**FIRE DISTRICT**

**STANDARD OPERATING POLICY**

## I DIVISION:

**SECTION:**

**PERSONAL SAFETY**

**SUBJECT: Physical Abilities Testing**

**EFFECTIVE DATE: REVISED:**

**PURPOSE**

The purpose of this policy is to establish the initial assessment and maintenance of physical ability as it pertains to the essential job duties of Fire District emergency responders, both career and volunteer. Firefighting is extremely physically demanding work and emergency personnel must maintain a level of fitness adequate to allow them to perform such duties.

## SCOPE

The scope of this policy is to encompass the details and criteria of initial physical abilities testing as well as the annual completion of the assessment. This testing process is designed to measure the initial abilities of recruit volunteers and newly hired employees. It also serves to measure the annual changes of current department personnel.

## RESPONSIBILITY

It is the responsibility of the Fire District to provide the opportunity for all line personnel, volunteer and career, to perform the physical abilities test. It is also the responsibility of the Fire District to provide the facility and equipment to assist the individual in enhancing their physical ability.

It is the responsibility of the volunteers to comply with the policy in fulfilling the requirements of performing the physical abilities assessment. The individual will make every effort to complete the test on an annual basis, as well as, utilize available resources provided by the district to improve their level of physical fitness.

## DESCRIPTION

The individual will perform all of the following tasks while wearing a turnout jacket; firefighting helmet, firefighting gloves and an SCBA backpack assembly with air bottle. The individual performing the test will walk expeditiously throughout the test. The overall time will be recorded.

## Step 1 Ladder Climb

* + - * + Climb to the top of an extended 24' extension ladder
        + Descend and place both feet on the ground
        + Climb a 24' extension ladder and touch the top rung with both hands.
        + Descend and continue 150' to station 2 ...

## Step *2* Hose Advance

* + - * + Open the hydrant 13 complete turns
        + Pick up the Nozzle
        + Advance hose 100' (The individual may run during this task)
* **Gently** place the nozzle on the ground
* Return to the hydrant and fully close it
* Precede 50' to Station 3...

## Step 3 Bucket Carry

* + - * + Grasp two 5-gallon foam buckets and advance 100'
        + Place each bucket on the ground and turn 180'
        + Pick up the buckets and return to starting point
        + Advance to 50' Station 4...

## Step 4 Forcible Entry

* + - * + Firmly grasp the sledge hammer in both hands and strike the tire 20 times using over the head swings
        + Precede 150' to the final station...

## Step 5 Equipment Hoist

* + - * + Hoist 1-50' section of 1 %" hose 20' using a hand over hand motion
        + In a controlled manner, lower the hose until it touches the ground
        + Again, hoist and lower the hose.

Time will stop as soon as the hose touches the ground.

## COMPLIANCE

As physical abilities testing is monitored and evaluated by agencies outside the Fire District and the Fire District is mandated to comply, individuals within the District are mandated to comply with this policy.

All emergency response personnel will perform the physical abilities test on an annual basis.

If the test is not completed on an annual basis the individual will be moved to a non-entry status.

Fire Chief Date