



# CHENA-GOLDSTREAM FIRE & RESCUE

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## **AGILITY TEST FOR FIREFIGHTER OR FIREFIGHTER/EMT**

### **To Begin:**

Member will be fitted with a 50-pound weight vest, helmet and gloves to be worn throughout the test. Members are encouraged to wear well-fitting workout equipment to complete the test. A sweatshirt is recommended in the winter months.

### **Step 1—Stairmaster**

Member steps onto Stairmaster and gains balance. Proctor starts Stairmaster. Pace is 50 steps/minute for 20 seconds and then increases to 60 steps/minute for three (3) minutes. The member's time starts when the 20 second warm-up period ends. Member will dismount the Stairmaster

### **Step 2—Rescue Randy Drag**

Member walks 40 feet to Rescue Randy (165 lbs). Member will grasp the dummy by pre-attached strap or under arms and drag 25 feet around a traffic cone and back to the original resting position.

### **Step 3—Hose Drag**

Member then walks 90 feet to the hose drag station. Member will grasp the nozzle of a 1.75 inch charged handline and drag the hose 100 feet to a cone and then turn around and drag the hose back to its original position. Member will then place the nozzle on the ground.

### **Step 4—Hydraulic Cutter Raise**

Member then walks 70 feet to the hydraulic cutter and lifts the tool to chest height off the ground and completes eight (8) repetitions. One repetition consists of lifting the tool to chest height and then returning the tool to ground level.

### **Step 5—Hose Hoist**

Member then walks 60 feet to the hose hoist station. Member will raise the 3-inch hose roll to the second floor using the rope system and lower the hose to the ground utilizing a hand over hand control method. At no time can the member lose control of the rope or allow the rope to slide through their grasp.

### **Step 6—Saw Equipment Carry**

Member will then walk 115 feet to the equipment carry station. Member will pick up both saws, one in each hand, and carry them while walking 45 feet around a traffic cone and then come back to the starting point. Member will place saws back in the original position.

### **Step 7—Hose Connection**

Member then walks 50 feet to the end of a 3-inch hose line and connects two 2.5-inch couplings (hand tight) and places them on the ground. Member will then follow the hose 20 feet and connect a 2.5-inch gated wye to the end of the hose. Once this connection is complete (hand tight) and member has set wye on the ground the proctor will give the member verbal confirmation whereby the member will disconnect the gated wye from the hose and place it on the ground in its original position. Then member will walk back 20 feet to the previously coupled connection, disconnect the hose and place coupling ends on the ground. Member will walk 50 feet to the finish line where time will stop.

**(Average department time for a member is roughly 8 minutes)**