

BROWARD FIRE ACADEMY

PHYSICAL ABILITY TEST

IMPORTANT INFORMATION #1 PAPERWORK:

- Print and review “Physical Ability Test” outline
- Candidates must present a valid photo identification at time of testing
 - Failure to produce a valid photo identification will result in disqualification
- The Physician Statement **MUST** be signed by a doctor with the doctor’s business card attached
 - Failure to present a signed “Physician Statement” will result in disqualification
- Hold Harmless Agreement **MUST** be notarized
 - Failure to present a notarized “Hold Harmless” agreement will result in disqualification

IMPORTANT INFORMATION #2 LOGISTICS:

- The Ability Test will begin at 07:00
 - **LATE ARRIVALS WILL BE DISQUALIFIED**
- PAT dress code
 - No tank tops or sports bras
 - No “yoga” pants, compression shorts, or shorts shorter than mid-thigh
 - No hats, visors, bandanas, or “skullies”
 - No gloves
 - Closed-toe shoes

PARTICIPANTS ARE EXPECTED TO WEAR ATHLETIC ATTIRE THAT PROVIDES APPROPRIATE COVERAGE AND ALLOWS FOR SAFE, DISTRACTION-FREE MOVEMENT

ANY CANDIDATE DETERMINED BY FIRE ACADEMY PERSONNEL TO BE INAPPROPRIATELY DRESSED WILL BE DISQUALIFIED

- Consider bringing a towel, food, and water
 - There will be no rest or recovery breaks during the test

The logo of the Broward Fire Academy is a Maltese cross. The top arm contains the word "FIRE", the right arm contains "ACADEMY", and the left arm contains "BROWARD". In the center of the cross is a caduceus (a staff with two snakes entwined around it and wings at the top) superimposed over a fire hydrant. The entire logo is rendered in a light red color.

**SPECTATORS ARE NOT ALLOWED ON THE DRILL FIELD
DURING THE PHYSICAL ABILITY TEST**

ANY SPECTATORS PRESENT WILL BE ASKED TO LEAVE

**IF SPECTATORS ARE ASKED TO LEAVE THE ACADEMY
AND DO NOT DO SO, THE TEST WILL BE CANCELLED,
AND ALL PARTICIPANTS WILL BE REQUIRED TO
RESCHEDULE**

BROWARD FIRE ACADEMY PHYSICAL ABILITY TEST

THESE EVENTS ARE DONE SEQUENTIALLY WEARING A 22-POUND WEIGHTED VEST

THE ENTIRE TEST MUST BE COMPLETED WITHIN 6 MINUTES 30 SECONDS (6:30)

FAILURE OCCURS WHEN THE 6:30 TIME LIMIT IS EXCEEDED

IF THE TIME LIMIT IS EXCEED THE TEST WILL BE STOPPED

Task 1 - High-rise Stair-Climb

Starting behind the red line at the foot of the stairs with high-rise hose pack on the left shoulder, the candidate will climb the stairs to the fifth-floor landing and place the high-rise hose pack on the floor of the landing at the marked spot

NOTE: Contact must be made with every step. Do not skip a step ascending or descending; the handrail is not to be used to pull oneself up or pivot around landings

TASK 2 – Hose Hoist

After placing the high-rise hose pack on the identified spot on the fifth floor landing the candidate will walk through the fifth floor to the railing on the East side of the building. Standing behind the red line the candidate will pull the hose up from the ground to the top of the railing using a hand-over-hand method. Once the hose has reached the top of the railing the candidate will walk forward and lift the hose roll over the railing and place it on the landing

NOTE: The candidate's feet are to remain on the ground at all times; the candidate will not place his or her feet on the parapet, and will not lean over the railing to lift the hose

The candidate will then return to the fifth-floor landing and place the high-rise hose pack on the right shoulder and descend the stairs

NOTE: Contact must be made with every step. Do not skip a step ascending or descending; the handrail is not to be used to pull oneself up or pivot around landings

Once on the ground floor at the base of the stairs the candidate will place the high-rise hose pack on the ground and proceed to the Forcible Entry Evolution

TASK 3 - Forcible Entry

The candidate will stand on the Keiser device, both feet on the diamond plate, toes even with the weighted slide. Utilizing the ten-pound dead-blow hammer, the candidate will strike the slide, driving it five (5) feet until the rear edge of the weighted slide is even with or passes the end of the device

NOTE: The hammer head cannot be raised higher than the candidate's head, and the hands must not move on the hammer handle. Loss of control of the hammer as determined by Fire Academy personnel will result in disqualification and the test will be stopped

Once the weighted slide has been moved the required distance the candidate will set the hammer down and proceed to the Hose Advance Evolution

Task 4 - Hose Advance

The candidate will pick up the charged 1 ¾" hose line and placing the nozzle over either shoulder will drag the hose line forward for 75 feet. The evolution is completed when the nozzle completely crosses the marked line between the traffic cones at the 75-foot mark. If the candidate should slip and fall he or she should get back to their feet, regain control of the hose line, and resume the evolution. Dropping or losing control of the hoseline other than as a result falling will result in disqualification and the test will be stopped

At the 75' mark the candidate will place the nozzle on the ground and walk around the traffic cones to the Victim Rescue Evolution

Task 5 - Victim Rescue

The candidate will pick up the 175-pound victim mannequin and drag it backwards 100 feet to the marked line between the traffic cones at the 100-foot mark. If the candidate should slip and fall he or she should get back up to their feet, regain control of the victim mannequin, and resume the evolution

BROWARD FIRE ACADEMY

PHYSICIAN STATEMENT

- The Physician Statement is valid for 6 months
- The Physician Statement must be signed by a doctor and must have the doctor's business card attached

I (Doctors name) _____
am familiar with and understand the requirements of the Broward Fire Academy's Physical Ability Test

I examined (Patient's Name) _____

on (Date) _____ and found nothing to indicate that it would be medically inadvisable for him/her to attempt the Physical Ability Test

Physician's Signature: _____

Type or print the following:

Physician Name: _____

Address: _____

Telephone: _____

BROWARD FIRE ACADEMY

HOLD HARMELESS AGREEMENT

- The Hold Harmless Agreement is valid for 6 months
- The Hold Harmless Agreement MUST be notarized

I, _____,
as the applicant do hereby acknowledge the following:

1. I will be taking a rigorous physical ability test for the position of firefighter
2. I have access to a description of all components of the test
3. That I am in good physical condition and am able to take the above identified physical ability examination at the Broward Fire Academy.
4. That I hereby release and waive any claims that I may have against the Broward Fire Academy and the School Board of Broward County from any and all injuries, liabilities, claims, actions, damages, costs or expenses arising out of my voluntary participation in the above identified physical ability test

SIGNATURE OF APPLICANT: _____

STATE OF FLORIDA
COUNTY OF: _____

SWORN TO AND SUBSCRIBED BEFORE ME THIS (day) _____ **OF**
(month) _____, (year) _____

Signature of Notary, State of Florida

Print Name of Notary

PERSONALLY KNOWN TO ME;
OR

PRODUCED IDENTIFICATION _____
Type of Identification