

# **BROWARD FIRE ACADEMY**

## **COUNTY-WIDE FIREFIGHTER PHYSICAL ABILITY TEST**

### **CITY OF MIAMI BEACH FIRE RESCUE**

#### **IMPORTANT INFORMATION #1 PAPERWORK:**

- Print and review “County-Wide Firefighter Physical Ability Test” outline
- Candidates must present at 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 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 County-wide Ability Test will start at: 08:00
  - **LATE ARRIVALS ARE DISQUALIFIED**
  - Location: Bamford Park Pool 3801 S. Pine Island Rd.  
Davie, Florida 33328
- Follow the Broward Fire Academy PAT dress code
- Long pants and tee shirts are **REQUIRED** for swim portion of test
- Consider bringing a towel, change of clothing, and food and water
  - There will be no rest or recovery breaks during the test

## **COUNTY-WIDE FIREFIGHTER PHYSICAL ABILITY TEST**

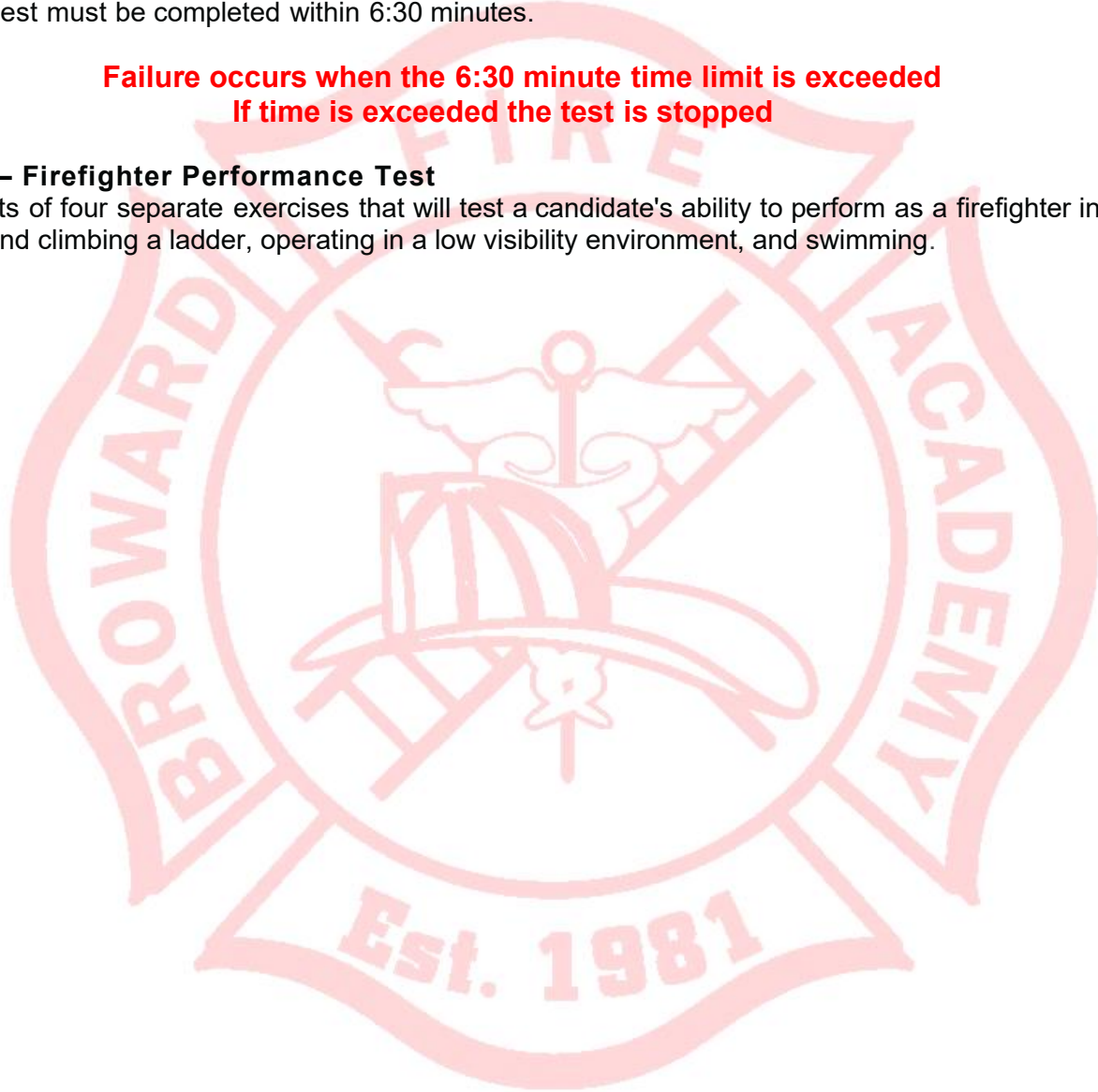
### **Part I - The ‘On-Target Combat Task Test’**

