



ENTRY LEVEL FIREFIGHTER WRITTEN/PHYSICAL AGILITY TESTING INFORMATION

WRITTEN EXAMINATION:

Approved applicants who meet the minimum qualifications must pass a Civil Service Written Examination with a minimum passing score of 70% or better. The highest passing written score will be placed at the top of the list and the lowest passing score at the bottom. The exam covers general aptitude and basic cognitive skills with an emphasis on reading, writing and arithmetic. There are no study materials for the written exam. The applicant must pass the written examination as specified to continue forward in the process to the Physical Agility. Backpacks, books, study guides, calculators, tobacco products or drink/food are not allowed at the written test site.

The Physical Agility and Swim Tests will be held immediately following the written exam.

VETERANS PREFERENCE POINTS:

Applicants who have served on active duty for a minimum of 180 days in the United States Armed Forces, received an honorable discharge, and scored seventy percent (70%) or higher on the written examination are eligible to receive an additional five (5) points to their overall passing score.

A copy of the applicant's DD-214 indicating the character of discharge, their status as eligible for re-enlistment, and length of active-duty service must be submitted with the original application for consideration. Eligible Veterans who pass the written exam with a 70% or better will receive five (5) additional points added.

PARAMEDIC PREFERENCE/POINTS:

Preference will be given to applicants with a paramedic certification by the Texas Department of State Health Services who score 70% or higher on the written examination and successfully pass physical agility tests and in addition to; will receive a total of 5 points added to the overall passing score.

PHYSICAL AGILITY

PURPOSE:

Applicants must possess the physical agility and ability necessary to perform the continual rigorous physical demands of the position, and to professionally accomplish the assignments of a Firefighter without undue risk of injury or fatigue.

OBJECTIVE:

To assess the overall general physical capabilities of an applicant and establish a baseline in performing specific functions performed by Firefighter. Applicants must demonstrate they possess an efficient cardiovascular and respiratory system, adequate levels of muscular strength, flexibility, and endurance through their successful completion of the physical agility test in which they must meet or exceed the physical fitness standards approved by the Department.

Applicants for the position of Firefighter will be tested based on the following components, but not necessarily in this order:

1. Stair climb with one fifty-foot section of 3" hose
2. Hose hoist from the third-floor window
3. Forcible Entry
4. Hose Advance
5. Victim Rescue
6. Ladder Climb
7. Swim Test

Applicants are strongly encouraged to begin preparing for this portion of the screening process by practicing each of the exercises. Practicing can be very important as exercises may not be as easy as they appear. Applicants that fail any category of the physical exam will be escorted off the premises.

PHYSICAL AGILITY TEST STANDARDS:

The current Physical Agility Test components, description of each task, and the minimum acceptable levels to successfully complete the exercise are provided below:

The Physical Agility and Swim Tests will be conducted immediately after passing the written examination. The Physical Agility Evaluation consists of seven (7) separate tasks/events. Five (5) of the tasks/events are a sequence of events that requires the applicant to progress along a predetermined path from event to event in a continuous manner. The physical agility testing will weigh up to five (5) additional points of the candidate's overall score, with the written examination constituting up to 100 points. The breakdown of awarded points with time breaks is as follows:

TIME	POINTS AWARDED
2:29 >	5
2:30-2:59	4
3:00-3:29	3
3:30-4:00	2
4:01-4:29	1
4:30-5:00 (Passing)	0

In tasks #1 - #5, the applicant wears a 37.5-pound weighted vest, which will be worn throughout the rest of the Physical Agility Test. All equipment and gear will be provided by the New Braunfels Fire Department.

Throughout all events the applicant must wear secure footwear with no open toe or heel. Watches and loose or restrictive jewelry are not permitted.

The events are placed in a sequence that best simulates their use at a fire scene. To ensure the highest level of safety and to prevent an applicant from becoming exhausted, no running is allowed between events.

Two stopwatches are used to time the applicant throughout the event. One stopwatch is designated as the official test time stopwatch, the second is the backup stopwatch. If failure occurs in the official stopwatch, the second stopwatch time is used.

The Physical Agility Test has a maximum of five minutes (5:00). If the applicant exceeds five minutes (5:00), the test is concluded, and the applicant fails the test.

TIME BEGINS WITH TASK #1 AND CONTINUES THROUGH TASK #5

TASK #1 – STAIRCLIMB WITH ONE FIFTY-FOOT SECTION OF 3" HOSE

The applicant will carry a "High Rise Pack" weighing approximately fifty (50) pounds to the third floor of the "Drill Tower." Applicant must not skip steps on the way up or down. Upon reaching the third floor, the applicant will drop the "High Rise Pack" and proceed to Task #2.

