

**FIREFIGHTERS' PHYSICAL  
AGILITY TEST**

**APPLICANT'S HANDBOOK**

## Arrival & Check-In

### Arrival:

The Westchester County Public Safety Training Facility, where the physical agility test will be held, is located on the Grasslands Reservation, in Valhalla, New York. The entrance is located on Dana Road approximately one mile north of Elmsford, off Route 9A. At Dana Rd. there is a traffic light and sign indicating the training grounds. Turn onto Dana Rd. and proceed approximately 500 feet up the hill beyond the fire training building and make a right. The parking lot is on the right hand side. Walk down the stairs into the Fire Training Facility.

Park and lock your car in the designated parking area. Under no circumstances are you to park your car along the entrance road or the driveway. These roads must be kept open for traffic. Cars parked along the entrance road, driveway, or in front of the main building will be ticketed by the State Police and/or towed away.

You will receive notice of the day and hour to appear. Be certain to appear at the designated time. If you are early, you may have to wait until your designated time and if you are late, you may not be able to take the test on that day. If the test date is cancelled because of weather conditions your notice will include the number(s) to call.

If your original test date is cancelled, you will receive notification with the alternate test information. The alternate day will be used only in the event of poor weather or another emergency.

**\*The alternate day is not an alternate test day for the convenience of the applicant\***

### **Check-In:**

The tests will be held in the open field behind the main building. This field is enclosed by a chain link fence. There is a stairway which provides direct entrance to the test area. You are to use only this stairway. The check-in station will be located at the bottom of the steps. Do not attempt to enter through the main building.

At check-in time, you must present the notification which was mailed to you and one other item of identification. You will be required to fill in the heading of the Applicant's Score Sheet. The required information includes your name, address and telephone number and the name, address and telephone number of a person to contact in the event of an emergency. You will also be required to make, a statement concerning your medical health and your general preparation to take this test.

The Applicant's Score Sheet will consist of an original and carbon copy. This sheet will accompany you from test-to-test and be used by the Scoring Monitor to record your scores. You will initial each score when it is entered. At check-out time, the original will be retained by the registrar and the carbon copy will be given to you as a record of your performance on the tests.

At the check-in station, you will be placed in a group of applicant's. You will remain with that group as you complete each of the tests. You may not leave your group except on the specific instructions of a Test Administrator. Applicants wandering about the test area will be subject to disqualification.

## **General Instructions**

### **Pass/Fail Tests:**

The first two tests you will take will be graded on a Pass/Fail basis. No times will be recorded for these tests. The Applicant's Score Sheet has a place to record the results of these tests as well as the remaining four tests which are timed. For these two Pass/Fail tests, the Scoring Monitor will mark either Pass or Fail. The Test Administrator will initial the recorded score. If you fail either of the two Pass/Fail tests, you will be disqualified. No second attempt is allowed on either of the Pass/Fail tests.

### **Timed Tests:**

The four timed tests are each of equal importance. Your score will be calculated on the basis of how fast you perform each of the tests. A score is calculated for each test and the four scores are averaged.

The four tests must be performed in order. If, after finishing all of the tests, you wish to repeat one or more of the tests a second time, you will be allowed to do so. We advise that unless you fell or had some other unusual trouble on the first attempt, you may not improve your score on the second attempt. The reason for this is that you will be tired and fatigued from taking the tests and will not be as rested on the second attempt as you were on the first. Remember! Your first attempt will probably be your best, so put your best effort into that attempt.

No applicant will be allowed more than three minutes to complete any timed test. No special equipment or aids may be used to assist you in performing these tests. You may or may not use gloves on the Hose Drag and Hose Carry. If you use gloves on these tests, you must supply them and the gloves must be a plain leather palm and finger glove. You will be required to use gloves on the Donut Lift and the Overhead Pulley. For these tests, gloves will be provided and you must use the gloves provided.

### **Timing & Recording of Scores:**

At each timed test, there will be an electronic stopwatch which is activated by an electronic beam. This is the same type of timing procedure you commonly see at sporting events. At each station, the Test Administrator will give you the instruction to start. The electronic timer is automatically started by you when you cross the start/finish line. The electronic timer is stopped by you when you re-cross the start/finish line.