This validated job-simulation test is used to objectively measure firefighter performance. The tasks are performed sequentially, and accurately reflect the physical demands imposed on a firefighter during emergency situations. The events are done sequentially wearing a 22-pound weighted vest, and the entire test must be completed within 6:30 minutes.

**Failure occurs when the 6:30 minute time limit is exceeded  
If time is exceeded the test is stopped**

### **Part II – Firefighter Performance Test**

Consists of four separate exercises that will test a candidate's ability to perform as a firefighter including lifting and climbing a ladder, operating in a low visibility environment, and swimming.



## **PART I**

### **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 candidates feet are to always remain on the ground; 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 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' 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' 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

### **PART II**

#### **Task 1 - Ladder Exercise**

The candidate will stand behind the traffic cone; when signaled, the candidate will pick up the 24' extension ladder and using a low shoulder carry walk 50 feet to the marked spot where the candidate will place the 24' extension ladder on the ground. Failure to utilize proper lifting and carrying technique will result in disqualification and the test will be stopped

After the candidate has placed the 24' extension ladder on the ground her or she will walk to the base of the 50' foot extension ladder and connect to the safety belay line. Once connected the candidate will be signaled to climb to the top of the 50' ladder, where they are to put in a leg lock with the left leg and touch the red mark on the exterior wall of the training tower with the right hand. The candidate will then remove the leg lock and descend the ladder

#### **NOTE: DISQUALIFICATION**

The candidate exhibits an obvious fear of heights and has to be told to climb, or to continue to climb more than two (2) times, or if the candidate stops during the climb prior to reaching the top

If the candidate skips one or more runs, or climbs so that both hands and/or both feet are on the same rung at the same time

#### **Task 2 – Extrication Tool Exercise**

The candidate will pick up the extrication tool using the appropriate handles. The candidate will walk forward to the wall and place the tips of the extrication tool into each of the four holes in the wall indicated by red paint, keeping the tips parallel with the paint marks. When the evolution is completed, the candidate will return the tool to the point of origin. Failure to utilize proper lifting and carrying technique will result in disqualification and the test will be stopped

### **Task 3 - Confined Space Crawl Exercise**

Starting at the identified start point the candidate will crawl through a search maze on their hands and knees utilizing a "left hand" search pattern. The evolution will end when the candidate reaches the identified end point

#### **NOTE: DISQUALIFICATION**

The candidate exhibits obvious claustrophobia or fear of the dark, or has to be told to start, or to continue, to crawl more than two (2) times

### **Task 4 - Water Survival Exercise**

Wearing a pair of long pants and tee shirt the candidate will jump off the pool deck into the pool and tread water away from the side of the pool for 3 minutes. At the instructor's signal, the candidate will utilize any stroke to swim 50 yards from one end of the pool to the other without stopping. The candidate will exit the pool at the completion of the 50-yard swim