PURPOSE:

This event is designed to simulate the critical task of climbing stairs in protective clothing while carrying a High-Rise Pack. This event challenges the applicant's aerobic capacity, lower body muscular endurance and ability to balance. This event affects the aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back.

TASK #2 – HOSE HOIST FROM THE THIRD-FLOOR WINDOW

The applicant will use the hand-over-hand fashion to hoist a fifty (50) foot "Donut Roll," a 3" hose weighing approximately fifty (50) pounds, up to a third-floor window level. The applicant will then pick up and carry the High-Rise Pack carried up the stairs, back down to the ground level.

PURPOSE:

The event is designed to simulate the critical task of lifting and/or hoisting ladders, tools, hoses, etc., to a roof-level or elevated window level. This event challenges the applicant's aerobic capacity, upper body muscular strength, lower body muscular strength and anaerobic endurance. This event affects the aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezoid, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

TASK #3 – FORCIBLE ENTRY

During this event, the applicant, using the nine (9) pound shot mallet and "Keiser Force Machine," must strike and drive a one hundred and sixty-five (165) pound I-beam five (5) feet. This event will end when the end of the beam crosses the five (5) foot line.

PURPOSE:

This event is designed to simulate the critical tasks of using force to open or otherwise breach a locked door, a wall, floor, etc. This event challenges the applicant's aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and balance, grip strength and endurance and anaerobic endurance. This event affects the aerobic and anaerobic energy systems and the following muscle groups: quadriceps, glutes, hamstrings, lower back, biceps, upper back, and muscles of the forearm and hand.

TASK #4 – HOSE ADVANCE

The applicant will move a fully-charged 1 3/4" hose line seventy-five (75) feet, crack the nozzle open so that water flows, then close the nozzle and place the nozzle in a designated area.

PURPOSE:

This event is designed to simulate the critical tasks of dragging or advancing a charged hose line from the fire apparatus to the fire occupancy or pulling the hose around corners or obstacles. This event challenges the applicant's aerobic capacity, lower body muscular strength and endurance, upper body muscular strength and endurance, grip strength and endurance, and an anaerobic endurance. This event affects the aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, hamstrings, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand.

TASK #5 – VICTIM RESCUE

The applicant must drag a one hundred and sixty-five (165) pound victim a distance of one hundred feet. The applicant must pull the "Dummy" in a backwards walking motion. The feet of the simulated victim must not leave the pavement. Pulling the simulated victim in a forward style is prohibited. The agility testing time will end when both the rescuer and the victim cross the finish line.

PURPOSE:

This event is designed to simulate the critical task of performing a rescue of an unconscious or otherwise incapacitated person by dragging them to a place of safety. This event challenges the applicant's aerobic capacity, lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects the aerobic and anaerobic energy systems and the following muscle groups: quadriceps, glutes, hamstrings, calves, lower back stabilizers, upper back, biceps, grip strength, trapezoid, deltoids, and muscles of the forearm and hand.

TASK #6 - LADDER CLIMB (*This portion of the Physical Agility Test is not included as part of the remaining timed test.*)

Climb 100' at a seventy (70) degree angle up an aerial ladder truck ladder to an orange-striping located on the ladder. The applicant will be instructed to advise the attending exam proctor that he has obtained this. The applicant will then climb back down the ladder. The applicant must not skip rungs on the way up or down. Stopping for more than fifteen (15) seconds constitutes a failure, the test is concluded, and the applicant fails the test.

PURPOSE:

This event is designed to simulate the critical task of climbing ladders during emergency and non-emergency time. The event challenges the applicant's physical and mental comfort level of climbing ladders and/or working at extreme heights. This event affects the applicant's aerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back.

TASK #7 - SWIM (*This portion of the Physical Agility Test is not included as part of the remaining timed test.*)

This test consists of swimming 100 yards with a continuous forward motion (backstrokes or resting are not allowed) and then treading water continuously for five (5) minutes thereafter. This is a pass/fail test.

PURPOSE:

This event is designed to simulate the critical task of swimming into non-rapid moving water, achieving contact with a victim and remaining and the victim's side for a predetermined period of time. This event challenges the applicant's aerobic capacity. This event affects the aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, trapezoid, and deltoids. This will assist the evaluator in determining the comfort level and abilities of the applicant while in the water environment.