



Travis County Emergency Services District No. 12

Candidate Physical Ability Course

Orientation Guide

Updated June 2024

Candidate

Introduction

This guide is designed to describe the physical tasks you will be required to perform for the Travis County Emergency Services District No.12's Candidate Physical Ability Course. This course contains a series of tasks designed to assess the necessary physical abilities of the applicant to perform essential job tasks of fire personnel. The following information will provide the applicant with detailed instructions on the order of this course, as well as instructions for each station.

Testing and practice sessions will take place at Manor Senior High School, 14832 FM973, Manor, TX 78653. Candidates will be given information about testing and practice sessions as it becomes available.

Test Preparation

The following suggestions should help you prepare yourself physically for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

What to Wear

It is important to be outfitted in attire that does not hinder performance. During the Physical Ability Course, the candidate may get dirty and/or wet from maneuvering through the exercises. Candidates should arrive wearing workout clothes. Acceptable attire is as follows:

- Comfortable athletic shoes
- Workout shorts or athletic pants
- Workout Shirt or T-Shirt

For the duration of the course candidates must wear the following Personal Protective Equipment (PPE) provided by the department

- Bunker Coat
- Helmet
- Structural Gloves
- Self-Contained Breathing Apparatus (SCBA- excluding the face piece and low-pressure hose)

Helmets are adjustable to ensure a reasonable fit for all participants. Several sizes of Bunker Coats and gloves will be available, and provided by the Department, to ensure a reasonable fit for all participants.

Course Overview

All applicants will be given an orientation and walk through prior to taking the test. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do. The Physical Ability Course contains nine job-simulation events that will be timed in a continuous series, after the Aerial ladder climb.

Candidates shall not run during the test. Failure to heed a first warning to not run, may 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.

The candidate must complete the course in the minimum passing time of **10 minutes and 20 seconds.**

Candidate Physical Agility Course Event List

The nine job-simulation events will be completed in the following order, and include:

- 1. 75 ft Ladder Climb (Untimed)**
- 2. Donning SCBA**
- 3. Sledgehammer Tire Strike**
- 4. Ladder Carry (Roof Ladder)**
- 5. Advance a Charged Hose Line**
- 6. Hose Stack**
- 7. Tire Pull**
- 8. Adapter/Coupling Station**
- 9. Victim Drag**

Course Preparation

The Candidate will Donn a Bunker Coat, Helmet, Structure gloves and Truck Belt. When the candidate is ready, he or she will say to the proctor that they are ready and the proctor will let the candidate know they may move to the first station.

Course Untimed Events

Aerial Ladder Climb (Untimed)

The Fire Department's aerial apparatus will be extended approximately 75 feet off the ground at an angle of about 70 degrees. The candidate will be connected to the belay line. When ready the candidate shall ascend the ladder using proper climbing techniques and maintain 3 points of contact at all times. Candidates are given **5 minutes** to complete this exercise, not to hurry them, but to allow adequate time to ascend and descend the ladder at a safe pace and to ensure they do not stop for an extended period of time. Once the candidate reaches the top rung, the candidate will pause for 10 seconds. A whistle will sound after the 10 second pause and the candidate will begin their descent. After successful completion of this event, the candidate proceeds to the next event.

Fail Point: If it is clear the participant is not able to complete this exercise after 5 minutes, or takes breaks in excess of 10 seconds, the participant will be considered to have failed this exercise. No time will be recorded unless the participant fails.

2 Minute Recovery Period

Once the candidate's feet touch the ground, the 2 minute recovery period will begin. During this time the candidate will remove their truck belt. At the end of the recovery period, the candidate will begin the timed events

Course Timed Events

Donning SCBA

The candidate will don the provided SCBA, with either the "Over the Head" method or "Coat" method, in a controlled manner. The candidate will tighten shoulder straps, buckle and tighten the waist strap prior to moving from the SCBA Station. Once the candidate feels they have properly donned the SCBA, **they will raise their hands** for the proctor to clear them to advance to the next station. The proctor will prompt the candidate to pick up a designated hose bundle and move forward to the next station.

Fail Point: Dropping the SCBA

Sledgehammer Tire Strike

The Candidate will place the hose bundle FLAT on the ground when prompted by the proctor, and pick up the sledgehammer. With control of the sledgehammer, the candidate will strike the tire 10 times with a left hand swing and 10 times with a right hand swing. The head of the sledgehammer must make it above the brim of the helmet, otherwise it will be considered a miss. If there is a MISS, the candidate will need to REDO that strike before proceeding in the count. The proctor will advise when the candidate has completed all 20 strikes and can move to the next station.