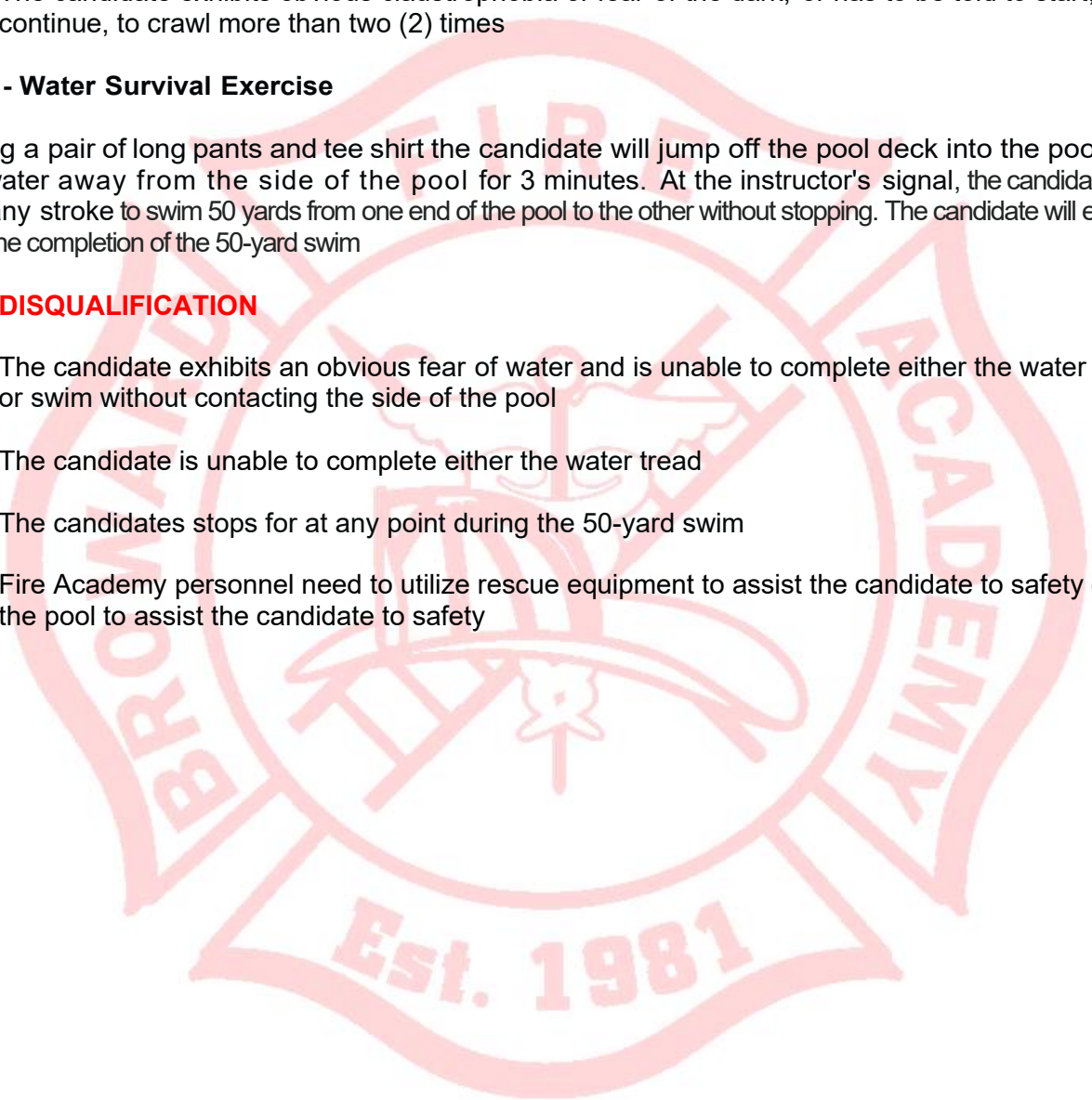
#### **NOTE: DISQUALIFICATION**

The candidate exhibits an obvious fear of water and is unable to complete either the water tread or swim without contacting the side of the pool

The candidate is unable to complete either the water tread

The candidates stops for at any point during the 50-yard swim

Fire Academy personnel need to utilize rescue equipment to assist the candidate to safety or enter the pool to assist the candidate to safety



# 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**