



San Miguel Fire District Firefighter Recruitment Physical Ability Test

Overall Test Disqualifying Errors

- Running between events **One Warning Only**
- Endangering self or others or damaging equipment **No Warnings**

Event #1: Aerial Ladder Climb

Equipment: Helmet, coat, SCBA, and gloves.

Set-Up: Place and extend aerial ladder. Place truck belt on candidate.

Proctor(s): One person staffing belay line and one observing the candidate.

The candidate will climb the 100' aerial ladder and touch the top rung. The candidate will be wearing a truck belt attached to a belay line for safety. There is no time limit for this event.

Disqualifying Errors (No Warnings)

- Not maintaining a continuous steady pace while ascending/descending the ladder.
- Failing to climb the required height.

Event #2: 2 ½" Dry Hose Drag

Equipment: Helmet, coat, and gloves.

Set-Up: Red rag and tape the couplings if needed. Flake-out 150' of 2 ½" hose. Place a cone on the curb at the drop-off point for the coupling.

Proctor(s): One person to observe candidate.

After completing Event #1, the candidate will walk to the dry hose drag area where he/she will pick up the 2 ½" nozzle attached to 150' of dry 2 ½" hose. The nozzle should be placed over one shoulder and the first coupling over the other. Overall event time will start when given the command to start. The candidate will extend the hose and nozzle, dropping the first coupling at a designated point, and continuing on a total of 200' to a designated point. At that point, the candidate will stop, turn around, and return with the hose, picking up the first coupling they come to on the way back. Event is complete when the candidate crosses the original starting line.

Disqualifying Errors (No Warnings)

- Not extending the hose the full 200’.
- Not picking up the first coupling on the return trip.
- Not crossing the start line on the return trip.
- Stopping and resting for more than 15 seconds.

Event #3: Hose Carry/ Rope Pull

Equipment: Helmet, coat, SCBA, and gloves.

Set-Up: Tape box on 4th floor.

Proctor(s): One person to assist in donning of SCBA and observing the candidate.

After completing Event #2, the candidate will walk to the west side of the tower. The SCBA will be donned with the assistance of the proctor(s). The candidate will then pick-up a 100’ 2½” hose bundle from the ground and carry it to the 3rd floor stairwell area and place it in a designated area. The candidate will then continue up to the 4th floor landing. The candidate must utilize the rope to manually raise a debris bag loaded with one roll of 2 ½” hose and one 2 ½” nozzle using the hand-over-hand method. The candidate’s feet must stay in the square. The debris bag must be raised to the top of the railing at the 4th floor landing. At this point the candidate will lower the debris bag back to ground level. The candidate will then descend the tower to the 3rd floor, pick-up the hose bundle and descend to the ground floor.

Disqualifying Errors (No Warnings)

- Failure to carry the hose bundle up to and down from the 3rd floor.
- Failure to raise and lower the debris bag completely utilizing the hand-over-hand method.
- Losing control of the rope while lowering the debris bag to the ground.
- Stopping and resting for more than 15 seconds.
- Stepping out of the taped square.

Event #4 Sledge Hammer

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate and count out loud.

After completing Event #3, the candidate must walk to the sand box and utilize the sledge hammer to strike the sand 25 times. The candidate’s hands must be at or below the tape marks on the handle and their knees must not touch the box or the ground.

Disqualifying Errors (No Warnings)

- Not striking the sand 25 times.
- Failing to lift the sledge hammer above the head prior to each strike.
- Stopping and resting for more than 15 seconds.
- Placing hands above the tape marks on the handle.
- Knees touching the box or ground.

Event #5 Hose/Dummy Drag

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

Set-Up: Obtain dolly for dummy, and set-up a charged 1 ¾" preconnect.

After completing Event #4, the candidate will walk to the south side of the tower and pick-up a charged 1 ¾" hoseline and drag it 100' to a designated area. The nozzle must cross this point. The candidate must drop the hose line, pick up the dummy and drag it backwards 100' to the original starting line.

Disqualifying Errors (No Warnings)

- Not extending the hoseline completely.
- Failing to return the dummy to the start line.

Event #6 Ladder Lift

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

After completing Event #5, the candidate will walk to the east side of the tower and remove a 14' straight ladder from the ladder rack mounted on the safety net frame. The candidate must carry the ladder to a cone, set 25' away, and return it to its original position on the ladder rack. The ladder must touch the ground or net frame.

Disqualifying Errors (No Warnings)

- Dropping the ladder.
- Failing to remove and/or replace the ladder.
- Ladder touches the ground or net frame.

Event #7 Ladder Extension

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

Set-Up: Tape box at base of ladder.

After completing Event #6, the candidate must walk to the 35' extension ladder mounted on the safety net frame. Using the hand-over-hand method, the candidate must extend the ladder completely. Once achieved, the candidate must retract the ladder completely, again, utilizing the hand-over-hand method. The candidate's feet must stay in the taped area.

Disqualifying Errors (No Warnings)

- Failure to completely extend or retract the ladder.
- Losing control of the halyard.
- Not keeping both feet firmly on the ground, inside taped area.
- Extending ladder by gripping/touching rungs or other parts of the ladder with hands, arms, feet, legs or other body parts (**Warning Only**).

Event #8 Rescue Tool Carry

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

Set-Up: Top target is chest high, mounted diagonally.

After completing Event #7, the candidate will walk to the south side of the tower and pick-up the simulated rescue tool. The candidate must then carry the tool forward to the targets mounted on the safety net frame and place the tip of the rescue tool into each opening two times. The candidate must return the tool to its original area.

Disqualifying Errors (No Warnings)

- Dropping the tool.
- Failure to place the tool into each target, in order.

Event #9 Charged 2 ½” Hose Pull

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

Set-Up: Charged 2 ½” hoseline.

After completing Event #8, the candidate must walk to the west side of the tower and pick-up the charged 2 ½” hoseline. The nozzle must be no more than arm’s length away. While not stepping outside the boundary, the candidate must extend the hoseline through the marked course. The hoseline must be advanced forward and diagonally to the end of the marked course.

Disqualifying Errors (No Warnings)

- Failure to completely extend the hose.
- Placing the hoseline down more than 3 times.
- Stepping outside the set boundaries.
- Failure to keep the nozzle no more than arm’s length away.

Event #10 Ladder Walk

Equipment: Helmet, coat, SCBA, and gloves.

Proctor(s): One proctor to observe candidate.

Set-Up: Ground ladder bedded on ground, one 50’ roll of 2 ½”, and a table.

After competing Event #9, the candidate must walk to the west side of the tower and pick-up the 50’ roll of 2 ½” hose. The roll must be carried across the straight ladder, rung-by-rung and placed down on the table. The candidate will turn around and return to the other end of ladder, repeating the sequence 2 more times. A total of 3 trips, down and back must be completed.

Disqualifying Errors (No Warnings)

- Not completing the event.
- Dropping the hose roll or missing the table.
- Failing to step on the rungs.