Fail Point: Dropping the Sledgehammer

Ladder Carry (Roof Ladder)

The candidate will walk over to a 14 ft Roof Ladder that weighs approximately 28 lbs. The candidate will place the hose bundle FLAT on the ground, then pick up the roof ladder using PROPER lifting and carrying techniques per TCFP Skill Standards. In a controlled manner, the candidate will walk a predetermined path of 75 ft to a cone, continue around the cone, and return back to the beginning of the station. The candidate will return the ladder back to its starting position and place it back on the ground in a controlled manner. The candidate will then pick up the hose bundle and proceed to the next station.

Fail Point: Dropping the ladder and/or allowing the tips of the ladder to strike the floor while carrying the ladder.

Advance a Charged Hose Line

The candidate will find a charged hose line set in a Z pattern and the nozzle in an outlined box. The Pressure will be set at operating pounds per square inch (psi) for the nozzle used. The candidate will place the hose bundle FLAT on the ground, pick up the nozzle and advance the hose 100 ft to a designated cone. Once at the designated location, the candidate will open the nozzle and perform a straight stream, power cone, and full fog pattern, and then return the pattern back to a straight stream and close the nozzle. At this point the candidate will close the nozzle and proceed back to the beginning of the station with hose and nozzle and place the nozzle back in the same outlined box in a controlled manner. The candidate will then pick up the hose bundle and advance to the next station.

Fail Point: Dropping the nozzle at any time and/or Losing control of the nozzle while flowing the fire stream and/or causing water hammer while opening or closing the nozzle.

Hose Stack Station

The Candidate will find six 50-foot sections of rolled 3-inch hose stacked in two sets of three, stacked neatly on a table. The candidate will then place their hose bundle FLAT on the ground near the table, and begin to transfer each section of 3 inch hose on the ground, **ONE ROLLED SECTION** at a time. The candidate must ensure they maintain control of the couplings, and keep the roll intact. Once the final roll has been taken off the table and placed in the stack, the candidate must take their hands off the roll to indicate the completed transfer, and then proceed to stack each roll back on the table, NEATLY, one at a time without any couplings hanging off the table. Once this is completed, the proctor will prompt the candidate to proceed to the next station. At this time the candidate does not need to pick up their hose bundle.

Fail Point: Moving more than one hose at the same time and/or stacking hoses back on the table loosely with coupling hanging off the table

Tire Pull Station

Upon arrival at the tire pull station the candidate will find a tire at the end of a ½” rope, 30 feet away. There will be a designated box for them to stand in while pulling the tire. The candidate will pull the tire towards them using any technique they choose, as long as it is safe, and they remain within the designated box. For example, they may choose the hand over hand method to pull the tire across the 30 foot line, but they may not walk out of the designated box in order to move the tire. Once this task is completed the candidate will pick up their hose bundle, and the proctor will prompt them to move to the next station.

Fail Point: Candidate will be allotted 2 warnings for stepping out of the designated box; 3rd warning will result in a fail attempt.

Adapter Station

Once the candidate arrives at the adapter station, they will place their hose bundle FLAT on the ground. At the adapter station the candidate will find two hoses of different diameter, and a various number of adapters. The goal of this station is to connect two different diameter hoses in the most efficient manner. Using the tools provided, the candidate will connect the two hoses of different diameter, so that water would be able to flow through them. Once the hoses are connected and the candidate hears the proctor say, “Good!,” they must disconnect the adapters, pick up their hose bundle, and move to the final station.

Fail Point: Failure to connect the hoses in a manner that could allow water to flow through.

The Victim Drag

Upon arriving at the final station the candidate will find a 165 lb dummy victim that they will be required to move a total distance of 50 feet. There will be two cones set up designating the distance that needs to be traveled. The candidate may grip the victim under its arms or utilize the Drag Rescue Device (DRD) provided, and walk backwards 25 feet to the designated cone, round the cone, and then back to the start for a total traveled distance of 50 feet. If at any time the candidate feels they need to adjust their grip, they may set the victim down and adjust. **Once the feet of the victim have passed across the line where the candidate began, the physical ability test will be completed and time will stop.**

Fail Point: Dragging the dummy by an extremity

Course Completion

Upon completion the candidate will be allowed to DOFF their gear, and sit in a designated area to cool down, hydrate, and have their vital signs evaluated.

CRITERIA FOR PASSING

Participants must successfully complete all timed events in 10 minutes and 20 seconds or less. Additionally, all candidates must successfully complete the untimed Aerial Climb.