



Tega Cay Fire Department

Physical Agility Test

The physical agility test adopted by the Tega Cay Fire Department consists of five separate events. The test is a sequence of events requiring the candidate to progress along a predetermined path from event to event in a continuous manner accompanied by a proctor. The test was developed to ensure candidates are physically able to perform essential job tasks at fire scenes.

Throughout all events, you must wear long pants, a hard hat with chin strap, work gloves and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not allowed. You will wear a self-contained breathing apparatus during all portions of the event.

The events are placed in a sequential order that best simulates fire scene events. There will be no running allowed during the completion of the events. There will be a walk between events to allow you approximately 20 seconds to recover before the next event. If you run between events, you will receive one warning. A second warning during the test will lead to the conclusion of the test, and you will be disqualified.

The test is a pass/fail test. The times will be used in the case of a tie between two candidates who achieve the same score at the end of the hiring process.

EVENT 1 - CONFINED SPACE ENTRY

This event simulates crawling through a confined space environment.

PURPOSE OF EVALUATION:

This event is to establish that you will be able to work in small spaces and potentially perform rescues from a confined space or smoke-filled environment.

EVENT DETAIL:

- During this event the candidate, while wearing a self-contained breathing apparatus will crawl through a 24" x 20' long piece of corrugated pipe.
- Once complete the candidate will be directed to the next event. This is not a timed portion of the test.
- This is a pass/fail skill.

CONFINED SPACE ENTRY – ILLUSTRATION



EVENT 2 - STAIR CLIMB

This event consists of a 10-inch-high step box placed in front of a set of lockers. The lockers can be used as a handrail to provide stabilization while mounting and dismounting the step box.

PURPOSE OF EVALUATION:

This event is designed to simulate climbing stairs while carrying a high-rise pack (hose bundle). This event challenges the candidate's aerobic capacity, lower body muscular endurance and ability to balance.

EVENT DETAIL:

- The candidate is required to wear a self-contained breathing apparatus, not breathing air and carry a 50' section of 2 ½" hose.
- The candidate will complete 25 steps, walk 35' around the barrel and return to the step box, complete 25 steps, walk 35' around the barrel and return to the step box for a final 25 steps.

The following practices constitute a failure:

- Falling demonstrates poor balance or muscular endurance and could cause injury to the candidate.
- Using the lockers or wall for weight bearing. This gives the candidate a mechanical advantage that may not be available to them on the fire ground or demonstrates poor balance, conditioning, or muscular endurance.

STAIR CLIMB - ILLUSTRATION



EVENT 3 - HOSE DRAG

This event uses an uncharged fire hose with a fire hose nozzle. The candidate is permitted to drape the hose across the shoulder or chest and walk from the box indicated by the proctor around the barrel and return to the box as indicated.

PURPOSE OF EVALUATION:

This event is designed to simulate dragging an uncharged Hoseline from the fire apparatus to the fire and pulling an uncharged Hoseline around obstacles while remaining stationary. This event challenges the candidate's aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance.

EVENT DETAIL:

- The candidate grasps a nozzle attached to 150 feet of 1 3/4-inch hose.
- The candidate places the Hoseline over the shoulder and across the chest.
- The candidate is not permitted to run during the hose drag.
- The candidate drags the hose 35 feet to a prepositioned drum, makes a 180° turn around the drum and continues returning to the box indicated by the proctor.
- The candidate then stops within the area indicated by the proctor drops to at least one knee and pulls the Hoseline until the entire length of the hose is across the start/finish line.

The following practices are allowed:

- The candidate is given one warning to keep one knee down.
- The candidate is given one warning to keep the knees in bounds.

The following practices constitute a failure:

- The candidate fails to go around the drum.
- The candidate receives a second infraction for not keeping one knee in contact with the ground.

HOSE DRAG – ILLUSTRATION



EVENT 4 - EQUIPMENT CARRY

This event uses two foam buckets filled with oil dry that are carried 75' from one end of the apparatus bay to the opposite end.

PURPOSE OF EVALUATION:

This event is designed to simulate the critical tasks of carrying equipment from the apparatus to a predesignated spot on the emergency scene. This event challenges the candidate's aerobic capacity, while focusing on multiple muscle and body systems.

EVENT DETAIL:

- The candidate will walk from the hose drag event to the foam buckets.
- The candidate will then pick up both buckets walking 75 feet.
- The candidate, upon reaching the opposite end of the bay, will place the buckets on the ground.
- Once complete the candidate will walk approximately 45 feet to the next event.

The following practices constitute a failure:

- The candidate drops either bucket during the carry.
- The candidate receives a second infraction for running with the buckets.

EQUIPMENT CARRY – ILLUSTRATION



EVENT 5 - VICTIM RESCUE

This event uses a 185lb Rescue Randy that will be moved 35 feet around a cone and return to the starting position.

PURPOSE OF EVALUATION:

This event is designed to simulate the task of removing a fire victim with limited manpower. The evolution simulates removing a victim from an environment that is not tenable for the public, dictating the need for rescue. This event evaluates the candidate's aerobic capacity, muscular strength and endurance, and balance.

EVENT DETAIL:

- The candidate will drag a fire victim (Rescue Randy) 35', make a turn of 180 degrees and return to the start/finish line.
- Once the candidate has moved the victim from the start/finish line, around the cone and returns to the start/finish line the event is complete.
- This is a pass/fail skill.

VICTIM RESCUE – ILLUSTRATION

