Bath Township Fire Department			Standard Operating Guideline	
Section **Safety**	**Referral No.** **S-19**	**Subject:** **Physical Agility Testing**	**Date Issued** **5/05**	**Date Revised** **10/14**

Purpose:

- To provide guidelines for physical agility testing.

Scope:

- This standard operating guideline shall apply to all Firefighters.

Responsibilities:

- Proctor
  - All stations will have at least one proctor assigned.
  - The proctor shall fully explain the station and answer any questions related to that station.
  - Reserve the right to halt the test at any time they feel; the participant is not adequately performing the given task, whether physically, or proficiently inept.
- Personnel
  - All personnel have the responsibility of successfully performing the Physical Agility Testing to ensure a membership equally capable of performing a given task.
  - All personnel have the responsibility of notifying the proctor of medical conditions that prevent or may prevent the completion of the task.
  - All personnel have the responsibility of understanding and following the proctor's directions at each station.

Guidelines:

- **No running is permitted to, from, or at any station.**
- Each member will do physical Agility Testing annually.
  - EMS-Only members are excluded from Physical Agility Testing.
- One practice of the stations is permitted.
  - The practice session shall not be less than one calendar day prior to the scheduled testing date.
- Each station will be timed individually to measure length of activity and an overall time will be kept on file.

Physical Agility Stations

- This test will be performed wearing full turnout gear including SCBA and on-air.
- Each individual will be timed to measure improvement.
  - Ropes, straps or webbing may be used at any station.
- **The failure of any station will result in failure of the overall test.**
  - Pass – indicates that candidate performed the above procedure to the satisfaction of the respective proctor.

- Fail – indicated that the candidate did not follow instructions and/or failed to complete the above procedure.

Station 1 (Ladder climb)
(Time begins when candidate mounts the first rung of the raised ladder. Candidate will climb Ladder 1301, fully extended at a 40 degree angle, secure a ladder belt to second to last rung, un-secure the ladder belt and climb back down)

Station 2 (Hose Advance)
(Time begins when candidate crosses the start line and ends when candidate hits target cone with the water stream)
Advance the charged 150' section of 1 ¾ "hose from the start line (denoted by cones) to the finish line (denoted by cones) 100ft away. After passing the finish cone, the nozzle will be opened and the target cone, approximately 20' away, will be sprayed.

Station 3 (Victim Rescue)
(Time begins when candidate crosses the start line and ends when dummy's feet cross the finish line)
Using a dummy weighing 185 lbs, the candidate will drag or carry the dummy, in any fashion, from the start cone to the finish cone. The distance from the start to the finish cone will be 70 feet.

Station 4 (Equipment carry)
(Time begins when candidate crosses the start line and ends when the candidate crosses the finish line)
Without dropping item, the candidate will carry two 5-gallon foam containers from the start line to the finish line 70 feet away.

Station 5 (Equipment Pull)
(Time begins when candidate starts to pull the stokes basket, loaded with 70 pounds, and is completed when the stokes basket is pulled the length of 50 feet)
The participant will use a controlled, hand over-hand method, must stay within designated started area (dimensions of 3 foot by 3 foot).

Station 6 (Ladder carry)
(Time begins when candidate makes contact with the 16 foot roof ladder in the rear compartment of Ladder 1301 and ends when the ladder is placed back in Ladder 1301)

Remove a 16 foot roof ladder from Ladder 1301, carry it to the building, set it up in a proper climbing angle and replace it back to Ladder 1301.

Station 7 (Chopping)
(Time begins when candidate strikes the shuttle with a sledge-hammer and stops when the shuttle reaches the opposite end of the Kaiser sled)
While standing on the Kaiser sled, candidate will swing the sledge- hammer striking the shuttle to simulate chopping a hole in a roof.

- **Vital signs will be measured prior to testing, immediately following, and Five minutes after completing the test.**
  - **As per NFPA 1584**
  - **EMS personnel may require additional vitals.**
  - **Any personnel experiencing symptoms of a possible medical emergency shall be treated by EMS personnel and considered a "Patient".**