GRFD Physical Agility Test

* Show participants equipment they will wear during their test:
	+ Gloves
	+ Hard hat
	+ 50-lb weight vest
		- Encourage participants to size their gloves and vest before they leave to speed up their testing day process
* Anyone testing will need to complete the course in 10:20 or less without committing disqualifying actions. Multiple warnings while at a station can result in disqualification
* We will describe each station’s requirements, disqualifying actions for each station and warnings that can result in disqualification for each station. We will also discuss tips that may be helpful at each station

**Station 1- Stair Climb:**

The candidate will perform a 20 second warm-up period at the rate of 50 steps/minute on a stair climber. During this period, the candidate can dismount no more than three times but is allowed to hold the rails. The candidate must then walk for three minutes at 60 steps/minute *without grabbing the rail* or falling off the stairs. The proctor will inform the candidate when they have 10 seconds remaining and will advise when they can grab the handrail and step down. The additional weights will be removed, and the candidate will follow the line to the next station.

Disqualification: Falling off or dismounting the treadmill before instructed to

Warnings: Three warnings for grasping the handrail will result in disqualification. Three warnings for falling off during the warm-up period will result in disqualification

Tips: You may touch the rail *momentarily* to regain balance. You will need 180 steps for the three minutes. Also, *during this station only*, 25 additional pounds will be added to the 50-lb vest

**Station 2- Hose Drag:**

Running IS permitted at the Hose Drag station. The candidate will pick up the nozzle, place the hose over their shoulder or across their chest and drag the hose around the outside of the drum. Once they reach the marked box, they will drop to one or both knees completely inside the box and pull the hoseline until the marked section of hose crosses into the box. The candidate will then follow the line to the next station.

Disqualification: Not pulling the hose outside the drum

Warnings: Two warnings for being outside the box will result in disqualification. Two warnings for not having at least one knee on the ground will result in disqualification

Tips: Running can improve your time if you are able

**Station 3- Equipment Carry:**

The candidate will remove the saws one at a time from the compartment. Both saws must touch the ground. The candidate will then carry both saws around the drum and return to the starting point. The candidate will place both saws on the ground and put them in the compartment one at a time. The candidate will follow the line to the next station.

Disqualification: Dropping either saw

Warnings: Two warnings for running will result in disqualification

Tips: When unloading saws, the 2nd saw only has to tap the floor and then can be carried

**Station 4- Ladder Raise and Extension:**

The candidate will raise the first ladder into the wall. The candidate must raise the ladder touching each rung until the ladder is secure against the building. The candidate will then use the rope to extend the fixed ladder fly section until it hits the stop at the ceiling and then lower it in a controlled manner until it is on the ground. The candidate will follow the line to the next station.

Disqualification: (1) Allowing the ladder to fall during the raise portion. (2) Allowing the rope to slip/not have control during the extension portion

Warnings: Two warnings for missing a rung on the raise portion will result in disqualification. Two warnings for stepping off the mat/outside the marked area in the extension portion will result in disqualification

Tips: Use a grip that is comfortable yet secure when extending the ladder via the rope

**Station 5- Forcible Entry:**

The candidate will strike the prop in the red circle until the buzzer sounds and they are instructed to move on. The candidate will follow the line to the next station.

Disqualification: Dropping or releasing the hammer when swinging

Warnings: Two warnings for stepping over the prop barrier will result in a disqualification

Tips: When swinging, allow both hands to slide to the end of the handle to generate a more powerful strike

**Station 6- Search:**

The candidate will enter the search prop and crawl through to the other end. After emerging from the prop, the candidate will follow the line to the next station.

Disqualification: Requesting to exit the maze before reaching the end

**Station 7- Rescue:**

The candidate will grasp the mannequin using either one or both handles and drag the mannequin around the barrel and back to the starting point. Once the feet of the mannequin fully cross the line, the candidate will be instructed to move on. The candidate will follow the line to the next station.

Warnings: Two warnings for resting on or grasping the drum will result in disqualification

Tips: Candidate can choose whether to pull the mannequin with one or both handles. Find what grip works best for you

**Station 8- Ceiling Breach and Pull:**

Using a Pike Pole, the candidate will push up the “breach” section of the prop three times. The section must contact the top portion of the prop each time. The candidate will then pull down the “pull” section of the prop five times. The section must contact the bottom portion of the prop each time. The candidate will complete four sets of breach and pull repetitions. Upon completing the fourth set the candidate will have completed the test.

Warnings: Two warnings for dropping the Pike Pole will result in disqualification. Two warnings for stepping outside of the prop frame will result in disqualification.

Tips: You may use whatever grip on the Pike Pole is most effective. Some find that gripping and pushing up from the bottom of the Pole is easier on the breach section. Some find that using their body weight on the pull section is easier. Find what works best for you