

# Spokane Valley Fire Department

## Civil Service - Entrance Physical Ability Test

This physical ability test is designed to evaluate the minimum physical capabilities needed to perform the duties and functions of a Firefighter within the Spokane Valley Fire Department. All equipment used is from present firefighting apparatus.

### **Clothing and Equipment**

Candidates will wear the following mandatory safety equipment as defined in the test events: bunker coat, breathing apparatus with empty bottle, firefighting helmet and structural firefighting gloves. All mandatory equipment will be available in various sizes at the test site. It is the candidate's responsibility to make sure that their equipment provided fits and that they are wearing all mandatory equipment before they begin and participate in the test.

Tennis shoes, sweat pants, tee shirts and kneepads are recommended apparel but not provided.

### **Safety**

A Spokane Valley Fire Department Paramedic will be on site during the Physical Ability Test and at any time a candidate displays physical behaviors that have deteriorated beyond expected norms the test will stop. The attending Paramedic will evaluate the candidate's physical condition and determine whether the candidate should continue. This determination will be a judgment call on the part of the attending Paramedic. Should the determination be that the candidate not continue, the physical ability test will be stopped and the candidate will be considered failed. Should the determination be that the candidate can continue, a thirty minute rest will be given and the candidate will start at the beginning of the test.

### **Rules**

Candidates are required to follow all instructions during the test. All five stations will be done consecutively without defined rest periods. Candidates are encouraged to proceed quickly to meet the time requirements but must remain safe. Candidates will start each station at the direction of the station controller or be disqualified.

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## (1) Maze

### **Instructions:**

The candidate will be led into a dark room and left there on their hands and knees to find their way back to their entry point, open no doors.

**Supervisor, lead them into the far corner of the room.**

### **Clothing and equipment:**

The candidate will be fitted with a self-contained breathing apparatus and a blacked out facepiece. The candidate will wear a bunker coat, helmet, gloves, SCBA and facepiece.

### **Time Limit:**

3 minutes

### **Scoring:**

Pass/Fail

The candidate will fail if they do not return to the starting point in the time limit, if they remove the mask during the exercise or if they stand up.

### **Reason:**

To test for claustrophobia and the ability to function without the sense of vision.

### **Muscles involved:**

The entire body.

### **Suggested exercises:**

General physical conditioning.

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## (2) 35 ft. Ladder Extension

### **Instructions:**

The candidate stand in an identified control area (4'x5') and will pull down on a rope (approximately 20 feet hand over hand) with a weight attached (approximately 70 pounds) that simulates the extension of a 35 ft. ladder until told to stop. They will then lower the weight in a hand over hand motion until the weight is on the ground.

### **Clothing and equipment:**

The candidate will wear a bunker coat, helmet, gloves, and SCBA.

### **Time Limit:**

1 minute, up and back

### **Scoring:**

Pass/Fail

The candidate will fail if they do not keep the raising and lowering of the weight under control, stepping out of the identified control area, or by not completing the exercise in the allotted time.

### **Reason:**

To test upper body strength.

### **Muscles involved:**

Trunk, shoulders, upper back, chest, lats, biceps, triceps, and forearms.

### **Suggested exercises:**

Lat pulldowns, pull ups, chin-ups, wrist curls, gripper device.

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## (3) Roof Ladder and PPV Fan Removal

### **Instructions:**

The candidate will release the attaching mechanisms of a roof ladder on an apparatus and then remove the ladder and set it on the ground directly below its normal attachment. The candidate will then lift the roof ladder and put it back on the apparatus and reattach the attaching mechanisms.

The candidate will then remove the PPV fan from the same apparatus and move it approximately 40 feet around a cone and then place it back on the apparatus in the same position that they began.

### **Time Limit:**

5 minutes

### **Scoring:**

Pass/Fail

The candidate will fail if they do not remove and replace the roof ladder on the apparatus under control and if they do not remove, move and then replace the fan on the apparatus where it began in the time frame.

### **Reason:**

To test upper body strength.

### **Muscles involved:**

Legs, trunk, upper back, shoulders, arms, hands.

### **Suggested exercises:**

Squats, lunges, overhead press, incline press, dumbbell raise, triceps extension.

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## (4) Aerial Ladder Climb

### Instructions:

The aerial ladder will be extended approximately 75 feet at approximately a 40 degree angle. The candidate will climb to the top of the ladder in a continuous hand over hand motion, touch the top rung with both hands and return to the ground facing the ladder both up and down directions.

**Supervisor, be sure and align the rungs.**

### Clothing and equipment:

The candidate will wear a bunker coat, helmet, gloves, SCBA, a safety belt and safety line.

### Time Limit:

4 minutes, up and back.

### Scoring:

Pass/Fail

The candidate will fail if they do not complete the climb in the allotted time, if they freeze on the ladder, if they don't face the ladder in both directions or if they fail to touch the top rung with both hands.

### Reason:

To test for acrophobia

### Muscles involved:

Legs and trunk to balance and climb, arms and hands to balance and grip.

### Suggested exercises:

Training with exercises that require balance, walking lunge with dumbbells.

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## (5) Agility Course

### Instructions:

The candidate will;

1. Drag a piece of five inch hose, on the ground, approximately 78' to a designated point,
2. Return to the starting point, carry and set a hydrant bag at the same point as the 5" hose,
1. Move to the location (4'x5') of a designated High Rise Hose Pack, lift and carry it up the stairs to the fifth floor and leave it at a designated point (4'x5'),
4. Move to the rail, pull the tool rope with the 1.75" hose attached and put the hose on the floor,
5. Move to the High Rise Hose Pack , lift and carry it back down the stairs, take the stairs one at a time going down, and place the pack back at its original point,
6. Move to the victim and drag it approximately 78' to a designated finish point.

### Time Limit:

3 minutes & 30 seconds

### Scoring:

Pass/Fail

The candidate will fail if they do not place the described equipment and victim at the designated points, if they take more than one stair at a time coming down with more than one warning or if they exceed the time limit.

### Reason:

To test agility, stamina, mental toughness, determination, upper and lower body strength.

### Muscles involved:

Whole body.

### Suggested exercises:

Squats, lunges, overhead press, incline press, dumbbell raise, triceps extension, lat pull downs, pull ups, chin-ups, gripper devise and cardio vascular conditioning.