



City of Defiance | DEFIANCE FIRE & RESCUE

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Defiance Fire & Rescue Division - Physical Agility Test

The candidate, after signing the proper release, shall complete the following:

Events 1 – 4 will be completed while wearing a weighted vest to simulate firefighter protective gear.

1. **Forcible Entry Simulator**- the candidate will take the shot-filled sledge hammer and strike the tire as many times as it takes to move the tire across the table. The candidate will be allowed 1 minute 30 seconds to complete this task. The candidate can stop at any time as long as he/she completes the task within the allotted time. At no time may the candidate strike the table or have the tire fall off the table. The shot-filled sledge hammer shall be held at the designated grips throughout the task.

Forcible Entry Simulator – The candidate will be given 1 minutes 30 seconds to complete. The candidate will take the sledge hammer and position themselves on the Kaiser sled with both feet on the diamond plate so the toes are even with the edge of the slide. Bend forward so you can see the end of the sled and with the sledgehammer using short hard strokes hit the steel block until the far end of it reaches the end of the sled and you are told to stop by your proctor.

2. **Dummy Drag** -The candidate will be given 3 minutes to drag 165-pound dummy 100 feet. The candidate will be allowed to gather the dummy up any way he/she so chooses to start the drag. The time will begin once the candidate has started to drag the dummy. The candidate may stop at any time or get a better grip on the dummy as long as the candidate completes the task within 3 minutes. The task will be completed once the candidate has successfully dragged the dummy across the 100-foot mark.
3. **Equipment Carry/Stair climb**- The candidate will grip using both hands, a chainsaw and hand tool, and proceed to climb to the top of the stadium

(approximately 3 stories). Upon reaching the top, candidate will place the equipment in the designated area. Candidate will then use the rope provided and pull the hose roll up to the top of the stadium. Candidate will pull hose roll over top of the railing and place it in the designated area. Candidate will then pick up the previous equipment (chainsaw & hand tool) and proceed down the stadium steps. This task is marked complete once the candidate places the equipment back at the starting point.

4. Hose Line Advancement- The candidate will be given 1 minute to advance a charged 1 ¼ inch hose line 100 feet. Candidate will pick up nozzle attached to hose, place over shoulder and drag hose 100 feet to designated line. The candidate may stop at any time to get a better grip on the hose line. This task will be completed once the nozzle is past the 100-foot mark.
5. The candidate will perform 28 bent-knee sit-ups (hands touching the head, then touching elbows on knees) within 2 minutes.
6. The candidate will perform 15 standard push-ups within 1 minute.
7. The candidate will complete running 2400 meters, approximately one and one half (1.5) miles within 15 minutes 13 seconds.

In order to successfully complete this physical agility test, the candidate must meet the minimum standard for each numbered event. If he/she fails an event, the candidate is automatically disqualified. The physical agility test is pass/fail only.