

# NEW BERN FIRE-RESCUE

## AGILITY TEST



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# NEW BERN FIRE-RESCUE PHYSICAL AGILITY TEST

## INTRODUCTION

### Summary

In recent years, there has been a growing realization that the selection of employees for some positions must consider physical qualities such as strength, agility, stamina, and endurance. We will also determine if anyone is claustrophobic. These qualities cannot be measured by written tests.

For fire departments, a medical examination and a physical agility test are required. The medical examination is designed to determine the state of health and the proper functioning of the various organs of the body. It consists of, among other things, a measurement of height, weight, eyesight, hearing, extremities, nose, mouth and teeth, various veins, respiration and circulation, possibilities of hernia, general appearance and physique, and determination of any disabling defects.

The physical agility test measures three fundamental elements – strength, agility, and endurance. **Candidates are advised to appear for the test in running shoes and clothing appropriate for exercise.** Because of the possibility of injury or strain in the testing process, the applicant is required to sign a waiver absolving the City of New Bern and the examiners of any liability for physical injury incurred by the applicant during the test.

### Instructions

Examiners are urged to provide as much instruction to candidates as necessary throughout the entire test. Instructions should be in writing to minimize confusion and ensure standardization. When necessary, these should be supplemented by oral instructions and even by an actual demonstration by the examiner of the techniques to be followed in the tests. The written, oral, and demonstrative instructions should include the starting point, action, and requirements for each test. Appeals can be anticipated if the examiner does not properly instruct the candidates before requiring performance.

### Method of Testing

1. The examiner shall remain as close to the candidate(s) as possible at all times throughout the test without interfering with test performance.
2. The examiner should ensure that other candidates and/or spectators remain at reasonable distances as to provide a fair opportunity.
3. The examiner should concentrate on the candidate's performance at all times and not be distracted by outside occurrences.

## **INTRODUCTION – CONTINUED**

4. A second attempt at any sub-test will be allowed only if the candidate experiences a malfunction in equipment being used as part of the testing process.

### **Examination and Equipment**

The City of New Bern shall provide sites for the examination of applicants for the department. These sites will be on city-controlled property, if possible. New Bern Fire-Rescue will provide a weighted vest, helmet, gloves, and other equipment needed. Candidates should wear appropriate clothing for exercising.

### **Selecting Examiners**

The Chief and/or Deputy Chief of Operations shall select and train employees from the department to examine applicants for physical condition. Persons selected should have reputations for thoroughness, fairness, patience, and objectivity.

# NEW BERN FIRE-RESCUE PHYSICAL AGILITY TEST

## **LEG 1: Sit-Ups, Push-Ups, 1-1/2 Mile Run (15% Weight of Total Agility Test Score)**

### ***Event 1: Sit-Ups***

#### Instructions

Candidate will wear exercise clothing for this event. Candidate lies flat on back with knees bent, feet together, and heels close to buttocks (approximately 10 inches). Arms are to be folded across the chest and feet held to the floor/ground by an examiner. Candidate will raise body by bending at the waist to a sitting position, slightly beyond a 90-degree angle, touching elbows to thighs. Candidate will then lower body back to the starting position, with shoulder blades touching the floor/ground. Candidate will repeat as many times as possible in a two-minute period. Examiner will count number of completed sit-ups aloud. Examiner's count is the official count.

#### Minimum Passing Score

Candidate must complete a minimum of 30 sit-ups in two minutes or fail this event. Candidate will receive 30 points for completing 30 sit-ups in two minutes. Candidate will receive 1 bonus point for each sit-up over 30 sit-ups completed within the two minute period.

#### Purpose

Sit-ups measure the strength of the back and abdominal muscles. Failure to perform 30 sit-ups in two minutes will result in failure of this event and a score of zero points for this event.

### ***Event 2: Push-Ups***

#### Instructions

Candidate will wear exercise clothing for this event. Candidate will begin in the "up" position; feet together, knees off of floor/ground, hands flat on floor/ground, approximately shoulder width apart with arms fully extended, holding body up from the floor/ground. Examiner will place a 2" x 6" board on floor/ground under the candidate's chest. Candidate will lower body toward floor/ground until chest touches the 2" x 6" board. Candidate will return to the "up" position. This will constitute one push-up. Candidate will repeat as many times as possible in a two minute period. Examiner will count number of completed push-ups aloud. Examiner's count is the official count.

