

Rockwood Fire Department Physical Ability Program



Member/Candidate Guide

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Physical Ability Program (PAP) Member Guide

Introduction

This manual has been developed to outline the expectations of the Rockwood Fire Department and completing the Semi-Annual Incumbent or candidate for hire Physical Ability Program (PAP). The program consists of a series of tasks designed to assess important job-related physical abilities necessary for effective job performance as a member of the Rockwood Fire Department. These tasks were developed to mimic real-world situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a professional firefighter to successfully complete.

Each position in the fire department demands the very best of each member. Each member must be prepared mentally, physically, and emotionally to meet expectations of our internal and external customers. Semi-annually, each member of the department is required to complete the physical ability program as outlined. Members are strongly encouraged to prepare daily for the physical demands of the job. Prior to the first event of the year, each member will be given a deadline as to when to submit their completed Tennessee Occupational Health and Safety Respiratory Protection Questionnaire to the Respiratory Program Manager. Each questionnaire will be reviewed by the department's healthcare provider to determine fitness to wear a respirator. Any member found to not be fit to wear a respirator will be referred to the city's medical provider for follow up.

Program Components:

Each member of the department will complete eight job-related physical ability components that are timed in a continuous series. The following outlines the components/stations of the physical ability program.

Part I: (Maximum time: 15.00-Minutes)

- One-mile walk with equipment (hose pack carry)

Part II: (Maximum time: 11:00 Minutes)

- Charged line advance
- Forcible entry simulation
- Equipment carry simulation
- Ceiling breach and pull
- Ladder raise and lower
- Ladder extend and retract
- Victim Rescue (mannequin drag)

Program Directions and Benchmarks

The following bullet points should outline department benchmarks of the program and performance expectations for each incumbent member as well as candidates to be considered for hire of the department.

- Participants must dress in the prescribed uniform and level of personal protective equipment in order to participate in the PAP. Candidates being considered for hiring must wear athletic closed toe/heel shoes and appropriate clothing for physically demanding work. You will be challenged to perform physical acts that demonstrate endurance, strength, and agility. It is important to be outfitted in attire that does not hinder your performance. During the PAP, you may get dirty from maneuvering through the exercises and/or wet. Plan your attire accordingly.
- Participants will don at minimum of a SCBA harness/bottle, fire/safety helmet, eye protection, and work gloves to be allowed on the PAP course. Candidates for hire will be provided necessary personal protective equipment at the test site.
- **Benchmarks that must be met:** *The one-mile walk with equipment must be completed within 15.00 minutes. Incumbent/candidate participants will be given a minimum of 10.00 minutes for rehab before attempting the rest of the course. The remaining seven components of the PAP will be timed in a series and must be completed within 11.00 minutes. Failure to complete either part of the course within the allowed time will result in a “Not Fit for Duty” status for incumbent members or a “Disqualified” status for candidates seeking employment.*
- **You must not run during the test.** Running is not permitted on a working incident scene, and it will not be allowed during the events. Failure to heed a first warning not to run will result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe, on the hose drag and stair climb stations as it is not technically possible to run during these components.
- Program monitors will be assigned to time you while on the course. It is acceptable to ask the program monitor questions concerning course rules and layout prior to beginning the course and while on the course.
- You will be allowed as much time as needed to complete each individual component of the PAP within the maximum allotted time for Part I or Part II of the event. Should you perform one of the components incorrectly, the program monitor will guide you as to how to correct your actions or to perform the component again. Pay careful attention to the instruction of the program monitor and ask for clarification when needed.

- Unnecessarily dropping, throwing or other **intentional misuse** of any of the program props will be grounds to disqualify a member and/or candidate for hire. If a department member is observed by any of the program administrators misusing the department props, the employee is subject to disciplinary action. If a candidate for hire is observed by any of the program administrators misusing the department props, the candidate will be immediately escorted from the event site and registered as “Disqualified” for hire.

It is the expectation of the Rockwood Fire Department that this program guide will provide you with sufficient information to prepare for and succeed in the PAP. The eight events that compose the Physical Ability Program are outlined for you on the following pages, along with some suggestions for preparing for each event. *The department will host a practice event the day before the official testing event.*

Physical Ability Program Component Descriptions

Physical Ability Program Part I

One-Mile Hose Carry Walk:

Station Description:

A course consisting of approximately one-mile will be identified for members and/or candidates to complete this station. Incumbents/candidates must wear prescribed attire for this station (closed toes shoes, shirt, pants, etc). Participants will be furnished with a high-rise hose pack consisting of 100-feet of 1.75-inch hose weighing approximately 45 pounds. The hose pack will be strapped together to facilitate carrying. The hose pack must be carried; not dragged.

