knees or 'crab walk' on their hands and feet as long as they stay below the barriers. If the candidate knocks over a barrier they will be required to restart the event. When the candidate's hand reaches the end of the simulated attic they will exit the prop and walk to the beginning point to return the flashlight in the square provided. Upon completion of this station the candidate walks to the next event.

EVENT 6: ROOF VENTILATION

Candidate will pick up an 8 pound sledge hammer from the designated area and step up on to the slanted roof prop. The candidate will place one foot on the foot rest provided or stand closer to the strike area if necessary. The candidate must raise the hammer above the helmet for each of the 30 strikes and must maintain control of the sledge hammer at all times. Failure to strike property will result in the repetition not being counted. The following are examples of three methods that may be used by the candidates. With the first method the candidate slides their top hand to the top of the sledge hammer and back down to the bottom of the sledge hammer for each strike. In the second method the candidate places both hands at the bottom of the sledge hammer for each strike and does not slide the hands. With the third method the student separates the top and bottom hand and swings the sledge without sliding the top hand down. The first method described is the preferred method. Candidates will not be allowed to crouch in a low position to shorten the stroke. Upon completion of this station the candidate walks to the next event.

EVENT 7: VICTIM REMOVAL

Candidate carries or drags a 155 pound dummy for 13 feet and maneuvers around a cone and returns to starting line. Total distance of drag is 26 feet. Upon completion of this station the candidate walks to the next event.

EVENT 8: LADDER REMOVAL/CARRY

Candidate removes a 24 foot aluminum extension ladder (72 pounds) from mounting hooks, carries the ladder 54 feet around a diamond shaped course, and replaces the ladder to the mounted hooks. There are three acceptable methods of carrying the ladder. With all methods the candidate should begin by finding the balance point, marked in red, on the ladder.

The first method is a 'high shoulder carry'. The entire ladder sits on the top of the candidates' shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and proceed around the designated area, replacing the ladder to the hooks directly from the shoulder.

The second method is the 'low shoulder carry". In the low shoulder carry the top beam of the ladder sits on the top of the candidates' shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and proceed around the designated, area, replacing the ladder to the hooks directly from the shoulder.

The third method is the 'suitcase carry' in this method the top beam of the ladder is held in one arm like a suitcase.

While performing this event, candidates are allowed only two interventions. If a candidate requires a third intervention the candidate will be disqualified. An intervention includes any of the following:

- 1. Candidate grounds the ladder. Grounding means placing the ladder on the ground to gain stability.**
- 2. Candidate drops the ladder**
- 3. Candidate loses control of the ladder and the proctor assists in grounding.**
- 4. The rungs of the ladder fall over the head and neck of the candidate. In this case the proctor will assist in the removal and grounding of the ladder.**

EVENT 9: STAIR CLIMB WITH HOSE

Candidate twice climbs and descends a flight of stairs with an approximately 30 pound hose bundle (composed of 100 feet of 1.75 hose) then places the bundle at the base of the stairs. The bundle may be carried over the left or right shoulder and will be placed in the marked box at the base of the stairs. Candidates may skip steps when going up the steps of the tower but this will be disallowed when descending the tower.

EVENT 10: CRAWLING SEARCH

Candidate crawls on hands and knees along a designated path a distance of 60 feet. Candidate picks up the hose bundle and twice climbs and descends a flight of stairs (as in Event 9), returning the bundle in the designated area.

EVENT 11: HOSE HOIST

Candidate picks up 2 air bottles weighing approximately 27 pounds (connected at the nozzle with a strap) and places the air bottles over his/her shoulder. Candidate carries bottles to the 2nd floor placing the bottles in the designated area on the balcony. The candidate then hoists up a rope attached to a nozzle and 100 feet of 1.75 inch hose. The candidate must pull up the rope without letting it rub against the balcony rail. If the candidate pulls the rope against the rail they will be given a warning. If this behavior continues the candidate will be disqualified. This rule does not-apply when placing the hose nozzle in the designated spot. Once they reach the hose nozzle they pull it over the railing and set the nozzle down, in a designated box, 8 feet from the railing. The candidate then returns to the rail to pull up the remaining 100- foot of hose up and over the balcony rail. The candidate will not be allowed to use the rail as a support as they walk the back hose or pull it up. The hose may however touch the railing as it is pulled over the rail. After completing the hoist the candidate must pick up the bottles and return to the ground floor. Candidates must hit every step when descending the tower but may skip steps when ascending the tower stairs.

Upon completion of event 11 the candidate will proceed to the finish line and have completed the test.