



# South Montgomery County Fire Department



## Physical Agility Test

### Pre-testing Instructions

- Candidate must have baseline vitals prior to the start of the test
- Each candidate will wear a helmet, gloves, and an SCBA with a 60 minute cylinder
- The candidate will have 8 minutes to complete the overall test
- The Aerial Climb is **not included in the overall time**

### Aerial Instructions

- You will be required to climb a 100 foot Aerial Ladder at 70°
- The candidate will be secured with a ladder belt and a safety line
- Begin climbing the aerial ladder in a continuous motion until reaching the top
- When you reach the top you will top the top rung and begin the decent  
\*\*\*\*\* **A pause of no more than 5 seconds will be allowed** \*\*\*\*\*
- You will receive one warning for stopping. After a second warning, if you have not started climbing again you will be **disqualified**

### Tower Climb w/ Bundle and Hose Hoist

- The candidate will carry 50' of 3" hose up the stairwell to a predetermined location
- The candidate must touch on every step along the way
- Once to the top floor. Set down the bundle and proceed to the balcony
- In a hand over hand method. Raise the rolled hose to the railing and lower back down. **Do not allow the rope to slide on the descent**
- Retrieve the bundle and proceed down the stairwell.

### Keiser Sled

- Begin striking the target with as much force as possible
- Continue striking the sled. Moving the sled from end to end
- Control of the mallet must be maintained at all times

### Ladder Raise

- Pick up the 14' roof ladder from the ground
- Carry the ladder to the predesignated area
- Raise the ladder utilizing a flat raise
- Position the ladder for climbing. Proctor will heel the ladder
- Climb the ladder one rung at a time until you reach the predesignated area at the top of the ladder
- Climb down the ladder one rung at a time
- Remove the ladder from the wall and carry it back to the designated area on the ground



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## **Physical Agility Test**

### **Hose Drag**

- The candidate will shoulder the coupling and drag the LDH hose for approximately 50'

### **Simulated Rescue**

- Drag or carry the dummy 25' around the cone and 25' back never dropping the dummy
- Return to the starting line and place the dummy in its original position

### **Equipment Carry**

- The candidate will carry two pails of foam approximately 50' around a cone and 50' back. Not dropping the pails of foam

### **Ceiling Breach**

- The candidate will pull (10) and push (10) the ceiling prop for a total of 20