



Travis County Emergency Services District 1

Applicant Physical Agility Test



The Physical Agility Test consists of (7) task-oriented events relevant to the fire service. Each station is designed to assess the candidate's ability to perform the functions required for employment with Travis County Emergency Services District 1. The physical agility test is Pass/Fail. The candidate must successfully complete the course in its entirety and safely. There will not be a time requirement; however, the candidate's time will be recorded and used toward a ranking structure. A maximum rest period of 30 seconds between stations is permitted and will be added to the candidate's overall course completion time. The candidate's attire during the testing process consists of the following:

- **Testing Attire:**
 - Department or Appropriate T-shirt
 - Athletic Shorts
 - Tennis Shoes or Station-Type Boot
 - Leather Work or Mechanic-Type Gloves (*candidate provides own*)
 - *Structural gloves are acceptable, but not mandated for the course
- **Department-Provided PPE:**
 - 40lb Weighted Vest
 - Structural or Rescue Helmet
 - Ladder Belt w/Rescue Rope

Station 1A: (UNTIMED) Ascending Aerial Ladder to Tool Identification

An aerial apparatus will have its ladder fully extended (75 feet) and set to a 70-degree angle for the candidate. The candidate will don their gloves as well as a department-provided helmet and ladder belt. Candidate will be permitted to wear their shorts and tennis shoes with the provided ensemble. A safety belay rope will be attached to the candidate's ladder belt and the candidate will ascend the aerial ladder one rung at a time while maintaining three points of contact, until they reach the top (NO weighted vest required during aerial ascent). Once at the top, the candidate will 'clip-in' with their ladder belt and attempt to ID a tool selected at random by a department member on the ground level. The candidate will communicate their answer by speaking into the ladder's mic, before descending the ladder back to ground level. This station, 1A, will be the only untimed station. The clock will begin recording the candidate's time beginning with Station #1.

In addition to helmet and gloves, candidates will now don a department-provided 40lb weighted vest. The candidate's time will begin recording at the start of Station #1 and will end at Station #7 when the victim prop's feet cross the finish line. Candidates may run if they choose to do so.

Station 1: (TIMED: 1-7) Tower Climb

The candidate will begin at the base of the 4-story burn tower. Using the stairs, the candidate will climb to the top floor, walk the perimeter of the roof, and return to ground level (1) time.

- The candidate must use every step while ascending and descending. The candidate fails for skipping or taking double steps.

Station 2: Advancing 'Charged' 1 ¾" Attack Hose

The candidate will pick up a charged 1 ¾" hose line and advance 100 ft. to a designated box marked on the ground. The candidate will gently place the nozzle inside of the designated box.

- The candidate fails if the nozzle is dropped or slammed to the ground
- The candidate fails if the skill is not completed

Station 3: K12 / Chainsaw Tool Carry 100 ft.

The candidate will safely pick up and carry a K-12 saw, and a chainsaw from a designated box marked on the ground. The candidate will walk 100 ft. and carefully place each tool inside of the designated box marked on the ground.

- The candidate fails if unable to maintain control of the tools
- The candidate fails if the skill is not completed

Station 4: 5" LDH Hose Drag (Dry) 100 ft.

The candidate will pick up one end of a dry 5" LDH section of hose and drag 100 ft. to a designated box marked on the ground. The candidate will gently place the Storz coupling inside of the designated box.

****The 100 ft. hose drag may be completed in one direction, or by dragging 50 ft. forward and 50 ft. backwards. Set-up will be at the discretion of the testing proctor. ****

- The candidate fails if the skill is not completed

Station 5: Hose Bundle Carry to 3" Rolled Hose Section Hoist

The candidate will shoulder the hose bundle and climb to the 3rd story of the burn tower and place the bundle on the ground. The candidate will then proceed to hoist a single-rolled section of 3" hose from the ground and pull over the railing while using the hand-over-hand method. They will then lift the hose back over the railing and slowly lower the hose down to the first floor in a controlled manner. The candidate will then shoulder the hose bundle once again and descend the stairs to ground level and place the bundle back in its designated location.

- The candidate must use every step while ascending and descending. The candidate fails for skipping or taking double steps.
- The candidate fails if they lose control of the rope while raising/lowering hose, or allows the hose to slam to the ground.
- The candidate fails if the skill is not completed

Station 6: Keiser Sled

The candidate will use the provided sledgehammer to move the striking block across the full length of the sled.

- The candidate fails if the skill is not completed

Station 7: Victim Drag

Using their legs to lift, the candidate will safely lift a 175-lb victim prop from its designated box and drag it 50-ft to another designated box on the ground. The candidate may drag the prop in a manner of their choosing (*under-the-arm method, DRD, etc.*).

- The candidate must cross the finish line with the 'victim,' or the candidate fails.
- The candidate fails if the skill is not completed

The course is '*complete*' and time is stopped when the candidate drags the victim across the finish line. Candidates total course time will be recorded and ranked accordingly.

All candidates must sign a liability waiver before participating in testing events.