

Daytona State College – Fire Fighter
Physical Skills Assessment (Agility Test)

Note: All candidates will read and sign a Hold Harmless Agreement prior to participating in the following Physical Skills Assessment (Agility Test). The evaluator must be advised of any illness and/or injury that could affect a candidate's performance prior to beginning the assessment. The evaluator will determine if the candidate may continue their participation in the assessment.

Evaluators will lead each candidate through the entire assessment and will assist with directions if necessary. The evaluator reserves the right to stop the assessment at any time if he/she feels that there is undo risk and/or a safety/health concern that could cause injury to the candidate, the evaluators, and/or the other candidates.

Introduction: The Physical Skills Assessment (Agility Test) consists of four parts: a multiple skill/task course, a ladder climb activity, a claustrophobia assessment activity, and a timed one-mile run. The multiple skill/task course is to be successfully completed within ten minutes. This will be followed by a brief resting period of five minutes minimum. The ladder climb and the claustrophobia assessment activities will follow. Upon their completion, the candidate will be allowed another resting period of ten minutes minimum. The timed one-mile run will conclude the assessment, and is to be successfully completed in less than ten minutes. Candidates are to successfully complete the Physical Skills Assessment (Agility Test) to become eligible for participation in the Daytona State College Fire Fighter program.

Candidates should wear comfortable clothing and athletic shoes for the assessment. Please wear shirts with sleeves (no tank-tops) and shorts of an acceptable length (no short-shorts). Candidates are encouraged to bring water to drink and are permitted to wear gloves, if desired.

Part I: Multiple Skill/Task Course – all tasks are to be completed in ten minutes

Station #1 – Stair Carry (Up) – The candidate will hoist a fifty foot, 2 ½” fire hose pack onto their shoulder, and carry the hose pack up the inside drill tower stairwell to the roof. The candidate will take one stair at a time, contacting each step on the way up. Once on the roof, the candidate will place the hose pack in the square on the center of the roof. The candidate will proceed to Station #2 at the west side of the tower roof railing.

Station #2 – Hoisting Evolution – The candidate will pick up the rope, located at the tower roof railing, and hoist a coiled section of fire hose that is secured to the other end of the rope located on the ground below. The candidate may use whatever method they wish to hoist the hose (hand-over-hand, use the railing to hoist, etc.). Once the hose coil has been brought to the tower roof, the candidate will pull it over the railing and place the hose on the roof surface. They candidate will proceed to the square on the center of the roof for Station #3.

Station #3 – Stair Carry (Down) – The candidate will pick up the hose pack again and place it onto the opposite shoulder that was used during Station #1. The candidate will carry the hose pack down the inside drill tower stairwell to the ground. The candidate will take one stair at a time, contacting each step on their way down. Once on the ground, the candidate will take the hose pack to the location from where it was originally picked up during Station #1, and set it down. The candidate will proceed to Station #4.

Station #4 – Weight Sled – The candidate will pick up the plastic sledgehammer and straddle the block dead weight on the sled track. By using a chopping motion, the candidate will drive the weight to the opposite end of the sled. The candidate will stop when the evaluator acknowledges completion. The candidate will proceed to Station #5.

Station #5 – Fire Hose Lift and Drag – The candidate will walk around the orange traffic cones at a fast pace (do not run) until reaching the cone with a charged section of 1 ½” fire hose looped around it. The candidate will pick up the loop of fire hose, carry it using any method to do so, and place it over the second orange traffic cone. After the hose is placed over the traffic cone, the candidate will proceed to the nozzle end of the fire hose by walking around another orange traffic cone. The candidate will drag the charged hose line forward to the next orange traffic cone. Once past the cone, the candidate will grasp the nozzle and open it to flow water from the nozzle. The candidate will place the nozzle gently on the ground and proceed to Station #6.

Station #6 – Victim Rescue Drag – The candidate will begin at the head of the rescue dummy (weighs 175 pounds). The candidate will squat, bend their knees, and use their arms to grasp and lift the dummy to the sitting position. The candidate will drag the rescue dummy toward the double traffic cones one hundred feet away. The candidate will continue to drag the rescue dummy until the evaluator acknowledges completion. The candidate will set the dummy down and proceed to the resting area.

REST PERIOD – FIVE MINUTES MINIMUM

Part II: Ladder Climb Activity

The candidate will don a safety harness and proceed to the base of a twenty-four foot extension ladder that has been secured against the drill tower. The candidate will climb to the top of the ladder at a comfortable pace, keeping a three-point contact with the ladder at all times. Once at the top, the candidate will wait until the evaluator acknowledges completion. The evaluator will instruct the candidate to climb down the ladder to the ground, keeping a three-point contact with the ladder at all times.

Part III: Claustrophobia Assessment Activity

The candidate will be instructed how to don the mask of a self-contained breathing apparatus (provided by the evaluator). Once donned, the candidate will be guided into a darkened area where they will move through a series of obstacles in a confined space for a period of approximately three minutes. Candidates who may have a fear of darkness or closed spaces must report this to the evaluator prior to beginning this activity.

REST PERIOD – TEN MINUTES MINIMUM

Part IV – Timed One-Mile Run

The final component of the Physical Skills Assessment (Agility Test) will be a timed one-mile run. Candidates will, individually or as a group, start a timed one-mile run consisting of four laps around the paved driveway of the training drill grounds. The run is to be completed within ten minutes. Once Part IV of the Physical Skills Assessment (Agility Test) is finished, the evaluator will compile the results of all parts of the assessment and review them with the candidate. The candidate will then sign the assessment evaluation form to acknowledge that all results were reviewed with him/her.