**NVFD PHYSICAL PERFORMANCE TEST DESCRIPTION**

***The job of Firefighter is physically demanding. Firefighters must be in good physical condition, both at the time of hire and throughout their career. To measure readiness, North View Fire District has developed a Physical Performance Test (PPT). Your score will be determined by the time in which you completed the test. If you work past 12 minutes, the test will conclude, and your score will then be determined by how much you were able to complete.***

**Attire**

Applicant shall wear turnout coat, helmet, SCBA, work gloves, athletic shoes, and jeans or sweat pants. Applicant will use District-provided firefighting equipment. A test administrator will inspect and insure that all applicants are properly attired and have equipment that fits and is properly adjusted. Applicant will wear an SCBA that has been weighted to approximate the full weight of the standard firefighter protective ensemble. (e.g., turnouts, helmet, boots, and SCBA).

**Pre-Test**

At the time of check-in, the applicant must sign the liability waiver provided by the department. Baseline vitals shall be taken prior to, and after test administration. If the applicant’s vitals do not meet established requirements (Systolic BP <160, Diastolic <100, Pulse Rate <100) the applicant may have vitals taken up to 4 times, 5 minutes apart. If the applicant does not meet the pre-screening requirements, he/she will not be allowed to continue the testing process. The applicant will remain under care of NVFD EMS until vitals reach below said levels post-test. Testers will be able to coach the applicants through the process and can answer any question the applicant may have regarding rules or time. ***\*\*The tester has the authority to stop the test if he feels as though it would be dangerous to applicant’s health to continue\*\****

**Test Description**

**LDH Hose Drag-** The applicant walks 50 feet from the rear bay door to the LDH lying in a flat load style on the ground. Applicant grasps the LDH coupling and picks up the end of 100 feet of 5” inch hose with one hand and with the other hand, picks up a 50 lb. weight, which simulates a tool bag. Carrying both items, applicant then walks a distance of 100 feet and lays both items on the ground just across the task finish line. Running is not allowed during this task, and the applicant is allowed one warning before the test is stopped.

**LDH Hose Pull-** Once the applicant competes pulling the LDH past the designated line, a stationary, hand over hand technique will be used to pull the line 50 feet. The applicant may take a “pivot” step while pulling the hose but will not be allowed to take multiple steps during the pulling motion. Applicants will be allowed one warning, and the test will be stopped if the rule violation continues. The 50 ft. point will be clearly marked with tape.

**Tool Crawl-** Upon finishing the hose pull, the applicant will walk to the crawl task start line. The applicant will then select a tool, drop to all fours and crawl forward through the out-and-back course. From the start line, applicant crawls 10 feet to a barrier, proceeds under the barrier, continues crawling 20 feet forward to a traffic cone, performs a turn and crawls back the way he/she came. The applicant will then climb over the barrier, and crawl 10 feet to the finish line. The applicant will handle selected tool in a safe and appropriate manner, in conjunction with NFPA standards, and will be allowed one warning if tool is held inappropriately before the test is stopped. The applicant may re-grip the tool as it lies on the ground, if the tool is dropped onto the ground the test will be stopped.

**Traffic Cone Fatigue Test -** This station is designed as an evaluation station of early fatigue and coordination compromise. This station can be related to the participant’s ability to carry out various tasks on the fireground that require hand and eye coordination (i.e. forcible entry in which the firefighter would be required to swing a flat head axe and make contact with a Halligan bar). There will be Six (6) 24” traffic cones (spread out in two rows of 3, 8’ apart), and three tennis balls which to be placed on top of the cones. Participants will be evaluated on their ability to properly place the balls atop the traffic cone in a controlled and coordinated manner. As the participant becomes more fatigued, coordination levels will be reduced, and the task will become more and more challenging. Each individual will be required to pick up a tennis ball and carry it over to 3 cones, walking in a figure 8 or “S” formation around the other cones. This process continues until all the balls are moved to the opposite side.

**Pike Pole Pull/Push-** After setting down the tool in a safe and controlled manner, the applicant will walk to the power rack and grasp the pike pole provided, while maintaining a strong stance, and alternate pulling and pushing on the fire extension/ overhaul prop for 5 repetitions each until 5 sets of each movement are performed. The candidate must remain within the designated space while participating this exercise and will be issued one warning for stepping out of designated work space. If the candidate loses control of the pike pole at any time and it drops to the ground, the test will be stopped.

**Vertical Ventilation Simulation -** This station simulates the actions required during vertical ventilation operations and /or forcible entry activities. Participants will be evaluated on their ability to properly swing/control the hammer in order to strike the tire a specified number of times. Members are instructed to stand in front of the tire with their heels against it and strike the tire with the hammer a minimum of 15 times.

**Victim Rescue-** From the striking task the applicant walks to the rescue dummy. The applicant must drag the victim by walking backward while gripping the drag handles (Webbing tied onto the dummy). The applicant must grasp the handles with both hands (one in each hand). Applicant lifts the victim's upper torso off of the ground and then drags the mannequin backward. Applicant drags the vicitm backward 50 feet to a barrel, continues around the barrel, and then drags the mannequin 50 feet back to the start/finish line continuing the drag until the victim completely crosses the finish line.

**END TEST**