

PORTLAND FIRE & RESCUE  
Portland, Oregon

September 19, 2006

GENERAL ORDER NO. 49  
ATTACHMENT #1

**PHYSICAL AGILITY TEST**

I. **GENERAL**

- A. Prior to start, a mandatory 10-minute period will be provided for stretching and warm-up for each member.
- B. Each member will complete one event then move to the next event and complete it with no assigned rest period. The target time to complete the nine events is 8 minutes and 2 seconds. Helmet, turnout jackets and SCBA facsimile must be worn. To ensure the highest level of safety and to prevent injuries, no running is allowed between or during events except during the sled drag. Proper lifting techniques will also be enforced.

1. Station 1. Simulated Ladder Rack:

Lift a 24 foot aluminum extension ladder by the rungs off the brackets on the training tower, remove and place on the ground then place back on the brackets. Release grip to show ladder is secure on the rack. Repeat event for a total of two times.

Note: You are not allowed to rest one end of a ladder on the ground while the other end of the ladder is being placed on the hooks. (To assist with balance, marks will be painted on the ladder to center of ladder)

Disqualifier: Ladder must be removed in a controlled manner, not dropped. Inability to complete event.

Rationale: This station is designed to simulate the critical tasks of lifting and handling an extension ladder. This event tests upper and lower body strength, balance, grip strength, and anaerobic capacity.

2. Station 2. Hose Carry:

Pick up the hose bundle (50ft. 2-1/2in. hose bundle, with nozzle attached) off the ground and place it on your shoulder. Carry it to the 5<sup>th</sup> floor balcony, announce "5<sup>th</sup> floor" loudly and return the hose bundle back to the starting point at the ground level.

Disqualifier: Dropping the hose bundle. Inability to complete event.

Rationale: This event simulates the critical task of lifting and carrying hose from a fire apparatus, carrying it to the emergency scene and returning it to the fire apparatus. This event tests aerobic capacity, upper and lower body strength, muscular endurance, and balance.

3. Station 3. Electric Fan

Lift the electric fan and place on simulated 7 ft. doorframe, release grip showing fan is secure, then return fan to starting position on the ground.

Rationale: This event simulates the critical task of placing a fan for ventilation purposes. This event tests upper body strength, grip strength, anaerobic capacity, and balance.

Disqualifier: Dropping the fan. Inability to complete the event

4. Station 4. Fan Placement.

Lift the gas fan facsimile off of its two-foot high platform and carry the fan for 75 feet around a safety cone and place it back on the platform.

Disqualifier: Dropping the fan. Inability to complete the event.

Rationale: This event simulates the critical task of placing a fan for ventilation purposes. This event tests upper body strength, grip strength, anaerobic capacity, and balance.

5. Station 5. Ladder Raise:

Raise a 25-foot straight ladder from the ground to the building and back down. Repeat the event for a total of two times. Member must keep their hands on the rungs when raising, but can use the beams when lowering the ladder. Rungs may be skipped if desired. However, at the end of each raise, the member must still touch the end rung of the ladder. Member shall maintain control at all times.

Disqualifier: Dropping the ladder. Inability to complete the event.

Rationale: This event simulates the critical task of placing a ground ladder at a fire structure to the roof or window. This event challenges the aerobic capacity, upper and lower body strength, balance, grip strength, and anaerobic endurance.

6. Station 6. Ladder Halyard:

Raise and lower the halyard of a 35ft. ladder. Repeat event for a total of two times. The halyard must be lowered hand over hand in a controlled manner.

Disqualifier: Losing control of the halyard. Inability to complete the event.

Rationale: This event simulates the critical task of raising a ladder. This event tests upper body strength, lower body strength, grip strength, and anaerobic endurance.

7. Station 7. Body Drag:

Grasp a 165 lb. hose mannequin and drag it around a drum and back to the start of the station for a total of 70 feet. You are not allowed to grasp or rest on the drum at any time.

Disqualifier: Inability to complete the event. Lifting the hose mannequin completely off the ground.

Rationale: This event simulates the critical task of removing a victim or downed firefighter from a fire scene. This event tests upper and lower body strength, endurance, aerobic and anaerobic capacity, and grip strength.

8. Station 8. Foam Bucket Carry:

Pick up two foam buckets and carry them 100 feet and then back 100 feet to the starting point. Repeat again, for a total of 400 ft. If necessary, members may set the buckets down in a controlled manner, pausing momentarily to readjust your grip. This pause can only be done at the end of each 100 ft. segment.

Disqualifier: Dropping the buckets. Inability to complete the event. Setting buckets down between 100' segments.

Rationale: This event simulates the task of carrying foam buckets to emergencies. This event tests upper body strength, grip strength, and aerobic capacity.

9. Station 9. Simulated Hose Pull:

Pull a 125 lb. sled attached to a 20' length of 2 ½ in. hose and a nozzle 100 feet. The hose must be placed over the shoulder with the nozzle held in front of the participant. The nozzle and hose can only be grasped forward of the stripe on the hose. The entire length of the sled rails must remain in contact with the ground throughout the event.

Disqualifier: Inability to complete the event.

Rationale: This event simulates the critical task of dragging a charged hose line. This event tests upper and lower body strength, endurance, and aerobic capacity.

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REVISION DATE:	September 19, 2006
EFFECTIVE DATE:	September 19, 2006
REVIEWED BY:	Publications Committee
REVISED BY:	Jamie Banks
REVIEW DATE:	