

# *The Georgia Certified Firefighters Physical Agility Test*

## INSTRUCTIONS

### **Test Preparations**

1. The candidate shall be provided with gloves, helmet, and a self-contained breathing apparatus (without the mask) to be worn during the entire test. The candidate shall be assisted with donning this equipment so that it is worn properly.
2. The following equipment will be needed: a rolled 50-foot section of 1½ or 1¾ inch diameter hose and a multi-story structure, a 24-foot aluminum extension ladder in a securely supported vertical position, a fire department axe and a target such as a wooden pallet, a charged (75 PSI nozzle pressure) 100 foot 1½ or 1¾ inch hoseline with a nozzle attached and secured in the off position, a 165-pound dummy with a strap or harness attached, and a 14-foot roof ladder placed in a horizontal position at a height of 5 feet.
3. Each exercise shall be properly prepared and ready for the candidate prior to beginning the test.
4. The overall distance from the starting point of the first exercise and the last exercise shall not exceed 400 feet and not be less than 300 feet.
5. The starting point (and ending point if applicable) for each exercise shall be pointed out to the candidate prior to beginning the test.
6. The candidate shall be given the overall instructions and the instructions for each exercise prior to beginning the test. (Instructions for all or any single exercise may be read again but time does not stop.)

### **Overall Candidate Instructions**

1. The candidate shall wear gloves, helmet, and a self-contained breathing apparatus (without the mask) during the entire test.
2. The candidate may not run during the test.
3. Time will begin at the starting of the first exercise and shall stop when the candidate completes the last exercise. (The candidate may pause during the test but time will continue to expire.)
4. The candidate may ask that instructions for all or any single exercise be read again but time will continue to expire if the test has already begun.
5. **The candidate must complete the entire test in seven minutes or less.**

### **Exercise Instructions**

1. **Stair Climb** - The candidate, given a rolled 50-foot section of 1½ or 1¾ inch diameter hose and a multi-story structure, shall carry the hose section up one flight of stairs to the second floor and then return to the starting point with the hose. The candidate must use each step while climbing or descending the stairway.
2. **Ladder Extension** - The candidate, given a 24-foot aluminum extension ladder in a securely supported vertical position, must completely extend the fly section (top section) of the ladder. The candidate must then lower the fly section in a controlled fashion to the starting position.
3. **Ventilation Exercise** - Given a fire department axe and standing on level ground with a target (such as a wooden pallet) placed on the ground in front of them, the candidate must strike the target with the axe 20 times. The axe must be brought completely over the shoulder to simulate a chopping motion as if cutting a ventilation hole.
4. **Hose Advance**  
The candidate, given a charged (75 PSI nozzle pressure) 100-foot 1½ or 1¾ inch hoseline, shall pick up the nozzle and advance the pressurized hoseline for a distance of 50 feet. After reaching the destination, the candidate shall lay the hose on the ground.
5. **Rescue Drag**  
The candidate, given a 165-pound dummy on a level surface, shall drag the dummy a distance of 50 feet.
6. **Ladder Removal/Replacement**  
The candidate, given a 14-foot roof ladder placed in a horizontal position at a height of 5 feet and with the ladder rungs in a vertical position, shall lift the entire ladder from its support and place it on the ground then pick the entire ladder up and return it to its original position.

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**EXERCISE COMPLETION SHEET**

Firefighter's Name \_\_\_\_\_ Date \_\_\_\_\_

Stair Climb

Ladder Extension

Ventilation Exercise

Hose Advance

Rescue Drag

Ladder Removal/Replacement

Starting Time \_\_\_\_\_ Ending Time \_\_\_\_\_ Total Time \_\_\_\_\_

**NOTE: The entire test must be completed in seven minutes or less.**

Assessor Name \_\_\_\_\_ Date \_\_\_\_\_

Assessor Signature \_\_\_\_\_