



# SMYRNA FIRE DEPARTMENT

## Physical Agility Test

### Test Preparations

1. The candidate shall be provided with gloves, helmet, and a weighted vest to be worn during the entire test. The candidate shall be assisted with donning this equipment so that it is worn properly.
2. The following equipment will be needed: a tire size 9.00r20, 40 pound weight vest, 175 pound dummy, 8 pound sledge hammer, 100 feet of 2 ½ inch hose, 50 feet 1 ¾ inch hose, 2 firefighter nozzles, exhaust fan weighing at least 35 pounds, and at least 50 feet of rope.
3. The starting point (and ending point if applicable) for each exercise shall be pointed out to the candidate prior to beginning the test.
4. The candidate shall be given the overall instructions and the instructions for each exercise prior to beginning the test. (Instructions for all or any single exercise may be read again but time does not stop.)

### Overall Candidate Instructions

1. The candidate shall wear gloves, helmet, and a weighted vest during the entire test.
2. Time will begin at the starting of the first exercise (rescue drag) and shall stop when the candidate completes the last exercise (exhaust fan carry). (The candidate may pause during the test but time will continue to expire.)
3. The candidate may ask for instructions for any exercise during the test but time will continue to expire if the test has already begun.
4. **The candidate must complete the entire test in four minutes or less.**

### Physical Agility Test

1. **Rescue Drag:** The candidate, given a 175-pound dummy on a level surface, shall drag the dummy a distance of 100 feet.
2. **Ventilation Exercise:** Given an 8 pound sledge hammer and standing on level ground with a target (tire size 9.00r20) placed on the ground in front of them, the candidate must strike the tire moving it 5 feet.
3. **Hose Advance:** The candidate, given uncharged 50-foot 2 ½ inch hose line, shall pick up the nozzle and advance the uncharged hose line for a distance of 100 feet. After reaching the destination, the candidate shall lay the hose on the ground.
4. **Stair Climb:** The candidate, given a rolled 50-foot section of 1¾ inch diameter hose shall carry the hose section up 40 feet of stairs.
5. **Vertical Hose Hoist:** The candidate shall pull a uncharged 2 ½ inch hose with a nozzle and pull it vertically up a distance of 40 feet to the top of the structure placing nozzle at their feet to complete exercise.
6. **Exhaust Fan Carry:** The candidate, given a 35-pound exhaust fan on a level surface, shall carry the exhaust fan a distance of 100 feet.