

**Riverside Fire  
Authority**

**Physical Agility Test Description**

**Role of Proctor:** The designated Proctor provides the orientation of the event stations, oversees the entire testing process, administers portions of the test (or delegates this to others), and makes final determinations on any pass/fail conditions.

**Candidate Testing Ensemble:** The testing ensemble consists of protective coat, protective helmet, SCBA frame and cylinder, and protective gloves.

**Time Limits and Breaks:** All candidates receive an orientation (overview) of the event stations. During the orientation, the Proctor clarifies expectations regarding time limits, rest breaks, delays, and other pass/fail conditions. Candidates are expected to move from one station to the next at a quick (motivated) walking pace. While there are strict time limits associated with some events, there is no overall time limit as long as a candidate walks without undue delay from one station to the next. The most important aspect of the test is to successfully complete each of the stations consistent with the conditions described below.

## CANDIDATE EVALUATION FORM

Candidate Name: \_\_\_\_\_ Date: \_\_\_\_\_

Proctor Name: \_\_\_\_\_ Date: \_\_\_\_\_

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**Event One: Aerial Ladder Climb**

Purpose: This event is designed to determine the candidate's ability to ascend and descend an extended aerial ladder.

Event: The candidate shall climb to the top of an aerial ladder that is extended 85' (at a 65- degree climbing angle). The candidate will have a ladder belt and life safety line attached to them at all times.

Conditions: This is a timed pass/fail event. The candidate has five (5) minutes to complete this event. For this station, the candidate will not have to wear the SCBA frame and cylinder but they will wear a coat and helmet, gloves are optional. A candidate fails the event if he/she requires any assistance to ascend or descend the ladder.

Candidate Time: \_\_\_\_\_:\_\_\_\_\_ Pass/Fail (circle one)

Reason for Failure:

**Event Two: Stair Climb**

Equipment: This event uses a Step-Mill stair-climbing machine.

Purpose: This event is designed to simulate the critical tasks of climbing stairs in protective clothing while carrying a hose bundle or firefighting equipment in protective clothing. This event challenges the candidates aerobic capacity, lower body muscular endurance and ability to balance.

Event: For this event, the candidate must wear a helmet, turnout coat and SCBA air pack and gloves are optional. Prior to the timed event there will be a 20-second warm-up on the Step-Mill at a setting of 50 steps per minute. During this warm-up period, candidates are permitted to dismount, grasp the rail, or hold the wall to establish balance and cadence.

If the candidate falls or dismounts during the 20-second warm-up period, the candidate must remount the Step-Mill and restart the entire 20-second warm-up period. Candidates are allowed to restart the warm-up period twice. The timing of the test begins at the end of the warm-up period when the proctor calls the word "START". There is no break between the warm-up period and the actual timing of the test.

For the test, the candidate must walk on the Step-Mill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event.

Conditions: If the candidate falls or dismounts the Step-Mill three times during the warm-up period, the candidate fails the test. If candidate falls, grasps any of the test equipment or dismounts the Step-Mill after the timed event begins, the test is concluded and the candidate fails the test.

During the test, the candidate is permitted to touch the wall or handrail for balance, only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, the candidate shall be warned. Only two warnings are given. The third constitutes a failure.

**Candidate Time:** \_\_\_\_\_:\_\_\_\_\_

**Pass/Fail (circle one)**

**Reason for Failure:**

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**Event Three: Ground Ladder Raise/ Fly Extension**

Equipment: This event utilizes a 24' fire department ground ladder.

Purpose: This event is designed to simulate the critical tasks of placing a ground ladder at a structure fire and extending the ladder to the roof or window. This event challenges the candidates aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength and anaerobic endurance.

Event: For this event, the candidate will immediately proceed to the pre-positioned, secured 24' aluminum extension ladder, stand with both feet in the designated area, and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Coat, helmet, gloves and SBA frame and air cylinder will be worn.

Conditions: If during the ladder extension, the candidates' feet do not remain in the designated area, one warning is given. The second infraction constitutes a failure and the test is concluded. If the candidate does not remain in control of the ladder in a hand over hand manner, or allows the rope lanyard slip in an uncontrolled manner, the candidate fails the test.

