

Northwest Florida State College

Fire Academy

Physical Ability Test Evaluation Sheet

Date of Test: _____ Cadet Name: _____

Cadet Number: _____ Time Completed: _____ Did Cadet compete all evolutions? Y N

Evaluator Comments: _____

Evaluator Name: _____ Evaluator Signature: _____

Northwest Florida State College Fire Academy Physical Ability Test

Event Descriptions

These events are designed to test a cadet's endurance, stamina and ability to physically complete the demanding firefighter minimum standards course. Each of the events is part of firefighter training and are part or regular checks throughout the course.

An evaluator will observe each cadet individually. Time will begin when the cadet picks up the high-rise bundle at the stair climb and run continuously until the cadet set the hose and nozzle down at the end of hose pull #2. The cadet must complete all evolutions in order to be considered for the program. If the cadet fails to complete any evolution, no time will be recorded and the cadet will be placed on hold until the next class. There is no running on the drill ground, candidates will walk briskly during the entire evolution.

Stair climb

While wearing a fire helmet and gloves, the cadet will pick up a high-rise bundle 100' section of 1 ¾" hose from the designated box and place it on the right or left shoulder. The cadet will proceed up the interior stairwell of the fire tower, ascending to the third floor and exiting out to the third floor landing and descend down the exterior stairwell and back around to the front door to the interior stairwell. The cadet will complete this evolution three times. When the cadet reaches the exterior landing on the third floor for the third time, the cadet will set the high-rise bundle down on the landing and proceed to hoist up a 50' section of 2 ½" hose three times bring it to the top of the rail and lowering it back down to the ground each time. Then the cadet will pick up the high-rise bundle and proceed down the exterior stairwell placing the high-rise bundle back in to the designated box. The candidate must touch each step while ascending and descending the stairs and keep one hand on the handrails at all times.

Charged Hose Pull #1

The cadet will leave the stair climb and proceed to the hydrant and pick up the charged 2 ½" hose. The cadet will pull the 2 ½" charged hose 50' to the designated point on the drill pad and set the nozzle and hose down. Do not drop the nozzle.

Victim Drag

The cadet will leave the charged hose pull #1 and proceed to the victim drag. Using the under-the-armpit-carry, the cadet will properly lift the victim and drag it 25' to the designated point on the drill pad. At the end of the drag, do not drop the victim. Remember that it represents an unconscious person.

Forcible Entry

The cadet will leave the victim drag and proceed to the forcible entry prop. The cadet will pick up an eight pound flat head axe and swing it 25 times at the log. The axe must make contact with the log each time. The axe does not have to drive into the log, but it must make contact. The candidate must vocalize the count of each strike on the log.

Charged Hose Pull #2

The cadet will leave the forcible entry prop and proceed back to the hydrant and pick up a charged 1 ¾" hose. The cadet will pull the 1 ¾" hose 75' to the designated point on the drill pad. Do not drop the nozzle. Time will stop when the cadet reaches the designated point on the drill pad and sets the nozzle and hose down.