

ROYSE CITY FIRE DEPARTMENT

Physical Ability Test Instructional Guide

The following guideline has been developed to assess important physical abilities necessary for effective job performance as a firefighter with the Royse City Fire Department.

Job Simulation Tasks

- Stair Climb
- Row Machine
- Keizer Sled
- Equipment Carry
- Ladder Carry
- Charged hose advance
- 3" Hose Crawl

Applicants are strongly encouraged to wear athletic shoes and appropriate clothing for physically demanding work. You will perform physical acts that demonstrate strength, agility, and endurance, and it is essential 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.

The PAT will be timed in a series upon completing the Stair Climber. The test must be completed in 7:00 minutes or less. Failure to complete the course in the required time will result in disqualification.

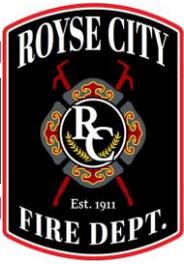
A test proctor will be assigned to Time you while on the course.

The applicant will be allowed as much time as needed to complete each component of the PAT within the maximum allotted Time. Should you perform one of the components incorrectly during the test, the proctor will guide you on correcting your actions, and the applicant shall perform that component again. Once Time has started, Time will not stop for any reason. No running at all during the test.

The Unnecessary dropping, throwing, or other **intentional mishandling** of any fire department props will be grounds to disqualify the applicant.

The Physical Ability Test shall be performed wearing a 40lb weighted vest.

1. Stair Climb: The applicant will climb 12 floors on the stair climber machine at a speed of 8. The station is untimed and is allowed to use the handrails to assist with balance. When completed, the applicant will walk to the rowing machine without stopping.



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2. Row Machine: The applicant will sit on the rowing machine and secure themselves to the machine with the proctor's assistance. The applicant's course time will begin when the handlebars to the rowing machine are grabbed. The applicant will row 500 meters at their own pace for Time. Once completed, the applicant will stand and walk to the Keizer Sled.

3. Keizer Sled: The applicant will stand on the sled steps and strike the beam from one side to the other using the sledgehammer provided. The applicant will move to the next station upon successfully moving the beam to the opposite end of the sled.

4. Equipment Carry: The applicant will pick up the designated equipment, walk 50 feet to the designated cone, turn around, and then walk back and return the equipment to the starting position. The applicant will then walk to the ladder carry.

5. Ladder Carry: The applicant will pick up a roof ladder from the designated location, carry the ladder 25ft to the cone, turn around, and then walk back to the starting position. The ladder will be placed on the ground, and then walk to the charged hose line.

6. Charged Hose Line: The applicant will pick up the charged hose line in a position of comfort and advance the line 100ft to the designated location; the line must be advanced in one continuous movement, and the nozzle shall be placed on the ground, The applicant will then move to the hose crawl.

7. Hose Crawl to The Finish: The applicant will crawl or use any method other than standing (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 across the pavement. At each coupling, the applicant is to connect the male and female ends and then proceed to the finish line. Test time will be stopped upon crossing the finish line, and the applicant will be shown their Time.

All applicants must print and sign their name acknowledging their understanding of the course and requirements before starting the PAT (applicants will be allowed to walk the course. Additionally, all participants are required to sign a PAT release of liability. Upon completing the PAT and receiving your official PAT time, the applicant must initial below the Time and proctor's signature, acknowledging the official results.

Applicant - Print and Sign

Date

Official Time: _____

PAT Proctor: _____

Applicants Acknowledgment of Time - Initials: _____