



Brownwood Fire and Rescue Physical Agility Test



Purpose

To measure the candidate's cardiovascular efficiency, body composition, muscular strength, endurance, flexibility, and agility, in order to identify adequate levels of overall physical ability for performance as a firefighter.

Physical Agility Test

Brownwood Fire Department applicants must complete a series of physical activities in a designated time of seven (7) minutes as a prerequisite to being hired.

Applicants will be required to wear a bunker coat, helmet, turnout gloves, and SCBA pack with bottle. No mask. Applicants are required to wear long pants, shorts, or sweats, and utility or athletic shoes.

Prior to testing, applicants are responsible for warm-up and stretching in preparation for the test. During the test, applicants must walk between stations and follow the rules stated for each station during that event. If not stated in the rules for the station, applicant may move at their own pace during the event. (i.e. walk briskly)

1. **400 meter run**
2. **Bunker Up** – after completing the run, applicant will put on bunker coat, helmet, turnout gloves, and SCBA pack with bottle. No mask.
3. **Tire Flip** – Applicant will flip the tire 3 times down the length of the bay, turn around and flip the tire 3 times back to the starting position.
4. **Kettle Bell Carry** – Applicant will pick up 2 kettle bells and carry them down the length of the bay and back to the starting position for a total of 75 feet.
5. **Charged Hose Advance** – Applicant shall pick up a 1 $\frac{3}{4}$ " nozzle on a charged line and advance the line 75 feet. Nozzle shall be carefully placed on the ground past the designated mark.
6. **Simulated Roof Ventilation** – Applicant shall use an eight (8) pound dead blow hammer to advance a Keiser Force Machine five (5) feet
7. **Hose Carry & Hose Pull** – Applicant shall pick up a 3" high rise pack, carry it to the 2nd floor of the Fire Department and place it down in a designated area. Applicant will then raise a 2 $\frac{1}{2}$ ' straight roll using a hand over hand motion with a rope, pulling the hose up and then lowering the roll back to the ground. Pick up the high rise pack and descend to ground level being sure to use each step on the stairway. Applicant shall then place the high rise pack back in the designated area.
8. **Dummy Drag** – Applicant shall grasp a 200 pound mannequin from behind and under the arms. Walking backwards, applicant shall advance the mannequin 75 feet and place the mannequin on the ground beyond a designated mark. Time will stop.



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How can you prepare for the Physical Agility Evaluation Test?

Do not take this physical agility evaluation test lightly. It is more difficult than it appears. Your chances for passing the test will be greatly increased if adequate preparatory training has been undertaken.

It must be emphasized that regardless of a person's level of ability, he / she should be in good health before beginning any physical training program. Preparation for the physical agility test can be accomplished by a physical training program that emphasizes cardiorespiratory (heart-lung) fitness, strength, and endurance.

However, most people can improve their level of physical ability through an intensive training program that includes running for cardiorespiratory fitness and weight lifting to develop muscular strength. Applicants tend to underestimate the difficulty of the physical ability evaluation test and the effects it can have on them physically.

To help minimize negative effects, please adhere to the following guidelines:

1. Drink plenty of water 1 to 2 hours prior to the physical agility evaluation test.
2. Completely avoid the consumption of alcoholic beverages for at least 48 hours prior to the test.
3. Avoid the use of any over-the-counter medication for 48 hours.
4. Avoid strenuous exercise for 48 hours prior to the test.