



Brownwood Fire and Rescue Physical Agility Test



Purpose

To measure the candidate's cardiovascular efficiency, body composition, muscular strength, endurance, flexibility, and agility, in order to identify adequate levels of overall physical ability for performance as a firefighter.

Physical Agility Test

Brownwood Fire Department applicants must complete a series of physical activities in a designated time of five (5) minutes as a prerequisite to being hired.

Applicants will be required to wear a bunker coat, helmet, turnout gloves, and SCBA pack with bottle. No mask. Applicants are required to wear long pants or sweats, and utility or athletic shoes.

Prior to testing, applicants are responsible for warm-up and stretching in preparation for the test. During the test, applicants must walk between stations and follow the rules stated for each station during that event. If not stated in the rules for the station, applicant may move at their own pace during the event (i.e. walk briskly).

1. **Hose Carry & Hose Pull** – Applicant shall pick up a 2 ½” high rise pack, carry it to the 3rd floor of drill tower and place it down in a designated area. Applicant will then raise a 2 ½’ straight roll using a hand over hand motion with a rope, pulling the hose over the handrail and placing it on the floor. Pick up the high rise pack and descend to ground level being sure to use each step on the stairway. Applicant shall then place the high rise pack back in the designated area.
2. **Charged Hose Advance** – Applicant shall pick up a 1 ¾” nozzle on a charged line and advance the line 75 feet. Nozzle shall be carefully placed on the ground past the designated mark.
3. **Roof Ladder Climb** – Applicant shall ascend a 14 foot roof ladder and straddle the roof top, then descend the opposite side down another 14 foot roof ladder. Ladder must remain flat against roof and applicant may not skip rungs while ascending or descending.
4. **Simulated Rood Ventilation** – Applicant shall use an eight (8) pound dead blow hammer to advance a 150 pound steel beam a distance of five (5) feet.
5. **Hose Stack** – Using both hands, applicant shall remove six (6) 2 ½” straight hose rolls from a tabletop and place the rolls one at a time on the ground beyond a designated mark. Upon completion of moving all rolls, applicant shall move all rolls back to the tabletop one at a time. Applicant shall use correct lifting technique throughout the station.
6. **Dummy Drag** – Applicant shall grasp a 170 pound manikin from behind and under the arms. Walking backwards, applicant shall advance the manikin 75 feet and place the manikin on the ground beyond a designated mark. Time will stop.



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7. **Aerial Ladder Climb** – While wearing a t-shirt and long pants, (not provided), issued helmet, gloves (may not use personal), and a ladder belt on a safety line, the applicant must be able to climb an aerial ladder extended 75 feet at a 70 degree angle reaching the top rung and descend to the bottom. The ladder must be climbed using the hand over hand method and descend in the same manner. The climb and descent must be made in a continuous methodical motion, without rushing or recklessness. The applicant may not remain with his / her feet on the same rung for more than 30 seconds. This shall constitute “freezing” and thus, and unacceptable performance. Grading is Pass / Fail.

How can you prepare for the Physical Agility Evaluation Test?

Do not take this physical agility evaluation test lightly. It is more difficult than it appears. Your chances for passing the test will be greatly increased if adequate preparatory training has been undertaken.

It must be emphasized that regardless of a person’s level of ability, he / she should be in good health before beginning any physical training program. Preparation for the physical agility test can be accomplished by a physical training program that emphasizes cardiorespiratory (heart-lung) fitness, strength, and endurance.

However, most people can improve their level of physical ability through an intensive training program that includes running for cardiorespiratory fitness and weight lifting to develop muscular strength. Applicants tend to underestimate the difficulty of the physical ability evaluation test and the effects it can have on them physically.

To help minimize negative effects, please adhere to the following guidelines:

1. Drink plenty of water 1 to 2 hours prior to the physical agility evaluation test.
2. Completely avoid the consumption of alcoholic beverages for at least 48 hours prior to the test.
3. Avoid the use of any over-the-counter medication for 48 hours.
4. Avoid strenuous exercise for 48 hours prior to the test.