

Minot Fire Department Entry Level Physical Agility Test

The Minot Fire Department's entry level physical ability test will be the standard for all firefighter candidates. This test is designed to assess an individual's ability to adequately perform actual firefighting tasks. On test day, all candidates must sign the **Entry Level PAT Waiver of Claim for Injury** form prior to performing the test. The test is conducted by an EMT and if, at any point prior to or during the test, the EMT determines that the candidate presents visible signs of serious medical distress, testing shall be suspended, and medical assessment and/or care will be rendered as necessary. Some examples of signs of serious medical distress are:

- Onset of angina or angina like symptoms.
- Signs of seriously impaired perfusion: dizziness, confusion, pallor, cyanosis, nausea, or cold clammy skin.
- Physical or verbal indications of severe fatigue.
- Individual requests the test to stop.

A test suspension will be noted as a fail on the test results form and the candidate is disqualified from the current candidate assessment process.

This test is subject to revision and modification as the department may require for pre-employment screening.

Test Standards

The entry level physical ability test is a continuous evolution involving 12 fire-related tasks that are run consecutively. Because the test is continuous it will measure a candidate's endurance as well as strength. The candidate is required to work continuously without stopping and successfully complete each task before moving on to the next. There is no time limit for Task 1 and a 5-minute time limit for Task 2. **Time allowed for Tasks 3 through 12 is 8 minutes, 30 seconds (8:30)**. Candidates will be DISQUALIFIED if they decline to attempt a task or exceed the time limit. Although the candidate will want to have the best time possible, running between tasks and skipping steps is not allowed, except for Task 6 (Attack Hose Advance). The first time the candidate runs will result in a 15-second penalty. The second time the candidate runs will result in an additional 30-second penalty, and the third time the candidate runs will result in a disqualification. A 5-second penalty will result each time the candidate skips a step. Penalties will be added to the total time. This test is a pass / fail for combined components. Once the test is started, it may not be interrupted. Any interruption in the test will be cause to restart the test from the beginning at another time.

During the test candidates should wear comfortable clothing. Shorts will not be permitted for safety reasons. Sport shoes are recommended. Throughout testing candidates will be required to wear a helmet, gloves, and a 40 lb. weighted vest. The department will provide necessary firefighter PPE equipment with multiple sizes available to ensure a proper fit for everyone.

The physical ability tasks are as follows in the order of sequence:

1. Aerial Climb

The candidate without the weighted vest will climb to the top and back down to the starting point of a fully extended department aerial ladder, without stopping (candidates will be considered to have reached the top when they place both hands on the top rung). The aerial ladder will be set at a 60-degree angle. Candidates will wear a safety belt and be secured to a safety line strung through the top of the aerial ladder. Upon completion of this task the candidate will proceed directly to Task 2.

Disqualification: Failure to complete this task will result in disqualification from further testing.

Justification: Firefighters must have the ability to climb ladders and withstand heights to perform rescue and firefighting tasks.

2. Mask Test (Blind Crawl)

The candidate, while on hands and knees, wearing a SCBA with a blackened face piece and breathing tube removed, will attempt to find a way out of a room. The candidate must remain in SCBA for a full 5 minutes. Upon completion of this task the candidate will have a 2-minute period to remove face piece and proceed directly to Task 3.

Disqualification: Failure to complete this task will result in disqualification from further testing.

Justification: Firefighters must have the ability to work in hazardous environments and confined spaces with limited visibility to perform rescue and firefighting tasks.

Time for tasks 3 through 12 is 8 minutes, 30 seconds (8:30). Time will start when the test administrator states, "Ready Begin". Tasks 3-12 will be performed with the candidate wearing a 40 lb. weighted vest and no face piece.

3. Supply Hose Drag

The 5" supply hose with coupling attached will be placed at the rear of the test fire apparatus. The candidate will pull an uncharged 5" supply hose with a coupling attached a distance of 50', past the cone and place it on the ground. The end of the hose may be placed over the shoulder or grasped with both hands. Upon completion of this task the candidate will proceed directly to Task 4.