After each test, the Test Administrator will note the minutes, seconds and hundredths of a second that were required for you to complete the test. The Test Administrator will tell the Scoring Monitor to write the time on the scoring sheet. You will then verify both the time on the electronic stopwatch and the time entered on the scoring sheet. Finally both you and the Test Administrator will initial the score. Any discrepancies must be reported before you initial the score.

Upon completion of all of the tests, your group will return to the check-out desk. If you decide to retake one or more of the tests, you will be directed by the Registrar to wait with your Scoring Monitor until all of your group has been processed. Those of your group who do not wish to retake the tests will leave the test site and those of you who do wish to retake the tests will proceed with the Scoring Monitor to retake the tests in the same order in which the tests were originally taken.

You may not retake either of the Pass/Fail tests. Do not return to any of the test stations without the Scoring Monitor. You may skip any of the tests you do not wish to retake. At each test your group will be given preference over other groups which are taking the test for the first time.

### **Check-Out:**

When you have completed all of the tests, you will sign the scoring sheet and the Registrar will also sign the scoring sheet. You will be given the carbon copy and then you are required to leave the test area. You will not be allowed back onto the test field. Since parking is limited, we would appreciate your leaving as soon as you have completed the tests. You will receive notification of the results of the test by mail.

### **Clothing:**

With the exception of the requirement that you use the gloves supplied for the Donut Lift and the Overhead Pulley, there are no requirements or limitation on clothing. In general, you should wear substantial clothing such as dungarees or sweat suits and avoid excessively tight clothing. You may wear gloves with the exceptions noted above. Footwear is important. It should provide you with good support, protection and traction. Rubber soled shoes are recommended. Unless the day is warm, you should bring some type of jacket to wear between test stations. On very sunny days you may wish to bring a hat since you may have to wait in the sun between tests.

### **Miscellaneous:**

You will not be allowed to bring guests onto the testing grounds. Therefore, we recommend that you do not bring guests with you to the test. Only applicants and testing personnel will be allowed on the test site. Guests, observers, photographers and other persons will not be allowed on the test site. There are no toilet facilities outside the test site.

Toilet facilities for use by applicants are located in the main building. You will pass by the main building after having completed the two Pass/Fail tests. Water fountains are located in the main building. The fountains on the test grounds are usually not operating.

There will be no food facilities for applicants at the test site. In general, you should not be eating immediately before you are scheduled to start the tests and we recommend that you leave the area immediately after completing the tests. No food will be allowed on the training grounds. If you feel it is necessary to bring lunch, we suggest you leave it in your car.

## Description of the Tests

### Pass/Fail Tests:

These tests are scored on the basis of passing or failing. You must pass the two Pass/Fail tests to be eligible to advance to the timed tests. If you fail either the aerial Ladder Climb or the Ladder Lift, you are disqualified and may not proceed to the remainder of the tests. No second attempt will be allowed on any of the Pass/Fail tests. No point credit is given for any of the Pass/Fail tests.

**You must complete the Aerial Ladder Climb within five (5) minutes and the Ladder Lift within three (3) minutes.** No extra credit is given for speed on these tests.

### I) Ladder Climb:

An aerial ladder will be extended to approximately seventy feet and will be at an angle of approximately seventy degrees. You must climb to the top of the ladder, touch the top of the ladder and return to the starting point on the ground. You may not stop for more than ten seconds at any point in the climb up or down. You must wear the safety belt supplied.

### II) Ladder Lift:

A twenty-eight foot extension ladder is hung from the side of a fire truck. The top rail (side) of the ladder is about six and one-half feet above the ground. The bottom rail is about five feet above the ground. You will grab the ladder, lift it off the hooks and lower it to the ground. You may not drop the ladder. You may not take the ladder off the hooks one end at a time. After you have placed the ladder on the ground, you will step back. The Test Administrator will then tell you to go ahead and put the ladder back on the truck. You will put the ladder back the same way you removed it, by grabbing it in the middle and lifting it up onto the hooks. You may not lift one end and then the other. You must stand on the ground when taking the ladder from the truck and when putting it back onto the truck.

