



# Cannon Beach Fire District Physical Agility Test



Time Limit: 8 Minutes

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Task	Pass/Fail
<p><b>1. <u>Ladder Climb (Not Timed)</u></b></p> <p>3249 set up with ladder extended to max reach with rungs aligned at 60 degrees. Personnel are put in harness with belay line for safety. Candidate must climb to top and back down without hesitation.</p>	
<p><b>2. <u>Hose Tower Climb</u></b></p> <p>Time starts with the picking up house bundle. Pick up 1 ¾” house bundle and climb to top of stairs three times. Put down hose pack and hand over hand raise 50’ 2 ½” roll tied to rope. Bring hose roll to top of rail, touch hose, then lower back down without letting slip. Pick up house bundle and walk down the stairs with house bundle.</p>	
<p><b>3. <u>Ladder Raise</u></b></p> <p>Raise 24’ extension ladder using rungs or rails, and back down. Move to second 24’ extension ladder and raise fly all the way up and back down.</p>	
<p><b>4. <u>Equipment Carry</u></b></p> <p>Carry two 35lb dumbbells 75ft, turn around and walk back.</p>	
<p><b>5 &amp; 6 <u>Hose Drag and Dummy Drag</u></b></p> <p>Drag 100’ of uncharged 2 ½” to full extension. Then drag dummy 40ft, around cone and back to starting point than pull fully extended 2 ½” back until nozzle coupling is over starting line.</p>	
<p><b>7. <u>Forcible Entry</u></b></p> <p>Use a 10lb sledgehammer to strike tire in overhead position 15 times.</p>	

<b>End Time:</b>	<b>Pass:</b>	<b>Fail:</b>
<i>Vitals Time</i>	<i>Blood Pressure</i>	<i>Pulse</i>
<b>Before Test:</b>		
<b>10 minutes After Complete:</b>		

\*In accordance with NFPA 1582

Update 7-21-19