#### Minimum Passing Score

Candidate must complete a minimum of 20 push-ups in two minutes or fail this event. Candidate will receive 20 points for completing 20 push-ups in two minutes. Candidate will receive 1 bonus point for each push-up over 20 push-ups completed within the two minute period.

## Purpose

Push-ups measure the strength of the upper torso and arm muscles. Failure to complete 20 push-ups in two minutes will result in failure of this event and a score of zero points for this event.

### ***Event 3: 1-1/2 Mile Run/Walk***

## Instructions

Candidate will wear exercise clothing for this event. Candidate will begin at an assigned starting point, and run a 1-1/2 mile course laid out by the agility test team. Candidate should run as much of the course as possible; walking when necessary will be permitted. Time will begin when candidate leaves starting point, and will stop when candidate crosses finishing point.

## Minimum Passing Score

Candidate must complete 1-1/2 mile course or fail this event. Candidates will be scored based on time. Candidate with the best time will receive 100 points. Candidate with the second best time will receive 98 points. Candidate with the third best time will receive 96 points. Scoring will repeat this pattern with points decreasing by 2 points for each next slower time. In the event of a tie, candidates will receive the points assigned to the appropriate finish level. The points assigned to the succeeding place or places (for multiple ties) will be skipped and resumed at the appropriate level.

## Purpose

The 1-1/2 mile run is designed to measure the candidate's aerobic conditioning and physical stamina. Failure to complete 1-1/2 mile course will result in failure of this event and a score of zero points for this event.

### **LEG 2: Tower Climb (10% Weight of Total Agility Test Score)**

## Instructions

Candidate will wear appropriate clothing for exercising. New Bern Fire-Rescue will provide a helmet, gloves, safety belt, and other equipment needed. An aerial ladder will be extended 100 feet in the air with 70-degree hoist. Candidate will begin at the base of the aerial ladder. Candidate will climb the aerial ladder in a safe and controlled manner. A safety tag line with self-locking carabiner will be attached to safety belt.

## Minimum Passing Score

Candidate must climb at least 50 feet of the aerial ladder or fail this event. Candidate will receive 50 points for climbing 50 feet. Candidate will receive 10 additional points for each additional 10 feet climbed. Candidate will receive 100 points for climbing 100 feet. When candidate reaches stopping point of choice, candidate must lock into the aerial ladder with the safety belt, lean back fully away from ladder, and raise hands above shoulders. Candidate will then lean back into the ladder, grasping rungs with hands, un-hook safety clasp, and descend the ladder. This event will not be timed. An examiner/safety person will be at top of aerial ladder pulling slack from safety line to ensure safety.

## Purpose

The tower climb is designed to measure the candidate's comfort level when working at heights, as well as physical endurance and conditioning. While climbing the ladder, the candidate's hands must grasp the rungs of the ladder, not the rails. Failure to climb a minimum of 50 feet will result in failure of this event and a score of zero points for this event and leg.

### **LEG 3: Black-Out Mask Maze Drill (No Weight/Pass or Fail)**

#### Instructions

Candidate will wear appropriate clothing for exercising. New Bern Fire-Rescue will provide a helmet, gloves, black-out mask, and other required equipment. The candidate will be assigned a starting point at the entrance of the maze and will don a black-out mask. The candidate will then locate the next closed door while conducting a right hand search through the maze, and exit the structure on the other side of the building.

#### Purpose

The black-out mask maze drill is designed to identify the candidate's comfort level and to determine if they are claustrophobic. This is a pass or fail drill. The objective of the drill is to show the confidence of the candidate and to ensure they are not claustrophobic. A "fail" score will result if the candidate removes his mask prior to completing the drill or quits the drill prior to exiting the structure.

### **LEG 4: Firefighter Challenge Course (75% Weight of Total Agility Score)**

#### Instructions

Candidate should wear appropriate clothing for exercising. New Bern Fire-Rescue will provide a weighted vest, helmet, gloves, and other equipment needed. The firefighter challenge course will consist of 9 stations. The candidate will move through each station as one event. The candidate must complete each station before moving to the next. This will be a timed event. There will be a maximum time limit of ten minutes to complete the firefighter challenge course.