**Candidate Time:** \_\_\_\_\_ : \_\_\_\_\_

**Pass/Fail (circle one)**

**Reason for Failure:**

**Event Four: Uncharged Hose Drag and Pull**

**Equipment:** 200' of uncharged 1.75 fire hose with nozzle. The hose is marked at 50' past the coupling at the nozzle to indicate the amount of hose that must be pulled into the designated area before completing the test. Helmet, coat and gloves shall be worn.

**Purpose:** This event is designed to simulate the critical tasks of dragging an uncharged hose line from the fire apparatus to the fire occupancy and pulling the hose line around obstacles while remaining stationary. This event challenges the candidates aerobic capacity, lower body muscular strength and endurance, upper back strength and endurance, grip strength and endurance and anaerobic endurance.

**Event:** For this event, the candidate must grasp the hose line at the nozzle place the hose line over their shoulder across chest. Candidates are permitted to run during the hose drag. The candidate is required to drag the hose 75' to a pre-positioned drum, make a 90 degree turn around the drum, and continue an additional 25'. The candidate shall stop within the designated area, drop to at least one knee and pull the hose line until the baseline's 50' mark crosses the finish line. During the hose pull, the candidate must keep at least one knee in contact with the ground and the candidates knee(s) must remain within the designated area.

**Conditions:** During the hose drag, if candidate fails to go around the drum or goes outside of the marked path (cones), the candidate fails the test. During the hose pull, candidates are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure and the test is concluded. During the hose pull, candidates are warned if their knees go outside the designated area. A second infraction constitutes failure and the test is concluded.

**Candidate Time:** \_\_\_\_\_:\_\_\_\_\_ **Pass/Fail (circle one)**

**Reason for Failure:**

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**Event Five: Charged Hose Drag**

Purpose: This event is designed to simulate dragging a charged hose line in a structure.

Event: During this event while wearing helmet, coat and gloves, the candidate will drag a 100' charged 2.5 hose line that is attached to an engine/pump. The hose line will be charged to the same amount of water pressure for each candidate (130 P.S.I.). The candidate will place the hose over their shoulder and drag it 100'. The candidate is permitted to run during this event.

Conditions: This is a pass/fail event. The candidate must complete this event in one continuous sequence as judged by the Proctor (or designee). Deliberately stopping or resting will constitute a failure and the test will be concluded.

**Candidate Time:** \_\_\_\_\_:\_\_\_\_\_

**Pass/Fail (circle one)**

**Reason for Failure:**

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**Event 6: Equipment Carry/Rescue Drag**

Equipment: This event utilizes two (2) gas powered saws (one chainsaw/one circular saw) and a rescue mannequin with hose strap.

Purpose: This event is designed to simulate the critical tasks of a.) removing power tools from an apparatus compartment and carrying them to the emergency scene and b.) removing a victim or providing rescue of another Firefighter.

Event: For this event, while wearing helmet, coat and gloves the candidate must remove the two saws from the simulated compartment one at a time and place them on the ground. The candidate will then pickup both saws, one in each hand and carry them 75 feet following a designated route. Upon reaching the designated area, the candidate places both saws on the ground and immediately grasps the mannequin by the provided handles and shall drag the mannequin 75 feet following the same route in reverse to the finish line. The drag will be conducted over a consistent surface for all candidates.

Conditions: This is pass/fail event. The candidate must complete it in one continuous sequence as judged by the Proctor (or designee). Deliberately stopping or resting will constitute a failure.

**Candidate Time:** \_\_\_\_\_:\_\_\_\_\_

**Pass/Fail (circle one)**

**Reason for Failure:**



**Physical Ability Participant Assumption of Risk, Waiver and Release**

I am eighteen years of age or older, fully competent, and I desire to participate in a Firefighter Candidate Physical Ability Test administered by the Riverside Fire Authority. I am fully aware of the fact that there are special dangers and risks inherent in this activity, including, but not limited to, the risk of serious physical injury, death or other harmful consequences that may arise or result directly or indirectly to me from my participation in this activity. Being fully informed as to these risks and in consideration of my being allowed to participate in an Authority sponsored activity and/or use of Authority facilities; I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold harmless the Riverside Fire Authority, its officials, employees and agents and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity.

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Participant Printed Name

Participant Signature

Date

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_  
Address Phone

\_\_\_\_\_ Date  
Witnessed By