

Bluffton Fire Department Agility Test

The agility test consists of 7 separate events. Push-ups, Sit-ups, Hose Drag, Rescue Drag, Stair Climb, Search Drill and Ladder Climb.

Clothing and shoes appropriate for the agility test are ones that you would be comfortable to exercise in (no shorts).

Medical Emergency:

If at any time you experience chest pain, dizziness, difficulty breathing or any other symptoms of cardio-pulmonary difficulties or injuries of any kind, please let the nearest evaluator know so medical assistance can be rendered.

The Seven Events:

1. Push-ups (15)

- FFC (firefighter candidate) will start from the up position.
- Hands will be placed shoulder width apart.
- Body plane will remain straight, arms fully extended.
- The FFC will then push up to the starting position.
- Chest will touch 2-inch mark each rep upon lowering.
- Evaluator will not advance the count for any rep if the push-up is not qualified.
- The FFC may only rest in the up position.
- A demonstration of a correct push-up will be allowed prior to test.
- Maximum allowable time for this test will be 2 minutes.

2. Sit-ups (25)

- The FFC will lie in the supine position with knees bent at a right angle and feet shoulder width apart.
- Hands will be placed behind the head and will remain behind the ears at all times.
- The FFC ankles will be held by an individual to ensure heels stay on floor.
- A correct sit-up will be counted when elbows touch the knees and upon returning to the supine position.
- Evaluator will not count any sit-up in which the FFC exhibits a rocking or bouncing motion, or their buttocks do not remain in contact with the mat.
- A demonstration of a correct sit-up will be allowed prior to test.
- Maximum allowable time for this test will be 2 minutes.

3. Hose Drag

- The FFC will grasp the nozzle attached to 50 feet of 1 ¾" hose, attached to a sled (holding 90lbsof free weight) placing the end of the hose line with nozzle over the shoulder, and drag the hose 170 feet to and around a traffic cone. Then proceed back dragging the hose sled to and just past the start finish line/cone.
- Maximum allowable time for this test will be 2 minutes.

4. Rescue Drag

- The FFC will grasp an approximately 165-pound rescue mannequin around the chest or webbing around the chest.
- The FFC will drag the mannequin 35 feet to a placed cone, at the cone make a 180-degree turn and continue dragging to the starting point.
- A demonstration of proper technique will be allowed prior to test.
- Maximum allowable time for this test will be 2 minutes.

5. Stair Climb

- The FFC will put the shoulder strap of a high-rise pack on his or her shoulder. The FFC will start at the bottom of the stairs and must climb the staircase and proceed to the opposite staircase on the other side of the gym. Then the FFC will climb down the staircase to the base of the stairs and then turnaround and proceed back up for 2 complete reps. Running is prohibited and every stair tread must be stepped on. There must be one hand on the handrail at all times while on the stairs. Your time stops when the FFC places the high-rise pack on the designated spot at the starting point at the bottom of the stairs.
- Maximum allowable time for this test is 6 minutes.

6. Search Drill

- The FFC will demonstrate the ability to navigate through a maze while crawling on their hands and knees.
- A demonstration of proper technique will be allowed prior to test.
- Maximum allowable time for this test will be 2 minutes.

7. Ladder Climb

- The FFC will demonstrate the ability to climb up and down a raised ladder on the Aerial Truck. The ladder will be raised 65 feet at an angle of approximately 60 degrees. The FFC must step on each rung of the ladder going up and down.
- A demonstration of proper technique will be allowed prior to the test.
- Maximum allowable time for this test will be 3 minutes.