

Alva Fire Protection & Rescue Service District

The Alva Fire Protection & Rescue Service District Physical Assessment Evaluation is designed to replicate body functional movements and activities performed by firefighters on the fire ground. These body functional movements and activities are referred to as “task” and each task is explained in this document.

When completing the Physical Assessment Evaluation, ALL applicants must wear long pants, closed-toe footwear and supplied PPE throughout task completion as directed by facilitators. It is recommended applicants wear long-sleeve shirts also, but not required. No cut off shirts, tank tops, or other inappropriate attire will be allowed; remember this is a step in a hiring process, dress like it.

Task 1: Stair Climb

Task 1 simulates the critical tasks of climbing of climbing stairs. Firefighters must often must climb stairs to mitigate emergency situations in full protective clothing carrying firefighter equipment. To simulate the weight, the candidate is required to wear a 50 lbs., weighted vest until completion of the task. The Stair Climb will begin with a 20-second warm-up at a set stepping rate of 50 steps per minute, then the stepping rate will be increased to 60 steps per minute for 3 minutes. There is no break in time between the warm-up and the actual timing of the test. If the candidate falls or steps off the Step Mill during the 20-second warm-up, the candidate will be allowed to remount but will be required to restart the 20-second warm-up. If the candidate falls or steps off during the actual timing (i.e., 3 minutes), the candidate will not be allowed to remount.

Task 2: “Farmers Carry” with 45-lb dumbbells

The applicant will carry two 45-lb dumbbells (one in each hand) and walk with them 75 ft around a cone then return to the starting point for a total of 150 ft. The applicant must demonstrate continuous progress; minimal stopping is allowed. The applicant is not allowed to drop and/or set the kettlebells down while completing this task. Task 2 simulates firefighters carrying tools during an emergency on a fire ground. After successfully completing Task 2, the candidate will move on to Task 3.

Task 3: 150 ft of 2 ½” Dry Hose-line Drag (100’) and 150 ft of 2 ½” Dry Hose-Line Pull

While Kneeling.

Task 3 simulates a firefighter deploying a fire hose line using dragging and pulling techniques. The candidate will demonstrate their ability to drag a 2 ½” hose line 100 ft. The candidate will then immediately pull the same 2 ½” hose line 100ft towards themselves while kneeling. Once the hose been pulled 100 ft. the candidate will move on to Task 4.

Task 4: Railroad tie “Keiser Sled”

Task 4 simulates a firefighter forcing entry or breaching with a striking tool. The applicant will strike a railroad tie with a metal sledgehammer. The applicant must move the railroad tie to the other end of the Keiser sled. Once the railroad tie reaches the other side of the sled, the applicant will move to Task 5.

Task 5: 100 ft Walk with a 24-ft Ladder Carry

Task 5 simulates a firefighter carrying a 24-ft extension ladder on the fire ground. The applicant will pick the ladder off the floor and carry the ladder as a high-shoulder carry, low shoulder carry, or suitcase method. Regardless of how the applicant chooses to carry the ladder, they must demonstrate the ability to carry the ladder in a safe and controlled manner. The applicant will walk 50 ft, make a U-turn and walk an additional 50 ft to the starting point and stow the ladder without dropping it. The applicant will move to Task 6.

Task 6: 100 ft. of 1 ¾” Charged Hose-Line Pull

Task 6 simulates a firefighter moving a charged hose line for fire suppression efforts. The applicant will pull the charged hose line 100 ft and then place the hose on the ground without dropping the nozzle. The applicant will move to Task 7.

Task 7: 50 ft. Victim Removal (154 lb. estimate)

Firefighters are commissioned to perform search and rescue and remove victims from dangerous environments, “making a grab” is the industry terminology. Task 7 simulates a 154-lb. victim removal, the applicant must move the victim 25 ft around a cone and back to the starting point to complete Task 7. The applicant’s time stops, and will move to the medical assessment portion.



