

# ROYSE CITY FIRE DEPARTMENT

## *Physical Ability Test Instructional Guide*

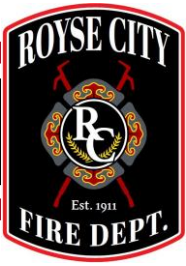
This manual has been developed to introduce you to the Royse City Fire Department Physical Ability Test (PAT). The first component is a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter.

### **Job Simulation Tasks**

- Keiser Sled
- Bleacher Stair Climb with High-rise Pack
- Hose Hoist
- Equipment Carry
- Charged Line Advance
- Victim Rescue
- 3" Hose Crawl

The following guidelines apply to this component of the PAT.

- Applicants must wear a 50LB weighted vest.
- Applicants are strongly encouraged to wear athletic shoes and appropriate clothing for physically demanding work. You will be performing physical acts that demonstrate strength, agility, endurance and it is important to be outfitted in attire that does not hinder your performance. Knee pads and gloves are optional and must be brought by the applicant. The testing authority reserves the right to inspect all equipment, and to disallow equipment, to ensure that its use does not affect the fair and impartial administration of the PAT.
- All seven events of the PAT will be timed in a series. The test has a cutoff time and failure to complete the course in the allowed time will result in disqualification.**
- No running during the test.** Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe on the bleacher climb station.
- The applicant shall touch every step going up and coming down while climbing the bleacher. You may move as quickly as you like and are encouraged to use the hand rails as needed.



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- Test proctor will be assigned to time you while on the course. Each applicant will have a monitor that will accompany them throughout the course. It is acceptable to ask the test monitor questions concerning course rules and layout prior to beginning the course and while on the course.
- The applicant will be allowed as much time as needed to complete each individual component of the PAT within the maximum allotted time. Pay careful attention to the instructions and ask for clarification when needed. Should you perform one of the components incorrectly during the test; the test monitor will guide you as to how to correct your actions and the applicant will need to perform that component again.
- The Unnecessary dropping, throwing or other **intentional mis-handling** of any of the fire department props will be grounds to disqualify the applicant.

**The following Physical Ability Test will be performed wearing a 50lb weighted vest.**

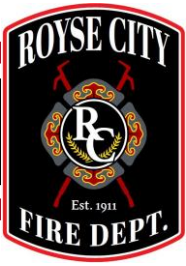
**1. Keiser Sled Test:** The applicant's time will start when he/she makes contact with the sled. He/She must move the sled the entire length of the Keiser platform.

**2. Bleacher Climb:** The applicant will climb the bleacher stairs to the designated area and descend back down carrying a bundled section of 2 ½-inch hose line that weighs approximately 35 pounds. The applicant shall touch every step going up and coming back down. Using of the handrails is acceptable and he/she may move as fast as he/she chooses on the stairs. Once the applicant is at ground level, he/she shall place the high-rise pack in the designated location.

**3. Hose Hoist:** The applicant will be directed to place his/her feet into a box that is painted on the ground. He/She then will begin to hoist the rolled-up sections of hose line to the top using the hand over hand method, then; the applicant in a controlled manner will lower the rolled-up hose line down to ground level. At any point if the applicant steps out of the box or loses control of the rope the applicant will be required to perform the event again.

**4. Charged Line Advance:** The applicant will advance the 1¾ hose line charged at 100 psi for 100 feet. The objective will be complete once the applicant has passed the marked line with both feet.

**5. Equipment Carry:** The applicant will pick up the designated ladder next to the engine, will then walk 15 feet to the designated cone, turn around and then walk back to the engine and set the ladder down in location. Then proceed to the end of the engine where the applicant will pick up the hydraulic tools from the rear bumper and carry it 25 feet to a designated cone, proceed around the cone and return the hydraulic tools to its original location.



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6. **Victim Rescue**: The applicant will drag a 185 lb. sled to the designated cone and then return to where he/she started.

7. **3" Hose Crawl to The Finish**: The applicant will crawl or use any appropriate method (3-point contact on the ground at all times) to advance towards the finish line. There will be (3) 50ft sections of 3" hose line laid across the pavement. At each coupling the firefighter is to connect the male/female ends and then proceed to the finish line.

**The applicant's will be allowed to walk through the test prior to beginning the timed test. Applicants will also be given the opportunity to ask any questions he/she may have. Skills are completed in the order in which they are listed on the test sheet beginning with the Keiser sled.**

\_\_\_\_\_  
Applicant

\_\_\_\_\_  
Date

***"WE MUST TRAIN AND PREPARE FOR OUR BEST DAY ON THEIR WORST"***