

NASHVILLE FIRE DEPARTMENT PHYSICAL ABILITY TEST

The entire ability test for Fire Recruit will be performed by the candidate while wearing selected PPE that includes - a fire helmet, turn out (fire) coat, gloves, Self-Contained Breathing Apparatus (SCBA), and any other safety equipment deemed necessary by the Nashville Fire Department for the test. These items will be provided by the Nashville Fire Department. The applicant WILL NOT be allowed to wear their personal PPE for this physical ability test.

The ability test will be divided into two (2) separate parts which will run continuously. The first part will be the Aerial climb which is a continuous timed, Pass/Fail event. The second part will be timed and will consist of six (6) individual events. Failure to complete the both parts of the physical ability test will result in the elimination of the applicant from advancing in the testing process.

Rules:

- 1) Absolutely **“no running”** during the events. A fast walk is permitted.
- 2) All safety equipment and PPE must remain intact and in place on the applicant during the test.
- 3) The applicant must touch every ladder rung and stair step with their feet and hands on the aerial and stair climb. If you skip a rung of the ladder or step on the stair climb, you will be called back to the point of the infraction and then continue forward, and your time will continue to run. The applicant WILL NOT be allowed to “slide” any ladder or stair climb at any time.
- 4) When climbing the aerial device, you must grasp the rungs of the ladder with your hands.
- 5) Candidate must sign completed form with their times before leaving academy.



2016 Physical Ability Test

Scope: The Physical Ability Test will be comprised of two sections:

- Section I: Aerial Apparatus Climb –Pass/Fail **5 minutes maximum**
- Section II: Physical Ability Course Test – Timed event **7 minutes maximum**

Section I: Aerial Apparatus Climb

Overview: Candidate will be required to climb an aerial apparatus 85 feet between an angle of 65 to 70 degrees while touching every rung on the way up until they reach the top. The candidate must touch the top rung with one hand; the candidate will then descend to the bottom touching every rung on the way down. Time stops when the candidate touches the turn table of the Aerial Apparatus with both feet. The candidate cannot stop while climbing the aerial ladder after they have begun the climb. If the candidate stops they will be verbally warned to continue. The candidate will be disqualified if a second warning is given.

Required Attire: Firefighting Helmet, Firefighting Coat, Firefighting/Rescue gloves, Self-Contained Breathing Apparatus (SCBA)

Required Time: **Pass/Fail 5 minutes or less** Candidates who are disqualified or fail this section will not advance to Section II.

Section II: Physical Ability Course Test

Overview: The candidate will be required to complete 6 individual stations in order and without stopping immediately following the Aerial climb. The time will start when the candidate begins Station One and will end when the candidate completes Station Six. Once the test begins, candidate will not be allowed a rest period. No running allowed. A fast walk is permitted.

Required Attire: Firefighting Helmet, Firefighting Coat, Firefighting/Rescue gloves, Self-Contained Breathing Apparatus (SCBA)

Required Time: **7 minutes or less**



Station Descriptions:

1. Forcible Entry:

Using the Keiser Sled (simulated forcible entry); candidate will strike a weighted sled with an approximately 10 lb. sledge hammer driving it a designated distance (2 ½ ft.) to a designated mark. Candidate will proceed to next station as directed.

2. Hose Drag

There will be 4 sections connected of 1 ¾" of uncharged fire hose connected to a nozzle and attached to a fire hydrant making one 200 (approximately) foot fire attack line. Candidate will drag the 4 sections of hose until it is fully extended. Candidate will then bring the nozzle and attack line back to the hydrant. Candidate will proceed to next station as directed.

3. Positive Pressure Fan lift

Candidate will approach a raised platform (wood table) approximately 5 ft. high; a Positive Pressure Fan will be positioned on the ground and in front of the platform. The candidate will lift the fan and place the fan on top of the platform. Candidate will then remove the fan and place it back on the ground. Candidate will proceed to next station as directed.

4. High-Rise Pack Carry

Candidate will carry a High-Rise Pack that consists of 100 ft. of 1 ¾ attack line folded together up a flight of stairs and into the Confined Space Trailer and again up another flight of stairs inside the trailer to the top at a designated spot. Once at the top the candidate will reverse the course downstairs exiting outside. Candidate will repeat the course a second time taking the same route up to the top again. Once at the top on his/her second time, candidate will set the High-Rise Pack down and begin Station 5 (Listed below). After Station 5 is completed, candidate will pick up the High-Rise Pack and exit the confined space trailer.

5. Hoist 2 ½ Attack Line

Candidate will approach a simulated window sill on the second floor of the confined space trailer, grasp with their gloved hands approximately 20 ft. of rope with a simulated 50 ft. of 2 ½" attack line rolled and attached at the bottom. Candidate will hoist the 2 ½" hose to the top, touching the simulated window sill with the hose. Candidate will then lower (DO NOT DROP) the 2 ½" hose to the ground. Candidate will proceed to next station as directed.

6. Victim Removal/Dummy Drag

Candidate will approach the opposite end of the simulated victim/mannequin stationed 50' away. In a hands and knees position, the candidate will crawl 50' to the waiting mannequin. Candidates will then stand up and drag the approximate 185 pound mannequin 50 ft. to the opposite end completing the scenario. Time will stop once you reach the end of station 6.

This will end the Physical Ability Test. If the candidate successfully completes the physical ability test they will proceed to the written test as directed.