

PAULDING COUNTY FIRE RESCUE

Candidate Physical Abilities Test

Candidates taking the Physical Agility Test are strongly encouraged to: fast for one hour prior to testing, wear workout clothing, wear athletic shoes prior to the test, refrain from using tobacco products three to four hours prior to the test, consider having a physical examination at their own expense prior to fitness testing, and consult their physician regarding the fitness test. Vital signs of all candidates will be evaluated before the test is conducted. Vital signs must be within allowable limits for the applicant to take the test.

Phase I:

Cooper's Test:

Timed Run

The candidate will complete three physical fitness events designed to assess cardiovascular endurance and muscular strength. First, the candidate will perform a timed 1.5-mile run on a measured course. The run must be completed as quickly as possible. Candidates are allowed to set their own pace but may not leave the running surface or receive outside assistance. The time taken to complete the run will be recorded.

Maximum Sit Ups

Next, the candidate will perform as many sit-ups as possible in one minute. The candidate will begin lying on their back with knees bent and hands behind the head or crossed over the chest. A partner may hold the candidate's feet, but no other assistance is permitted. Each repetition must consist of raising the upper body to a vertical position and returning to the starting position. Only properly executed sit-ups will be counted.

Maximum Pushups

Finally, the candidate will perform as many push-ups as possible in one minute. The candidate will begin in the standard pushup position, with hands placed shoulder-width apart and body kept in a straight line from head to heels. Each repetition requires lowering the body until the upper arms are parallel to the ground and then returning to the starting position. Resting is allowed only in the up position. The total number of proper pushups performed without breaking form will be recorded.

Phase II:

Aerial Ladder Climb

Given instructions, the candidate wearing fire gloves, a helmet, and a safety harness will climb a 75' aerial ladder to the top without stopping. The candidate will climb using one rung at a time. When the candidate reaches the top, he/she will lock in using a ladder belt, then lean back and clap their hands overhead.

Upon the evaluator's instruction, the candidate will descend the ladder one rung at a time. The evaluator may stop the test at any time if they feel the candidate is in any danger. The candidate may request to stop the test at any time. Not completing the test in its entirety will result in a “fail” score.

Phase III:

Physical Agilities Course

The candidate will be provided with gloves, a helmet, and a choice of either a 50-lb vest or an SCBA to complete the physical agility course. The candidate will receive instructions and be accompanied during the test. If any station is not performed correctly, the candidate will have to repeat the station. Running is not allowed during the test. Any candidate that runs during the test will receive a “failed” score. Stopping is not allowed; the candidate must keep moving while on the course. Any candidate who stops during the test will receive a “failed” score. The test will have a starting marker and a finish marker. Your overall time will be recorded upon completion of the course.

Note: Any candidate selected to attend Paulding County’s Fire recruit class must complete this course within 12 minutes or less to obtain state certification.

Start:

The candidate’s time will begin as they cross the starting marker.

The candidate will proceed to the “Fire Hose Roll” station.

Hose Role:

The candidate will unroll a 50-ft section of fire hose in a designated direction, then roll the section and replace the hose in its original location.

The candidate will proceed to the “Fire Hydrant” Station.

Fire Hydrant:

Given a hydrant wrench, the candidate will open the hydrant 20 full turns and completely close the hydrant.

The candidate will proceed to the “Dummy or Tire Drag” station.

Tire Drag:

The firefighter will drag the tire a total of 50 feet by dragging the dummy around two cones and placing it in its original location.

The candidate will proceed to the “Keiser Sled” Station.

Keiser Sled:

The candidate, given an eight-pound sledgehammer, will straddle the weight and swing the hammer between their legs, striking the weight on the Keiser Sled to the designated distance.

The candidate will proceed to the “Stair Climb” station.

Stair Climb:

The candidate will pick up and carry the “high-rise” up two flights of stairs and back down using one step at a time, and lay the high-rise pack in the designated area.

The candidate will proceed to the “Hose Raise” station.

Hose Raise:

The candidate will hoist the connected hose 1 time, maintaining control at all times. When raising and lowering the hose, the candidate will bend at the waist and pull the rope in a “hand over hand” motion.

The candidate will proceed to the “Roof Ladder” Station.

Roof Ladder:

The candidate will remove the roof ladder from the brackets, lower it to the ground, and return it to its original position against the wall. This will be performed 3 times.

The candidate will proceed to the “Ladder Raise” station.

Ladder Raise:

The candidate will raise a 24 ft. extension ladder fully using a hand-over-hand method, and then return the ladder to its original location using the hand-over-hand method (Assistance will be provided as needed).

The candidate will proceed to the “Smoke Ejector Carry” Station.

Smoke Ejector Carry:

The candidate will carry a smoke ejector, or equivalent, 50 feet around 1 cone and replace the ejector in its original location.

The candidate will proceed to the “Hose Drag” Station.

Hose Drag:

The candidate will drag a charged 2 ½” x 50’ section of hose 50 feet, lay it down, proceed to the opposite end, and drag the hose back 50 feet to its original location.

The candidate will proceed to the “Finish Marker,” and the time will end when they cross the finish line.