

WHITING FIRE DEPARTMENT AGILITY TEST



BLACKED OUT AIR PACK CRAWL (FULL GEAR)

The firefighter candidate shall crawl, on hands and knees, from the captain's dormitory to a victim in the lounge of the fire department within three minutes. There will be an obstacle course set up in the main dormitory. The test will commence on the word GO and conclude when the applicant touches the victim in the lounge area. The applicant will wear full turnout gear and an activated air pack with a blacked out face piece. This test is designed to test for the presence of claustrophobia (fear of being confined) and simulates firematic duties on, above, and below ground level.

24 FOOT LADDER REMOVAL

The firefighter candidate must be able to remove a 24-foot extension ladder (approximately seventy five pounds) mounted on the side of the fire truck with the top beam approximately six feet from ground level. At the commencement of this task the applicant will determine the center balance point of the ladder and grasp it at the center rungs. The ladder will then be lowered to the ground flat on both beams. The applicant will then pick up the ladder and return it to the mounting brackets. To successfully complete this task the candidate must remove and replace both ends of the ladder simultaneously, and must not rest one end of the ladder then the other. This test is designed to determine the candidates' muscular strength and flexibility, and to duplicate actual firematic responsibilities during ground level fire fighting.

LADDER CLIMB

The firefighter candidate must be able to climb the truck ladder fully extended. The applicant will climb the ladder from the deck of the truck to the top, touching the tip of the ladder or platform and proceeding back down the ladder to the deck. This test is to be completed in a continuous motion with no stopping or hesitation. The angle of inclination of the ladder will be set at sixty degrees. This test is designed to determine the absence of acrophobia, (fear of heights). Fire personnel are required to perform fire fighting and rescue work above the ground level.

ADVANCING A CHARGED HOSE LINE (FULL GEAR)

The firefighter candidate must be able to pull a charged three inch hose with a nozzle attached (two sections, 100 feet). At the beginning of this test the hose will be lying in a straight line from the hydrant. At the start, the applicant will grasp the nozzle and drag at least one section of the hose past the four and a half inch steamer outlet of the hydrant. At no time will the parallel hose lines be more than seven feet apart during this exercise. This test is designed to ascertain the candidates' muscular strength and endurance as required at fire scenes when advancing hose lines filled with water. This exercise will be performed in full turnout gear excluding SCBA.

HOSE ROLL LIFT

The firefighter candidate must pull a dry, rolled fifty foot section of two and half inch hose from the ground into the Tower basket 35 feet above ground level. The hose will be attached to a rope. At the commencement of this exercise the hose must be pulled to the roof level, hand over hand, in one continuous motion. No stops will be allowed. This test is designed to determine muscular strength and endurance and duplicate actual firematic activities above ground level.

HOSE AND NOZZLE CARRY (FULL GEAR)

The firefighter candidate must be able to carry a high-rise pack consisting of one length of two and a half inch hose up and down the stairway course set up at the north stairwell of the Whiting Community Center twice. The applicant will begin at the basement level of the Whiting Community Center and proceed to the top floor. From the top floor he or she will return to the basement. He or she must complete this task within two minutes and twenty seconds. The high-rise pack will be carried on the shoulder. The firefighter will perform this task in full turnout gear with air pack donned and activated. This test is designed to determine the fire fighter candidates' cardiac and muscular endurance, and muscular strength and flexibility while duplicating actual firematic activities on and above ground level.