



# City of Danville

## Firefighter's Physical Agility Test

The Firefighter Agility Test will be held Saturday, September 23, 2017, at 8:00AM, at Fire Station #3, Fire Station #3, 1111 N. Griffin St. The test will be run by staff members of the Danville Family YMCA on behalf of the Danville Board of Fire and Police Commissioners. The test consists of completing the requirements of six (6) elements that will be set up at the Fire Station.

- This is a pass/fail test which means if you can't complete any station the test will end at that point, or you can not complete the test in the allotted time.
- You must wear long pants, fire helmet, work gloves, and shoes with no open toes or heels.
- **Maximum time for completing all 6 timed stations will be 8 Minutes or less.**
- The stations must be completed in order.
- Applicants will perform the tasks wearing the following:
  - Turnout Coat
  - Helmet with hygiene hair net. (*If the helmet falls off at any time during the course, it must be put back on before completion of the station*)
  - Gloves
  - SCBA (Self Contained Breathing Apparatus)
  - 5-Pound ankle weights (to simulate fire boots)**Watches or any other jewelry are not permitted**  
(The total weight of the protective gear is approximately 45 lbs.)

**Caution: running is not allowed.** A fast walk is permitted, walking is defined as having one foot in touch with the ground at all times.

### 1. STAIR CLIMB

Applicant will pick up a 50-foot high-rise hose bundle weighing approximately 45 pounds, place it on your shoulder and carry it up to the fourth floor of the training tower. Going up the stairs, taking more than one step at a time is allowed. Upon reaching the top of the tower, you will go back down to the third floor where you will place the hose pack in the designated area and proceed to the Hose Hoist exercise.

After performing the Hose Hoist exercise you will pick up the hose bundle again and carry back down to ground level placing hose in designated area. **YOU MUST TAKE STEPS ONE AT A TIME WHEN COMING DOWN. NO RUNNING DOWN THE STEPS.**

### 2. HOSE HOIST

Using a hand over hand pulling motion, hoist a hose 12 feet using a rope. After the evaluator lets you know you have reached the 12 foot mark, return hose to the ground using the hand over hand method. **DO NOT DROP THE HOSE TO THE GROUND.**

**3. EQUIPMENT CARRY**

Pick up two full foam buckets (approx. 35lbs each) and proceed to carry them 75 feet turn around and return to the starting point. At no time can you run during this station event.

**4. FORCIBLE ENTRY**

Using an eight (8) pound sledge hammer, you must strike the railroad tie in the designated area 25 times raising the hammer above your waist with each blow. A counter will count the blows for you. You must lay the hammer down against the railroad tie when finished. **DO NOT THROW THE SLEDGE HAMMER.** Blows not raised above waist will not be counted and a 5 second penalty will be added to your time for not laying the hammer down.

**5. HOSE ADVANCE**

You will pick up a charged hose-line (approximately 150 ft) at the nozzle, place it over your shoulder or across chest (approximately eight feet) and advance 100 feet, to the designated area, turn on the nozzle, and close at the sign of water.

**6. VICTIM RESCUE**

You will drag a 165 lbs. "victim" 35 feet turn around and return to the starting line. You must drag the "victim" completely across the finish line. Individuals are required to grip the "victim" by the shoulder straps, and are allowed to stop and rest during this station. Remember, if you stop the clock will continue to run.

**DO NOT PULL ON THE "VICTIM'S" CLOTHING. ALSO, THE MANNEQUIN MUST BE DRUG NOT CARRIED- AGAIN NO RUNNING.**

**The Ladder Climb Exercise:** Candidates participating City of Danville Probationary Firefight Physical Agility Test will participate in a **ladder climb** exercise that conforms to the new State law. The ladder climb exercise will be administered to each candidate prior to proceeding with the six (6) timed stations

The **ladder climb** exercise will challenge a candidate's ability to climb to the top of a 60 ft. extended aerial ladder and descend (a harness will be attached). **The total exercise must be accomplished one rung at a time.**

This ladder exercise is not part of the Timed Physical Agility Test; however, you must pass both parts – Timed Physical Agility Test and Ladder Climb. Failure of any task will disqualify a candidate.

Again, the Physical Agility Test and the Ladder Climb exercise will be conducted the scheduled test date at Fire Station #3 1111 North Griffin, Danville, IL.