



Auburn Fire Department Physical Agility Course

Ingersoll Turf Facility
48 Pettingill Park | Auburn, Maine 04210

Overview

The Auburn Fire Department Physical Agility Course has been developed to evaluate a candidate's physical readiness to perform the required job duties in the Fire/EMS occupation. Candidates must be a minimum of 19-years-old on or before the date of the first Agility Course date. The course consists of several different activities that must be completed prior to moving on to the next. Prior to the start of the test, groups of candidates will walk through the course while receiving verbal and physical instruction from trained staff. Each candidate will have the opportunity to ask questions during this time to ensure that the objectives are clearly understood prior to starting the course.

The test is evaluated by trained staff who will document the progress throughout the course. The candidate must finish the course in 12 minutes to be considered for the interview process. To ensure accuracy for timing there will be two stop watches in operation. One watch is the primary, and the second is used should there be a malfunction with the first.

During the events, you will wear a 48-pound vest that resembles the weight of the required Personal Protective Equipment a Firefighter must wear. Additionally, during the Stair Mill/Climb activity, the candidate will wear 24 more pounds that are added to the chest and back of the weighted vest. This weight is designed to mimic the Firefighter carrying hose and or other equipment up multiple flights of stairs during an emergency.

Prior to the administration of the course, the course has been inspected daily with live candidates to ensure the upmost safety and consistency throughout the course administration. A course layout will be provided to each candidate which will detail all distances between each activity. This course will remain identical without modification for each candidate.

Candidates who complete the course on the first date do not need to return for the second opportunity. Those who do not complete the course on the first date may return on the second date to try once more to complete the course. If a candidate is unsuccessful on both days, they will not be permitted to move to the next step in the hiring process.

Attire

In order to proceed with the course, the administrator of the course require the following attire

- Long Pants
- Closed footwear
- No jewelry

- Hard Hat (Provided)
- Work Gloves (Provided)

Preparation

The Physical Agility Course requires preparation in order to be successful. Prior to taking the course, candidates are strongly encouraged to engage in cardiovascular exercise, strength training and endurance.

Each candidate will have vital signs taken prior to starting the course. The Auburn Fire Department reserve the right to deny entry or stop the course based on medical findings.

Course Activities

The following is a description of each activity in the course. The candidate must complete each activity before proceeding to the next activity and complete the entire course in 12 minutes.

1. Stair Mill/Climb

Requirement: While wearing a 74-pound vest the candidate must climb at 50 steps a minute for the first 20 seconds and then maintain 60 steps a minute for three additional minutes. The candidate will be afforded one warning for leaning on the side rails or supporting themselves in any way. This includes grabbing the handrails. During the warm-up period the handrails can be utilized.

Failure: Touching or grabbing of any object during this event once the courtesy warning has been given constitutes a failure. Should the candidate be unable to meet the 60 stair per minute requirement will also constitute as a failure.

Job Requirement Example: Firefighters are often required to climb several flights of stairs while wearing Personal Protective Equipment and associated equipment to perform vital tasks.

2. Hose Pull

Requirement: While wearing a 48-pound weighted vest the candidate must drag 200 feet of 1 3/4" hose and adjustable nozzle that is not filled with water. The hose must be dragged straight then around a 90 degree turn to a marked location utilizing the first six feet of the hose. From one knee, the candidate must hand-over-hand pull 50 feet of hose to the mark on the hose.

Failure: The candidate must continually move through the activity without stoppage. Failure to do so will result in a failure.

Job Requirement Example: Often Firefighters must deploy fire hose to a location in order to successfully mitigate an emergency. This sometimes includes an over the shoulder method or hand-over-hand.

3. Saw Carry

Requirement: While wearing a 48-pound weighted vest the candidate must pick up two chainsaws from the designated starting point and carry them 50 feet to the marked line. Once at the marked line, the candidate must return the saws to the starting location.

Failure: Candidate must carry the saws continually through the activity. The candidate is allowed one opportunity to set the saws down to reposition a grip but must never drop them. The reposition opportunity is limited to repositioning only and not a rest period. Failure to complete this activity in this manner will result in a failure.

Job Requirement Example: Often Firefighters are required to carry saws and other tools from apparatus to areas of need while wearing Personal Protective Clothing.

4. Ladder Raise and Extension

Requirement: While wearing a 48-pound weighted vest, the candidate will raise a 24-foot extension ladder from the ground and carry it forward until coming into contact with the wall. At this point, the candidate will extend a second ladder utilizing the halyard rope hand-over-hand to full extension. Once completed, the candidate will return the second ladder to the original position prior to extension, using a hand-over-hand method.

Failure: Dropping the ladder at any time or allowing the ladder to fall more than one rung will constitute an automatic failure.

Job Requirement Example: Firefighters often use extension ladders of many sizes to access victims during emergencies.

5. Kieser Sled

Requirement: While wearing a 48-pound vest, the candidate will stand on the sled and strike a beam using an eight-pound sledgehammer provided. The head of the sledgehammer is the only area that can be used to move the beam. The beam must be moved a distance of five feet to a marked line.

Failure: If a candidate is unable to move the beam the required distance. Once the sledgehammer is picked up, it may not be dropped or put down. No more than a three second pause between impacts.

Job Requirement Example: Firefighters often use similar tools to ventilate roofs during structure fires or during forceable entry situations. The eight-pound sledge is used as opposed to the pick-headed axe for safety reasons.

6. Confined Space Maze

Requirement: While wearing a 48-pound weighted vest, the candidate will crawl into the maze and proceed through the course until reaching the opposite end. The candidate will encounter a dark, confined space that may change in height and have obstacles to navigate.

Failure: A candidate that does not proceed through the maze in a continuous manner will result in failure of the activity. Should the candidate need to access one of the two top exit points for any reason, it will be deemed a failure of this activity.

Job Requirement Example: Often Firefighters are required to enter areas that may be considered confined spaces and/or restrict one's movement in a dark/smoke-filled environment. While doing this, there is the possibility of meeting many obstacles that may require navigation.

7. Dummy Drag

Requirement: While wearing a 48-pound weighted vest the candidate will drag a 160-pound dummy to a marked location 70 feet away. The handles will be utilized during the drag and the dummy may not be carried.

Failure: The candidate will be afforded one opportunity to drop the dummy and reposition before moving toward the finish line again. This reposition time may not last more than ten seconds without effort to finish the activity. Failure to drag the dummy to the marked line will result in an automatic failure.

Job Requirement Example: During emergency rescue situations, Firefighters are required to make rescue of victims or other emergency personnel.

8. Push/Pull Station

Requirement: While wearing a 48-pound weighted vest the candidate will operate the push/pull station with a six-foot pike pole. The operation of this activity consists of grabbing the six-foot pike pole and pushing up on the station three times proceeded by pulling down on the second section of the activity five times. This is repeated a total of four evolutions. Once completed, this concludes the course.

Failure: Candidates unable to complete the four separate evolutions will result in a failure. A failure of this activity also includes not fully operating the push/pull mechanisms. The course guide will count out loud the successful number of push and pulls.

Job Requirement Example: Firefighters often need to breach ceilings to access areas of heat by pushing through the ceiling and pulling down debris.