

CAMAS-WASHOUGAL FIRE DEPARTMENT
PHYSICAL ABILITIES TEST
FIREFIGHTER/PARAMEDIC

PURPOSE:

The Camas-Washougal Fire Department Physical Ability Test is composed of six (6) events that are designed to test various aspects of physical strength and endurance. This test directly reflects on the job physical and cardiovascular stresses that an entry-level firefighter will encounter. The Camas-Washougal Fire Department's number one priority is to provide for safety and create an environment that promotes success. **The candidate's ability to follow directions will be key in this pass/fail test.**

PRE-TEST:

The candidate will climb a 35' ground ladder at a safe climbing angle. **This event is not a timed event.** Prior to the climb the candidate will be given a firefighting helmet, SCBA, and leather gloves. The candidate will then ascend to the height of the ladder until he or she is told by a test facilitator to stop. Once the candidate has been told to stop, he or she will then descend to the base. Upon completion the candidate will move on to the remainder of the test.

Failure Points:

1. **Unable to complete the event.**

TESTING RULES:

The Physical Ability Test is a continuously timed event allowing the candidate **5 minutes and 30 seconds to complete all 6 events** as described below while wearing a firefighter helmet, leather gloves, and a SCBA. The candidate will be responsible for wearing running shoes, an athletic shirt (T-shirt and/or sweatshirt), and athletic shorts and/or sweat pants while testing.

EVENT #1 – HOSE BUNDLE CARRY:

The candidate will start outside the training tower behind the start line. Once the test facilitator says, "GO" time will begin. The candidate will shoulder 50' ft. of 2½" inch hose and proceed up the stairs to the fourth floor. Upon reaching the fourth floor the hose will be placed on the fourth floor landing in a designated location. The candidate will immediately proceed to Event #2.

Failure Points:

1. **Fail to complete the event.**

EVENT #2 – HOSE HOIST:

While facing the fourth floor window a 2½" inch 50' ft. rolled section of hose will be raised to the fourth floor. When the hose is raised to the height of the fourth floor window the candidate will then pull the bundle inside and place it on the floor. The candidate will then lower the hose to its starting position. While hoisting and lowering, the candidate will use a hand over hand method. Once the event has begun the candidate **will not** lose control resulting in the hose roll coming into contact with the platform at the bottom.

Failure Points:

1. **Allowing the hose roll to contact the ground once the event has begun.**
2. **Fail to complete the event.**

Following the second event the candidate will shoulder the 50' ft. hose bundle as used in event #1. He or She will then descend the stairs while making every effort to contact every step while using the handrail. Once the start line is reached the candidate may then place the hose bundle in the designated area at the start line.

EVENT #3 – RESCUE DUMMY DRAG:

The candidate will position behind the 60-80 lb. rescue dummy and drag it using one of two methods:

1. The dummy can be lifted to a desired position by wrapping your arms around the chest enabling the candidate to drag it backwards.
2. The candidate may grasp the straps positioned above the shoulders of the dummy in an effort to complete the drag.

Once the rescue dummy is lifted it must then be moved backwards 75' ft across finish line.

Failure Points:

1. Fail to complete the event.

EVENT #4 – HOSE PULL:

The candidate will drag a charged 1-3/4" hose line with nozzle 75' ft. Once the nozzle has been pulled across the 75' -foot line the hose can be placed on the ground. The candidate **will not** open the nozzle.

Failure Points:

1. Opening the nozzle at anytime.
2. Fail to complete the event.

EVENT #5 – LADDER EXTENSION:

The candidate will approach the 24ft. extension ladder fixed to the training tower at a 90 degree angle. He or She will then grasp the halyard, while using a hand over hand method, the candidate will fully extend the ladder until the test facilitator says stop. The candidate will then lower the ladder, using a hand over hand method, until the ladder returns to its resting position. The candidate will perform this operation twice.

Failure Points:

1. Losing control of the halyard resulting in the fly section falling to its resting point.
2. Unable to complete event.

EVENT #6 – 5 INCH HOSE ROLL:

The candidate will roll a 100 foot section of five inch hose. Once the hose is rolled, the candidate will unroll the hose to its original position. The candidate may lay the roll on its side as necessary to realign the roll. Time will stop once the hose is completely unrolled.

Failure Points:

1. Unable to complete event.
2. Unable to complete all 6 events in 5 minutes and 30 seconds.