If the course interacts with a public roadway, participants will be provided with high-visibility vests and efforts will be made to secure the traffic for the duration of the physical ability program. Participants must begin at the starting line, follow the prescribed course, and finish at the finish line. If a participant is found to have varied from the course, the participant employee will be subject to discipline and a candidate for hire will be “Disqualified” as a candidate. If multiple members and/or candidates are challenging the course, members/candidates will have a staggered starting time. There will be a minimum of 15-minutes between each participant’s starting times.

Preparation:

This station assesses your overall cardiovascular endurance. You can prepare for this event by walking, running, stair climbing, elliptical machines, etc. regularly with a weighted load that challenges your cardiovascular system in order to build endurance.



One-Mile Walking Course



600 Second Rehabilitation: (10-Minutes)

Station Description:

Incumbents and candidates for hire will be provided a chair in a shaded area in order to rehab after completing the one-mile hose carry walk. There will be bottled water and energy bars provided if the incumbent/candidate desires. The 600-second rehab must be completed in its entirety.

Preparation:

This station reiterates the need for proper firefighter rehabilitation and hydration. Participants are encouraged to develop and routinely follow a hydration schedule to realize health benefits and maintain peak performance.



Physical Ability Program Part II

Charged Line Advance: (Approximately 1.00 Minute)

Station Description:

Two-hundred feet of 1 ¾ inch hoseline will be connected to a fire hydrant and charged with water. The member/candidate is required to advance the charged hoseline for 75-feet and apply water to a target. The member/candidate will complete this station when both feet cross the marked line and the target has been addressed.

Preparation:

This station assesses your leg strength and overall cardiovascular endurance. You can prepare for this event by dragging a weighted object across the ground using a rope for a minimum distance of 75-feet. You may want to begin with lesser weight and build up to a total weight similar to that used in the hose drag station.



Forcible Entry

Station Description:

The candidate will use an approximately 12-pound dead blow sledge hammer to strike a “target” truck tire without being inflated. This activity simulates forcible entry scenarios on the fireground such as penetrating a locked door. The candidate will strike the target the number of times necessary to move the object a distance of 24-inches. The candidate must remain in the designated 24” X 36” space at all times while completing this station.

Preparation:

This station assesses upper body strength and coordination. You may prepare for this event by striking a solid object with a 12-pound dead blow sledge hammer a number of times. The object should be moveable and resistant to breaking or shattering. Practice hitting a target approximately 8-inches round.



Equipment Carry

Station Description:

The member/candidate will carry two 20-pound dumbbells (40 pounds) for a total distance of 100 feet. The member/candidate will carry the weight for 50 feet to a marked point and then walk back another 50 feet to place the weight back down where it was retrieved from. The weights shall remain in the member/candidates hands at all times. If the weight is set down/dropped, the member/candidate will have to restart this particular event.

Preparation:

This station assesses core body strength, grip strength and overall cardiovascular endurance. You may prepare for this event by carrying a 40-pound object for a distance of 100 feet.



Ceiling Breach and Pull

Station Description:

The member/candidate will demonstrate the physical abilities needed to breach and pull ceiling with a pike pole during overhaul procedures by performing breach and pull motions using a ceiling simulator.

The member/candidate will position the pike pole in the target provided on the breach portion activity and perform 3 breach repetitions. The candidate will then hook the pike pole onto the pull portion of the activity and perform 5 pull repetitions. This sequence will be repeated for two total cycles.

The breach activity requires the member/candidate to push up a hatch with approximately 60-pounds of resistance. The pull activity requires the member/candidate hook onto a metal ring a pull down with a force of approximately 80-pounds. Participants are required to push the breach hatch completely up and then bring it back down completely to complete a repetition. Participants are required to fully pull down and return the pull side of the simulator to complete a repetition.

The proctor will count out your repetitions and provide instruction to ensure that you perform acceptably during this component.

Preparation:

This station assesses upper body strength and grip strength. The easiest way to prepare for this exercise will be to use a universal weight machine. The military press exercise that is typically performed using a universal weight machine will allow you to practice pressing weight upward above your head using your arms. Do keep in mind that during this component you may be able to use your legs and lower body to assist in pushing up on the breach side of the simulator. The 'lat' pull down exercise typically incorporated into a universal weight machine will closely simulate the pull side of the simulator if you use a close, vertical grip.