Applicant Acknowledgement and Full Release of Liability

I acknowledge and understand the dangers and risks inherent in my participation in the Alva Fire Protection & Rescue Service District's Physical Assessment Evaluation, which includes but is not limited to the following dangers and risks: property damage, bodily injury, lacerations, contusions, broken bones, spinal injuries, head injuries, emotional/psychological injuries, serious bodily injury or even death.

In consideration of being allowed to participate in the Alva Fire Protection & Rescue Service District's Physical Assessment Evaluation. I hereby acknowledge, appreciate, and agree as follows:

I certify that I am 18 years of age and am legally competent to enter this Applicant Acknowledgement and Full Release of Liability (i.e., Release of Liability). I further certify that I have read the terms of this Release of Liability or had someone read it to me.

With full understanding of the dangers and risks involved, I, for myself and on behalf of my heirs, successors, assigns, personal representatives, and next of kin, hereby release and hold harmless the Alva Fire Protection and Rescue Service District, and all of its elected officials, agents and employees, of and from any and all loss, responsibility, liability, and expense, which may arise because of the negligence, gross negligence, or other fault, which results in any injury, (including death), damage, or claim resulting from my participation in the Physical Assessment Evaluation, whether such injury, damage or claim is due in whole or in part to the negligence and/or gross negligence of the Alva Fire Protection and Rescue Service District. I further agree to take no legal action against the Alva Fire Protection and Rescue Service District, or any of its elected officials, agents, and employees, because of any injury, damage, or claim resulting in any way from my participation in the Physical Assessment Evaluation, including the strength/endurance/agility assessment element.

I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY.

I have read the above carefully and know it contains a full waiver and release of liability.

Date: _____

Signature of Participant: _____

Name of Participant (printed): _____

Notary: _____

Name of Applicant: _____ D.O.B. _____

Dear Physician,

The above-named individual intends to participate in the pre-employment physical strength/endurance/agility assessment evaluation for the Alva Fire Protection & Rescue Service District. We are aware of the fact that strenuous physical activity may be inadvisable for some individuals. As such, we request that you indicate whether the above-named applicant has any medical condition or disorder that would preclude participation. It must be emphasized that we are not asking you to assume responsibility for the applicant while participating in this test. Rather we merely inquire as to whether it is advisable, in your medical opinion, for the applicant to participate in the physical assessment evaluation.

The assessment will consist of a series of physical evaluations conducted at our training site to assist in determining if the applicant can perform the physical standards deemed appropriate for this job position and this agency. The applicant will have 10 minutes of time to complete as many steps of the assessment evaluation as possible. There is NO PASS OR FAIL. The physical assessment evaluation will be completed while wearing a hard hat, gloves, and a SCBA (estimated 25-30 lbs./no mask) and consists of the following tasks:

- Stair Climber test wearing a hard hat, gloves, and a 50 lb. vest with a 20 second warm-up and a 3 minute test (Note: the SCBA will be donned after completion of 3 minutes and 20 seconds time period).
- 45 lb. dumbbells (one in each hand) "Farmers" Carry, 150 ft.
- 100 ft. of 2 ½" dry hose-line drag. 100 ft. of 2 ½" dry hose-line pull while kneeling.
- Forcible Entry Railroad tie "Kieser Sled"
- 100 ft. ladder carry (i.e., 24 ft. extension ladder)
- 100 ft charge 1 ¾" hose line pull.
- 50 ft. victim removal (victim estimated at 154 lbs.)

Thank you for your cooperation

I have examined this applicant and considered his/her medical history, and based upon my evaluation (please select one of the following choices):

- In my medical opinion, participation, is not advisable at the present time. (If you advise against participation, please do not disclose the applicant's medical condition on this form).
- In my medical opinion, no medical condition or disorder exists which precludes this applicant from participation in the physical assessment tests as described.

Signature of Physician

Printed Name of Physician

Date

Physician License Number

Practice Address