

## **FIREFIGHTER PHYSICAL AGILITY TEST Applicant Handbook**

### **Arrival & Check-In**

Location: The Westchester County Emergency Training Center, where the physical agility test will be held, is located on Dana Road on the Grasslands Reservation, Valhalla, New York. The entrance is located on Route 9A at the traffic signal across from the Home Depot.

Parking: Parking is available in the lot on the Walker Road side of the Training Center. Lock your car as there is no liability for any stolen property. Under no circumstances is parking permitted along the entrance road or the driveway. These roads must be kept open for traffic. Cars parked along the entrance road, driveway, or in front of the main building will be ticketed and/or towed away.

The testing will be held in the open field behind the main building. This field is enclosed by an anchor fence. There is a stairway from the parking lot to a gate with direct access to the testing area. Use only this gated entrance. There is no access through the main building.

Check-In: You will be given and required to fill in the heading of your Applicant's Score Sheet. The required information includes your name, address and telephone number and the name, address, and telephone number of a person to contact in the event of an emergency.

The Applicant's Score Sheet will consist of an original and carbon copy. This sheet will accompany you from test-to-test and be used by the Scoring Monitor to record your scores. You will initial each score when it is entered. At check-out time, the original will be retained by the registrar and a carbon copy will be given to you as a record of your performance on the tests.

At the check-in station, you will be placed in a group of applicants. You will remain with that group as you complete each of the tests. You may not leave your group except on the specific instructions of a Test Administrator. Applicants wandering about the test area will be subject to disqualification.

Miscellaneous: **FOOD IS NOT PERMITTED IN THE TESTING AREA. HOWEVER, YOU MAY BRING BOTTLED WATER OR OTHER LIQUID DRINKS.**

There are no food facilities for applicants at or near the test site. In general, it is not recommended to eat, especially heavily, immediately before you are scheduled to start the tests. No food will be allowed on the testing grounds. If you feel it is necessary to bring food, you must leave it in your car. Empty bottles must be removed from the test site and disposed of properly.

Only applicants and testing personnel will be allowed on the test site. **Guests are not permitted onto the testing grounds.** Therefore, we recommend that you do not bring guests with you to the test. This includes family members, friends, observers, photographers, and other persons.

Toilet facilities will be available for use by applicants and test administrators only.

## **General Instructions**

Clothing: With the exception of the requirements that you use the gloves supplied for the Donut Lift and the Overhead Pulley, there are no requirements or limitations on clothing. In general, you should wear substantial, comfortable clothing such as jeans or sweat pants, and avoid excessively tight clothing. You may wear gloves with the exceptions noted above. Footwear is important. It should provide you with good support, protection, and traction. Rubber soled shoes (sneakers) are recommended. On cold days, you should bring some type of jacket to wear between test stations. On very sunny days you may wish to bring a hat since you may have to wait in the sun between tests.

Testing: Prior to each test event, a Test Administrator will explain how to perform the test. The Applicant's Score Sheet has a place to record the results of each test, both the Pass/Fail and the timed tests.

Pass/Fail Tests (3): No times will be recorded for these tests. The Scoring Monitor will mark the Scoring Sheet as either Pass or Fail. The Test Administrator will initial the recorded score. If you fail either of the first two Pass/Fail tests, you will be disqualified from all further testing. No second attempt is allowed on any of the Pass/Fail tests. No special equipment or aids may be used to assist you in performing these tests. If you use gloves on these tests you must supply them and the gloves must be a plain leather palm and finger glove.

Timed Tests (4): The timed tests are each of equal importance. Your score will be calculated on the basis of how fast you perform the tests. A score is calculated for each test and scores are averaged. Applicants will be allowed no more than three minutes to complete any timed test, with the exception of the Aerial Ladder climb (see below description).

The tests must be performed in order. If, after finishing all of the tests, you wish to repeat one or more of the tests a second time, you will be allowed to do so. Note: We advise that unless you fell or had some other unusual trouble on the first attempt, your score may not improve on the second attempt. The reason for this is that fatigue from taking the tests will be a factor, and you will not be as rested on the second attempt as you were on the first. Your first attempt will probably be your best, so it is advised that you put your best effort into that attempt.

No special equipment or aids may be used to assist you in performing these tests. You may or may not use gloves on the Hose Drag and Hose Carry. If you use gloves on these tests you must supply them and the gloves must be a plain leather palm and finger glove. You will be required to use gloves on the Donut Lift and the Overhead Pulley and you must use the gloves provided by us.

Timing & Recording of Scores: At each timed test there will be an electronic stopwatch which is activated by an electronic beam. This is the same type of timing procedure you commonly see at sporting events. At each station, the Test Administrator will give you the instruction to start. The electronic timer is automatically started by you when you cross the start/finish line and stopped by you when you re-cross the start/finish line.

After each test, the Test Administrator will note the minutes, seconds, and hundredths of a second that were required for you to complete the test. The Test Administrator will tell the Scoring Monitor to write the time on the scoring sheet. You will then verify both the time on the electronic stopwatch and the time entered on the scoring sheet. Finally both you and the Test Administrator will initial the score. Any discrepancies must be reported before you initial the score.

If you decide to retake one or more of the tests, you will wait with your Scoring Monitor until all of your group has been processed. Those of your group who do not wish to retake the tests will leave the test site and those who do wish to retake tests will proceed with the Scoring Monitor to retake the tests in the same order in which the tests were originally taken.

You may not retake any of the Pass/Fail tests. Do not return to any of the test stations without the Scoring Monitor. You may skip any of the tests you do not wish to retake.

Check-Out: When you have completed all of the tests, you will sign the scoring sheet and the Scoring monitor will also sign the scoring sheet. You will be given the carbon copy and then you are required to leave the test area. You will not be allowed back onto the test field. You will receive notification of the results of the test by mail.