Justification: Firefighters are required to pull 5" supply hose for water supply.

4. Hydrant Opening

The candidate will turn the hydrant wrench counter-clockwise 15 complete turns. A hydrant wrench will be in place on the operating nut at the top of the hydrant. Upon completion of this task the candidate will proceed directly to Task 5.

Justification: Fire hydrants are the primary means by which the fire department receives its water supply for firefighting.

5. Forcible Entry

The candidate, using a 6 pound sledge hammer, will strike the beam, at waist height, and move it a distance of 2'. Upon completion of this task the candidate will proceed directly to Task 6.

Disqualification: If the candidate loses control of the sledge hammer and releases it from both hands during swinging, the candidate will be disqualified

Justification: Firefighters are routinely called upon to perform forcible entry while gaining access into vehicles and structures to complete search/rescue and firefighting tasks.

6. Attack Hose Advance

The candidate will pick up the nozzle and extend 150' of charged 1 ¾ " attack line past the cone and place it on the ground. The nozzle may be placed over the shoulder and grasped with both hands (running is allowed). The 1 ¾" hose will be pre-arranged on the ground in an accordion pattern for each candidate. Upon completion of this task the candidate will proceed directly to Task 7.

Penalty: 10-second penalty assessed each time the candidate drops the hose.

Justification: Firefighters are required to advance 1 ¾" lines for fire attack.

7. Ladder Raise

The candidate using the halyard rope will raise the fly section of a secured 24' extension ladder until fully extended then, lower the fly section to its original position. Upon completion of this task the candidate will proceed directly to Task 8.

Penalty: 5-second penalty assessed each time the ladder slips 3 or more rungs. A 20-second penalty assessed if the ladder slips clear to the ground.

Justification: Ladders are used for gaining access to roofs for rescue and firefighting tasks.

8. Stair Climb with High Rise Pack

The candidate will pick up the high-rise pack from the test fire apparatus, place it on their shoulder, then proceed to climb the stairs to the third floor landing, touch the door and then return down the stairs and place the pack at the starting point. The candidate may not skip any steps. Upon completion of this task the candidate will proceed directly to Task 9.

Penalty: 15-second penalty assessed each time candidate skips a step. A 15-second penalty assessed if candidate drags or drops the high-rise pack.

Justification: Firefighters are required to carry hose packs and other equipment up stairways to accomplish rescue and firefighting tasks.

9. Crawl Maze

The candidate will proceed to the crawl maze where they will step over, crawl on hands and knees or stomach, over, under, around and through obstacles to the end of the maze. Upon completion of this task the candidate will proceed directly to Task 10.

Disqualification: Candidate will be disqualified if candidate requests assistance or prematurely exits the maze.

Justification: Firefighters routinely crawl over, under, around and through obstacles to accomplish search/rescue and firefighting tasks.

10. Overhaul

The candidate will grasp a 6' pike pole at waist height, then fully extend the tip of the pike pole completely through the prop, pull down and lower their arms to waist height a total of 9 times. A "miss" will be called if the candidate does not complete a complete cycle. Upon completion of this task the candidate will proceed directly to Task 11.

Justification: Firefighters are required to perform overhaul (i.e. pull ceilings) or check for spot fires after extinguishment.

11. Equipment Hoist

The candidate will climb the interior stairs to third floor and then proceed to the window. The candidate may not skip any steps. The candidate using a rope will raise a 50' roll of 2 1/2" hose over the handrail and place it on the landing. Upon completion of this task the candidate will proceed directly to Task 12.

Penalty: 15-second penalty assessed each time candidate skips a step. A 20-second penalty assessed if hose roll is dropped to the ground.

Justification: Firefighters are required to use ropes in raising and lowering tools and equipment for rescue and firefighting tasks.

12. Manikin Drag

The candidate will proceed to the 145-pound manikin, grab it by the strap around the upper torso and drag it to the finishing point.

Justification: Most victims rescued from buildings are dragged not carried by firefighters.