

Purpose:

The purpose of this policy is to establish the procedures for the Augusta Physical Abilities Test. This policy will serve as the guideline for the physical abilities test.

Objective:

To ensure that all candidates understand the procedures of the Augusta Physical Abilities Test and can safely perform them.

Scope:

This policy applies to all candidates in the Augusta Fire Department's hiring process.

Responsibilities:

All candidates are responsible for familiarizing and complying with the procedures outlined in this document.

1. Augusta Physical Abilities Test:

- 1.1. The Augusta Physical Abilities Test (APAT) consists of eight sequential stations. The test is a timed event with a pass/fail based on the maximum total time of (TBD).
- 1.2. During the test, the candidate will wear the following equipment for the duration of the test: a hard hat with a fastened chin strap, gloves, and a SCOTT self-contained breathing apparatus (SCBA). At any time during the test that a piece of equipment falls off or becomes dislodged, the candidate will be stopped and required to fix it before being allowed to continue. The time will not stop while the candidate adjusts the equipment.
- 1.3. Candidates may walk fast between stations, but running is not permitted during the test.
- 1.4. At any time during the test, if the candidate begins to experience chest pain, dizziness, loss of balance, or if injured, they should notify the lead proctor immediately. Upon notification, the lead proctor will stop the test, but only as requested by the candidate.
- 1.5. The lead proctor will use two stopwatches during the test to ensure scoring accuracy by eliminating the possibility of timer failure. The lead proctor will follow behind the candidate to monitor and provide instruction between events. If time elapses before the completion of all stations, the lead proctor will conclude the test and inform the candidate of the failure.

2. Pre-Test:

- 2.1. All candidates must sign in with Training Division personnel and provide proof of identification. Candidates will complete the necessary paperwork and return it to Training Division personnel.
- 2.2. All candidates will have their vitals assessed before beginning the APAT. The candidate's vitals must be within permissible range to ensure their safety.
  - 2.2.1. Each of the assessed vitals must be below the following criteria:
    - Pulse- 140 bpm
    - Systolic Blood Pressure – 160 mmHg
    - Diastolic Blood Pressure – 100 mmHg
    - Respiratory Rate – between 12–20 bpm
    - Temperature below – 100.6 degrees F
- 2.3. Any candidate with one or more vitals outside of the permissible range will be given a twenty-minute rest period before reassessment. After reassessing vitals, if one or more vitals are outside of the permissible range, they will not be allowed to test.

### 3. Testing Procedure:

- 3.1. The candidate will don the required equipment and position themselves at the line in front of the climb tower. The lead proctor will tell the candidate to begin, and the time will start. Candidates must complete all exercises in order within ten minutes.
- 3.2. Station 1 – Tower Climb:  
The candidate will pick up the high-rise pack (100ft of 1 3/4" hose) and climb to the top of the tower. The candidate must use every step during their ascent. Upon reaching the top platform, the candidate will place the high-rise pack down on the platform.
- 3.3. Station 2 – Equipment Hoist:  
The candidate will approach the rail and grasp the rope. The candidate will hoist a single section of 1 3/4" hose to the top platform and lift it over the rail, then place it on the hose on the platform. The candidate will then pick up the high-rise pack and descend back down the tower using every step. Upon reaching the ground, the candidate will place the high-rise pack on the ground, then proceed to the next station.
- 3.4. Station 3 – Ladder Carry:  
The candidate will grasp the 14-foot roof ladder with both hands and remove it from the wall. The candidate will place the ladder on one shoulder, walk to the yellow line, and then return to the starting point. The candidate will place the ladder back on the mount properly, then proceed to the next station.
- 3.5. Station 4 – Ladder Raise and Extension:  
The candidate will walk to the top rung of the extension ladder. The candidate

will grasp the top rung and lift it from the ground. Using a hand-over-hand method, the candidate will raise the ladder all the way up to the tower without skipping rungs. Once the ladder is resting against the tower, the candidate will then step over to the secured ladder and extend the fly section until it stops. The candidate will lower the fly all the way back down in a controlled manner and then proceed to the next station.

3.6. Station 5 – Ventilation Simulation:

The candidate will step on top of the platform with one foot on each side of the kaiser sled. The candidate will use the provided hammer to strike the kaiser sled until it reaches the other side. The candidate will dismount the kaiser sled and proceed to the next event.

3.7. Station 6 – Ceiling Breach and Pull:

The candidate will step inside the frame of the prop and grasp the provided pike pole. The candidate will place the tip of the pike pole in the notch and push up three (3) times. The candidate will then hook the bar and pull down five (5) times. The candidate will complete four (4) sets of three up and five down. The lead proctor will count aloud the repetitions and sets. Any repetition that is not complete will not be counted, and the proctor will call out the last completed repetition. Upon completion, the candidate will hang the pike pole in the starting position and proceed to the next station.

3.8. Station 7 – Hose Advance:

The candidate will pick the nozzle of the charged hose line and place it over their shoulder, grasping it with both hands. The candidate will advance the hose line fifty (50) feet forward. Once the nozzle crosses the line, the candidate will place the nozzle on the ground and proceed to the next station.

3.9. Station 8 – Rescue Drag:

The candidate will position themselves at the head of the 165-pound rescue mannequin. The candidate will grasp the handles of the harness and drag the mannequin to the drum 25 ft. The candidate will then proceed around the drum back to the starting position. Once the mannequin fully crosses the line, the timer will be stopped, and the total time will be recorded.

4. Post-Test:

- 4.1. Upon completion of the test, the candidate will be taken to rehab and allowed to rest and rehydrate. The candidate's vitals will be assessed to ensure they have returned to a permissible range (using the same criteria used for Pre-test Vitals). If the candidate's vitals are outside of the permissible range, the candidate will be required to wait an additional twenty minutes before reassessing vitals. When vitals are inside the permissible range, the candidate will be free to leave the testing event.

5. Documentation:

- 5.1. Training Division will maintain all records of the Augusta Physical Abilities Test in accordance with the records and retention requirements of the Augusta Fire Department.

Augusta Fire Department Physical Agility Test  
EXERCISE COMPLETION SHEET

Candidate Name \_\_\_\_\_

Date \_\_\_\_\_

- ☐ Tower Climb with 100' 1 ¾" Hose Pack
- ☐ Equipment Hoist – Hoist 50' 1 ¾" hose roll to top of tower using rope
- ☐ Ladder Removal/Replacement (Walk 50' with ladder and replace)
- ☐ Ladder Raise and Extension
- ☐ Ventilation Simulation - Keiser Sled
- ☐ Ceiling Breach and Pull (4 sets of 3 up and 5 down)
- ☐ Hose Advance (Advance charged 1 ¾" Hose 50')
- ☐ Rescue Drag (Around barrel and back – 50')

Elapsed Time \_\_\_\_\_

**NOTE: The entire test must be completed in ten minutes or less; wearing SCBA, Helmet, and Gloves.**

Assessor Name \_\_\_\_\_

Date \_\_\_\_\_

Assessor Signature \_\_\_\_\_