

INSTRUCTIONS – BG FIRE DIVISION PHYSICAL AGILITY TEST

1. The physical agility examination is a pass/fail examination. All 8 events must be completed within 14 minutes. Any rest you choose to take will be included in your total test time.
2. You will be timed during the entire test. The time will start when you begin to unroll the hose for the hose roll event (#1). The time will continue to run until you hand the dummy to the monitor that concludes the carry event (#8).
3. You may not run during any portion of the test. Running is defined as moving swiftly with both feet off the ground.
4. You may have up to a total of sixty- (60) seconds rest during the test. The time may be used as applicant wants. If you exceed the total sixty- (60) seconds rest time, this will be considered a withdrawal and you will be required to sign a withdrawal form.
It is your responsibility to inform the test monitor when you wish to rest and for how many seconds.
Rest may only be taken between events. Once an event has been started you must continue to its completion.

NOTE! It is not required that you take any rest time, nor is it required that if you choose to rest that you use all 60 seconds. At any time, if you ask, the monitor will tell you how much time you have used of your total time and/or rest time.

5. The order for taking the agility test will be determined by the order that the candidate signs up for the test. Testing may take 10 to 12 hours depending on the number of applicants that day. Lunch is not provided.
6. Late arrivals at the agility test will be tested last that day. It is your responsibility to keep your appointment for the test.
7. Applicant is required to bring picture ID with them to both agility test and written test.
8. Applicant may bring gloves to the agility test. Gloves will not be furnished.
9. Applicant may bring his or her own firefighting helmet. It can be worn if approved by the Bowling Green Fire Division on test day.
10. Illness or injury may be cause to cancel the test or discontinue the test.
11. You will be required to sign a waiver prior to taking the test.
12. You will be the only person, other than test monitors, allowed on the test grounds while you are being tested.
13. Applicant must leave the test area after they have completed the test.
14. If helmet falls off, continue with event, the test monitor will pick up helmet and return it to applicant after the event has been completed.
15. If applicant puts on or takes off gloves during testing, it must be done between events and will be counted as rest time.

BOWLING GREEN FIRE DIVISION PHYSICAL AGILITY TEST

HOSE ROLL EVENT

Completely unroll and roll one length of 2 ½ inch fire hose. Roll hose tightly. This will help prevent hose from falling apart. Coupling must be returned to starting point. Hose must be rolled out, not thrown out. The roll must be in contact with hands at all times.

HOSE LINE ADVANCE EVENT

Pick up nozzle attached to 2 ½ inch hose, place over shoulder and drag hose 150 feet to a designated line. Nozzle may be on front or back of shoulder. You may not pick up additional hose and carry in hand. After crossing line, turn around and return hose to starting point. Place hose and nozzle on ground. Forward progress must be maintained during this event.

LADDER HOIST EVENT

Stand between ladder and building, grasp rope and using hand over hand motion, pull until the ladder is fully extended and stops. Ladder is then lowered using the hand over hand motion. Do not allow rope to slip through the hands. You must maintain a standing position while raising and lowering the ladder.

FIRE EXTENSION EVENT

Here you will crawl through a 2 foot by 2-foot opening onto simulated attic boards spaced 16 inches apart. You are to crawl on hands and knees to the opposite "wall". After touching the "wall" with one hand, return again by crawling and exit through the same opening.

VENTILATION EVENT

Stand and strike railroad tie with sledgehammer. Railroad tie must be moved preset distance before event is complete. You may use either hand or you may alternate while using sledgehammer. Applicant must stand straddling the railroad tie.

HIGH RISE EVENT

This event is divided into three continuous parts.

Part 1) Carry a 50 foot package of 2 ½ inch hose with nozzle and a 12 pound sledgehammer from a designated point at ground level to designated landing on stadium steps. This equipment is then set down. If package or sledgehammer is dropped and picked back up, applicant may continue.

Part 2) You will now grasp a rope from a test monitor. Pull until the second 2 ½ inch hose coupling is over the railing. At this point the monitor will take control of the rope and hose. Applicant must stand in designated area. If rope or hose is dropped or slips, applicant may continue until second coupling is over the railing.

Part 3) The package of 2 ½ inch hose with nozzle and sledge hammer will be handed to applicant by monitor, applicant will return them to the ground level. Hose and sledgehammer are to be set down in designated area. If package or sledgehammer is dropped and picked back up during event, applicant may continue.

BOWLING GREEN FIRE DIVISION PHYSICAL AGILITY TEST CON'T.

DRAG EVENT

You will drag a tire filled with concrete (approximately 140 pounds) 75 feet from a starting line to a designated line and return to starting line maintaining forward progress at all times. Drag either walking forward or backward. Pull strap must be grasped at the top loop.

CARRY EVENT

You will pick up a dummy (approximately 100 pounds) and carry it 75 feet from a starting line to a designated line and return to starting line where it is to be handed to a monitor. Once you have left the designated starting point for this event, the dummy must not touch the ground until you cross the finish line. The dummy may be carried any way you choose, however, it must be off the ground. Dragging is not allowed. If the dummy touches the ground, the applicant fails.

Once this has been completed, you will be assisted in removing equipment worn during the test. The test monitor will then record the test completion results on the appropriate sheet. This sheet will require a signature of the candidate. This will conclude your participation in the physical agility test.