Ladder Raise and Lower

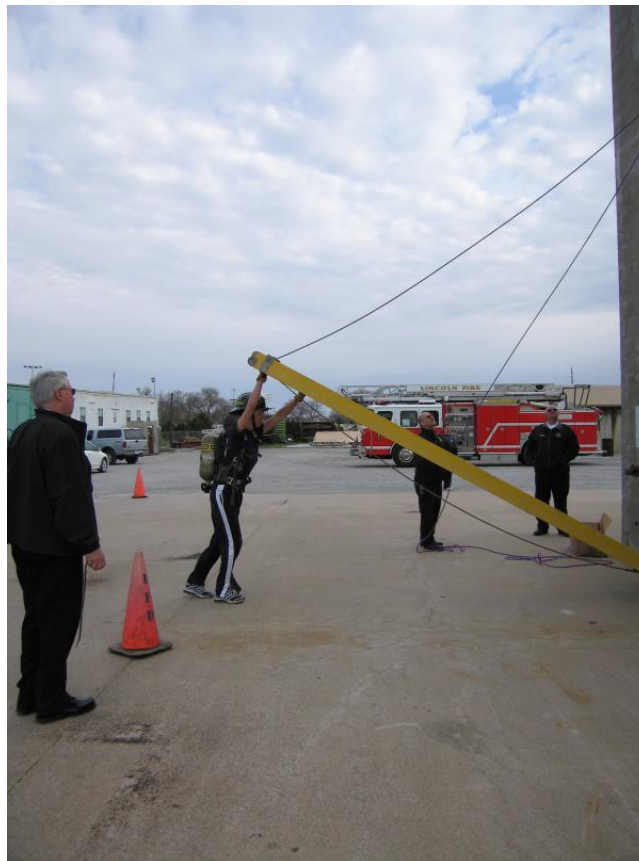
Station Description:

The incumbent/candidate will raise a 24-foot extension ladder by ‘walking it up’ using a hand-over-hand technique. The ladder will be lowered in the reverse manner. The upper portion of the ladder will be secured using a belay type system that will control the ladder from falling should the member/candidate lose control.

The candidate must ‘walk’ the ladder all the way to a vertical position and all the way back down to the ground using the rungs of the ladder. The candidate must not drop the ladder or grasp the rails of the ladder at any time.

Preparation:

This station assesses basic coordination and upper body strength. You may prepare for this exercise by developing upper body strength using dumbbells and/or using a ladder to practice.



Ladder Extend/Retract

Station Description:

The member/candidate will raise the fly section of a 24-foot extension ladder using the halyard. The ladder is secured. The candidate will use the hand over hand technique to extend the fly section of the ladder beyond the red line marked on the side of the ladder. The candidate will then lower the fly section down using the hand under hand technique.

Preparation:

To simulate the ladder raise exercise, you can tie a rope securely to a weighted bag and place the rope over a sturdy horizontal bar that is seven to ten feet above the ground. Then you can use the same movements as you would in the ladder raise to bring the weight to the top of the bar and slowly lower it back to the ground.



Victim Rescue (Mannequin Drag)

Station Description:

The member/candidate will drag a human form mannequin weighing approximately 165 pounds (weight of mannequin and clothing) for 25 feet, around a marked point, and then back across the starting point for a total distance of 50 feet. The member/candidate will drag the mannequin using the

pull harness attached to the mannequin ONLY. It will be unacceptable to drag the mannequin by any limb, to lift under the dummy's arms, to drag by holding onto clothing, or to carry the dummy. In order to complete this station, the member/candidate and the dummy must both completely cross the finish line.

Preparation:

This station assesses lower body strength and endurance. You may prepare for this event by dragging a weighted object using a rope.



Scoring

The Rockwood Fire Department Physical Ability Program (PAP) is a timed event. Any member/candidate that completes Part I of the course within 15.00 minutes will be allowed to move on to Part II. Participants will be sent to rehab for a minimum of 10.00 minutes before being allowed to continue the event. Part II of the program consists of seven consecutively timed events that must be completed within 11.00 minutes. There is no advantage in seeking to complete the program in a time significantly lower than the allotted time. The event is graded on a Pass/Fail and not numerically based on elapsed time.

Rockwood Fire Department
Physical Ability Program Individual Documentation

Candidate Name: _____ **Evaluation Date:** _____

Physical Ability Program Part I:

- One-Mile Walk with Equipment: Time: _____ Minutes _____ Seconds
 - Part I Benchmark: 15-Minutes or less

Part I Status: Met Benchmark _____ Did Not Meet Benchmark _____

Notes: _____

Physical Ability Program Part II:

- Charged Hoseline Advance
- Forcible Entry Simulation
- Equipment Carry
- Ceiling Breach and Pull
- Ladder Raise and Lower
- Ladder Extend and Retract
- Rescue
 - Part II Benchmark: 11.00 Minutes or less

Part II Status: Met Benchmark _____ Did Not Meet Benchmark _____

Notes: _____

Overall PAP Status: Pass _____ Disqualified/Not Fit for Duty _____

Employee/Candidate Notified: Yes _____ No _____ Date: _____

PAP Evaluator: _____ **Date:** _____