#### ***Station #1: Stair Climb Ascend***

The candidate will begin at the assigned starting point. Candidate will pick up a 1-3/4 inch high-rise hose bundle onto a shoulder and climb the stairway to the third (3rd) floor of the training tower, touching every step, and not running.

#### ***Station #2 - Hose Raise***

On the third (3rd) floor of the tower, at a point marked on the floor, candidate will place the hose bundle on floor. Candidate will reach over the window sill where a rope is tied to a 2-1/2 inch hose bundle located on the ground below. Candidate will raise the hose bundle to the window, bringing the hose bundle over the window sill and dropping it on the floor of the tower.

**Station #3 - Stair Climb Descend**

When hose bundle has been dropped on the floor, candidate will pick up the 1-3/4 inch high-rise hose bundle back onto a shoulder. Candidate will descend to the second (2nd) floor and descend the rear stairs to the ground below. Candidate will drop the hose bundle out the back door of the tower once reaching the ground. Candidate will proceed to starting point for the rescue dummy drag without stopping.

**Station #4 - Rescue Dummy Drag**

Upon reaching the rescue dummy, candidate will grasp the rescue dummy under both arms with both of their hands. Candidate will drag rescue dummy to a finish point 100 feet away while walking backwards. Candidate may not run, fall, or drop rescue dummy. Rescue dummy's feet must cross finish point, which will be marked by traffic cones. Once rescue dummy's feet have crossed finish point, candidate will place rescue dummy on ground and proceed to the balance beam without stopping.

**Station #5 - Balance Beam**

Upon reaching balance beam, candidate will pick up fire extinguisher located at starting point, step onto balance beam, and walk length of beam without falling or stepping off the balance beam. Upon walking the length of the balance beam and stepping off the end of the beam, candidate will set down fire extinguisher and proceed to wall climb without stopping.

**Station #6 - Wall Climb**

Candidate must get over the 4-foot wall in any manner possible without the aid of any person or device. Candidate may not go around ends of barrier. Upon getting over the wall, candidate will proceed to the Keiser machine without stopping.

**Station #7 - Simulated Ventilation/Forcible Entry**

Upon reaching the Keiser machine, candidate will pick up the 9 pound sledgehammer. Candidate will strike the Keiser machine until the beam moves 5 feet. Examiner will inform the candidate when the beam reaches the stopping point. When candidate has completed the task, candidate will proceed to the ground ladder for the ladder carry/raise.

**Station #8 - Ladder Carry/Raise**

Upon reaching the ground ladder, candidate will pick up the 14-foot single section ladder from the ground. Candidate will carry the ladder using a low-shoulder carry to the corner of the burn room. Examiner will direct candidate to the proper location for raising the ladder. Upon reaching location, candidate will raise the ladder against the building using a flat raise, and position the ladder at the proper climbing angle of 75 degrees. When candidate feels ladder is in proper climbing position, candidate will proceed to the charged hose line.

**Station #9 - Hose Line Advancement**

Upon reaching the charged hose line, candidate will pick up the nozzle attached to a 1-3/4 inch charged hose line located on the ground. Candidate will stretch the hose 100 feet to a finish point marked by traffic cones. Time stops when candidate crosses finish point.

### Minimum Passing Score

Candidate must complete the firefighter challenge course or fail this event. Candidates will be scored based on time. Candidate with the best time will receive 100 points. Candidate with the second best time will receive 98 points. Candidate with the third best time will receive 96 points. Scoring will repeat this pattern with points decreasing by 2 points for each slower time. In the event of a tie, candidates will receive the points assigned to the appropriate finish level. The points assigned to the succeeding place or places (for multiple ties) will be skipped and resumed at the appropriate level.

### Purpose

The firefighter challenge course is designed to test all aspects of candidate's physical strength, conditioning, endurance and stamina, as well as candidate's aerobic conditioning and capacity. Candidate must complete firefighter challenge course, completing each station, and complete the course in a maximum of ten minutes or fail this event and receive zero points for this event/leg. Any safety violation will carry a penalty of 5 seconds per violation. Violations would consist of, but not be limited to, the following: not touching all steps during stair climb; dropping rescue dummy or falling during rescue dummy drag; stepping off balance beam during beam walk; using aid to get over wall; dropping ladder during ladder carry/raise; or falling during hose stretch.