## **Timed Tests**

**\*The four timed tests must be performed in the order given below\***

### **I) Hose Pull:**

The start/finish line will be ninety feet before a hydrant. A one hundred-foot length of 2 1/2-inch hose will be connected to the hydrant and laid out on the opposite side of the hydrant from the start/finish line. You will stand three feet behind the start/finish line and, on the Test Administrator's instruction, run and pick up the nozzle and hose at the far end.

You will place the hose over your shoulder and drag it back to the drop zone which is ten feet before the start/finish line. In the drop zone will be a pad of canvas and you will place, not throw, the nozzle on the pad. You then continue across the start/finish line. The time clock is started and stopped as you cross the start/finish line.

The 2 1/2-inch hose will not be charged with water. The hose must be carried as described, over the shoulder. The nozzle must be in front of you and may not drag on the ground. If the hose is dropped, you may pick it up, put it back on your shoulder and continue the pull. Dropping a hose will cause you to lose several seconds in time. You should be careful not to lose control of the hose. You must have control of the hose when you reach the drop zone.



## **II) Donut Lift:**

This test must be performed using the gloves provided. The gloves will have leather palms and fingers. Small, medium, large and extra large sizes will be available.

The test is performed from the roof of the Drill Tower which is six-stories tall. A donut of 2 1/2 inch hose is placed on the ground. A 3/4 inch Manila rope is tied to the hose and extends to the roof where the other end is tied.

Wearing a safety belt which has been provided, you will stand three feet behind the start/finish line and, on the instruction of the Test Administrator, cross the line, move to the rail, attach the safety belt, pick up the rope, and pull the donut of hose to the top, lifting it over the rail. The donut will be placed on the roof, you will unhook the safety belt and return across the start/finish line.

The coil of hose must be lifted by pulling the rope in a hand-over-hand fashion. You may not walk away from the edge of the roof while pulling the rope since you are attached to the rail by the safety belt. You may not release the safety belt until you are ready to move directly to the start/finish line.

There are open windows on the floors below where you are working. If you do not pull the rope evenly, the donut of hose will start to swing and may catch on the open windows. To be sure that you perform this test in the shortest time, try to pull the rope as evenly as possible.

### **III) Hose Carry:**

You must carry a one hundred-foot section of 1- 1/2 inch hose from the ground up five floors and back to the ground. The hose will be folded and on the ground at the start of the test. The hose weighs approximately fifty-five pounds.

You will stand three feet' behind the start/finish line and, on the instruction of the Test Administrator, cross the start/finish line and pick up the hose. The hose must be placed on either shoulder and carried in that manner up the internal stairway of the Tower. At the fifth floor, you must touch the tape marker on the standpipe on that floor with your free hand. This marker will be pointed out to you when you climb to the roof in preparation for the previous test.

After touching the marker, you will immediately return to the ground level, place the hose on the ground in the drop zone, and cross the start/finish line. If you drop the hose, you may pick it up. However, the hose must be carried on the shoulder. Dropping the hose will obviously increase the time it takes to complete this test.

#### **IV) Overhead Pulley:**

This test must be performed using the same type of gloves used for the donut lift. You will use the gloves provided.

A 3/4-inch Manila rope will be attached to a fifty-pound weight. The rope will extend upward and over a pulley and then down to the ground. For this test, you must pull the weight to a height of twenty feet above the ground and then lower the weight to the ground without losing control of the weight.

You will stand three feet behind the start/finish line. On the instruction of the Test Administrator, you will cross the start/finish line, run to the pulley, and grab the free end of the rope. You must stand on the concrete sidewalk. The weight will be resting in a bluestone area just at the edge of the sidewalk. The rope will be marked with a red marker which is woven into the rope at a point of twenty feet above the ground. You must pull the rope and bring the red marker to the ground, at which time the weight will be twenty feet above the ground.

You will then lower the weight to the ground. The weight must be raised in a hand-over-hand fashion and lowered in the similar, but reverse, fashion. You must not lose control of the weight. If the rope slips through your hands or you lose your grip on the rope, you are disqualified. After lowering the weight to the ground, you return to the start/finish line.

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