



## GFD Physical Agility Test

Candidates will be required to wear a helmet, 50lb weight vest, gloves. The first station is a 75' ladder climb that is not timed. Time starts when the candidate begins station 2 and ends when the candidate completes the course. TIME 14 Minutes OR Less

**Station 1 Ladder Climb:** Candidate dons the 50lb weight vest, gloves, and helmet. Candidate proceeds to the ladder truck located in the parking lot on the north side of the facility. Candidate dons a harness and is attached to a belay system. Candidate climbs the ladder truck which is set to 75' at a 60-degree climbing angle. Stopping on a rung for more than 2 seconds is a critical fail. Candidate rings the bell once they have reached the top and begins to descend. Once the candidate reaches the ground the belay system will be detached and candidate doffs their harness.

**Station 2 Hose Crawl:** Candidate dons a vision impaired SCBA mask and knee pads are presented as an option. Candidate is guided to the female end of a hose coupling. The hose crawl consists of 3 50' sections of hose that are deployed throughout the first floor and looped over themselves at 3 separate locations. The candidate's time begins on their initial movement forward at the female end of the coupling. The candidate must progress through the 3 150' sections of hose and finish at the male coupling. Shall the candidate become disoriented and return to the start finish they will not be disqualified; however, their time will not be reset. Once complete the candidate will be assisted in doffing their SCBA mask and knee pads.

**Station 3 Ceiling Breach and Pull:** Candidate will grasp a 4' pike pole and complete 3 sets of 3 ceiling pulls and 3 ceiling breaches. Candidates must ensure they are performing complete reps on each movement.

**Station 4 Forcible Entry:** Candidate will grasp a 12lb sledge hammer and perform 10 sledge hits to the forcible entry prop. Hits can be performed from the left, or right side of the prop depending on preference.

**Station 5 Removal of a Downed Firefighter:** Candidate ascends the 2<sup>nd</sup> floor of the fire escape on the south side of the training facility. Candidate enters the 2<sup>nd</sup> floor and must maneuver the manikin from the start/finish line (marked by tape) to the opposite end (marked by tape) and return the entire manikin across the start/finish line.

**Station 6 Donut Roll Raise:** Candidate ascends to the platform on the 3<sup>rd</sup> floor. Candidate raises a 2.5" donut roll up and over the 3<sup>rd</sup> floor railing using a hand over hand method. The candidate then enters the 3<sup>rd</sup> floor and exits on the west side of the 1<sup>st</sup> floor.

**Station 7 Hydrant Manipulation:** Candidate will attach 3 male and 3 female hose couplings to the hydrant manipulation device. All connections must be hand tight. After the couplings are attached they will then be removed one by one and placed back on their initial location.

**Station 8 Ladder Raise:** Candidate raises a 16' roof ladder to a 2<sup>nd</sup> story window the north side of the building. The candidate must position to the ladder to the window and ensure a safe climbing angle. Once the climbing angle has been achieved the ladder will be lowered and placed back in the starting position. Once completed the candidate will be assisted in doffing their 50lb weight vest.

**Station 9 Hose Roll:** Candidates will donut roll 3 50' sections of 1.75" hose and place them one at a time on the designated platform. Once complete the candidates time is stopped and recorded.