

Asheville Fire Department Physical Ability Test

The AFD Physical Ability Test consists of 7 separate stations. The course requires the participant to progress from station to station in a continuous manner without stopping. **The test must be completed in less than 12 minutes and the faster your time the higher your score.** Candidate will be wearing helmet, gloves and 45lb weighted vest. An instructor will lead you through your test and advise you of your next task. Be sure your gear is fitted correctly and tightly. The clock will not stop for needed adjustment.

Note: Prior to and following testing, vitals will be taken.

Description

TASK 1: Forcible Entry Simulator/Roof Simulator

The participant will stand on the platform in a straddle position and using a 9-pound hammer must drive the sled, a 160lb steel beam, a horizontal distance of 5 feet. Pushing, raking, or hooking the beam is not allowed. Once the beam has crossed, the instructor will inform the participant to dismount the Kieser and walk 100 feet around cone, then turn and walk back another 100 feet to Task #2.

TASK 2: Charged Hose-line Drag

The participant will pick up the charged hose line and place the 1.75" inch hose over one shoulder and across front of body then drag the hose 75 feet at which time they will drop the nozzle between the cones. The participant will then proceed to walk the rest of the course and then will walk to Task 3 which is approximately 100 feet.

TASK 3: Equipment Carry

The participant will then grab the 2.5" inch high-rise hose pack, weighing 42lbs, and place it onto one of their shoulders. At this time the participant will walk 100 feet around cone and turn and come back to 100 feet with pack on shoulder to Task 4.

TASK 4: Stair Climb

With the high-rise pack on participants shoulder, participant will start ascending the staircase up, reach the 2nd floor landing, touch the landing with both feet and then turn and walk back down. Participant can use railing for support, can skip stairs going up, but cannot skip stairs on descent. The participant will then repeat Task # 3.

TASK 5: Ceiling Breach

The participant will drop the high-rise pack, then grab the 45lb bar at waist level with, hands on top of each other and with the base of bar on ground. Participant will then begin to extend the bar upwards 10 times as if “poking the ceiling” and making sure both hands extend above their head then returning base of bar to ground. As soon as 10 extensions are completed the participant will place the bar back down and lift the high-rise pack back onto the shoulder. Participant will ascend to the 2nd floor landing, then descend stairs, walk around cone and ascend to 3rd floor landing to begin task #6.

TASK 6: Hose Hoist

Upon reaching the 3rd floor the participant will drop the high-rise pack at the top of third floor landing and reach over the rail, grasp the rope connected to a 42lb donut role, and begin to pull the rope until the hose reaches the top. The full pull will be approximately 33 feet. There must always be in control of rolled hose attached to the rope. Participant can use the rail as a leverage point. The rolled hose must be pulled up and over the top railing. At the conclusion of hose hoist the participant will walk down stairs and then 100 feet to Task # 7.

TASK 7: Victim Rescue

Once the participant reaches the 175lb victim he/she will drag the victim a total of 100 feet to cross the finish line and conclude test. The participant will drag the victim using the top holes in the backboard, which is securing the victim. Participant will be allowed to put victim down two times for either adjustment or to get a better hold. Otherwise this will show forward progress not being maintained and the candidate will be disqualified.