As part of the selection standards for appointment to the Little Elm Fire Department, you will be required to pass a physical Agility test (PAT) provided you have met all prior requirements. The date and time of the PAT will be announced in advance. The following information is provided for your assistance.

If you have any physical condition which, in the opinion of the Test Administrator, could present a greater than normal possibility of injury, you may be required to obtain a physician’s statement to document your suitability for testing.

LONG PANTS ARE SUGGESTED TO BE WORN. Long pants are recommended, but not required.

The PAT consists of two components; the aerial ladder climb and the fire suppression simulations.

Component #1 – Aerial Ladder Climb - **(Time Limit 6 minutes)**

This component is to test your ability to work above ground level. The candidate will wear a helmet and structural firefighting gloves during this event and will be belayed for safety.

The candidate will be required to climb a 75’ aerial ladder at a 60 degree angle, beginning from the base of the ladder (on the turntable). The candidate will be required to climb to the 75’ marker. The candidate will be required to step on all rungs of the ladder while ascending and descending the ladder. Time will start when the first rung is touched. You have a total of 6 minutes to complete the aerial climb. If completed prior to 6 minutes, the remainder of that time can be used to rest prior to starting the Agility Course.

Component #2 – Fire Suppression Exercise - **Must complete the agility. The fire suppression portion is pass/fail. (Time Limit 6:45)**

This component is to test your ability to perform a number of physical tasks which firefighters often perform during fire suppression. The exercise is composed of the following events in the order listed. The Candidate will wear a 50 lbs weighted vest, helmet, and structural firefighting gloves. The time begins at the start of the first event running continuously until the completion of the last event.

1. **Charged Hose Drag**
   This event begins with 150’ of 1.75” of charge firefighting hose on hydrant pressure and gated shut with a nozzle. The candidate will start behind a predetermined mark and drag the charged line to another mark 100 feet from the beginning mark. Once the nozzle passes the line, the candidate shall place the nozzle on the ground and proceed to the next event.

2. **24’ Ladder Extension**
Little Elm Fire Department Physical
Agility Test

Move to the 24’ Extension Ladder that is against the wall. Use halyard with the hand over hand technique extending the ladder fully to the end and then retract the ladder back to the original resting position. Must be lowered in a controlled manner.

3. **High Rise Pack Carry (ascending stairs)**
   This event begins on the ground level where a high rise pack (2 - 50 foot sections of 1.75 inch firefighting hose, coupled and bound) is placed flat on a marked area. The candidate will pick up the high-rise pack and carry the hose to the third landing. The candidate will place the high rise pack into the marked area and proceed to the next event. The candidate will touch every step.

4. **Hose Hoist**
   This event begins on the third landing where a rope is tied off to the stair railing at one end and the other end tied to an rolled 50’ section of 3” firefighting hose at the coupling. The candidate, while maintaining contact with the floor with both feet, pull the hose up and over the top rail. This event concludes when the hose is on the landing. The candidate will proceed to the next event.

5. **High Rise Pack Carry (descending stairs)**
   This event begins on the third landing, where the previously carried high rise pack was placed. The candidate will pick up and carry the high rise pack as they descent the stairs back to the floor level landing. The candidate will place the high rise pack in the marked area and proceed to the next event. The candidate will touch every step.

6. **Sled**
   This event begins with the candidate standing on the sled, one foot on each platform with the weighted sled between the stride. Using an 9 lbs sledge hammer the candidate will strike the weighted sled repetitively until the sled has moved the length of the entire sled. The candidate will place the sledge hammer on the ground and proceed to the next event.

7. **Ladder Removal**
   This event begins with candidate standing in front of an elevated ladder rack. The candidate will remove a 16 foot roof ladder from the ladder rack. Once the ladder is removed from the rack, the candidate will carry, without letting the ladder touch the ground, move back 7 feet to a predetermined mark and gently place the ladder flat on the ground. The candidate will then place the ladder back on the ladder rack. The candidate will then proceed to the next event.

8. **Tool Carry**
   This event begins with the candidate picking up a ventilation chains saw and a K-12 Saw, one in each hand. The candidate will proceed to walk around the distance of a fire engine - returning to the area in which this event began. The candidate will place the saws in the marked area and proceed to the next event.
9. **Mannequin Drag**
The final event. This event begins with a 200 pound rescue training mannequin placed on the ground in a seated and slumped over position with the back facing toward the direction of the drag. The candidate shall take hold of the mannequin and drag it for 50 feet from its beginning position to a predetermined mark. The candidate cannot use the handle on the dummy. Once the mannequin has completely passed this mark, the event and this component is completed.

**Rules - Penalties**

- Rungs and Steps – must touch every rung and/or step while ascending and descending – 2 second penalty.
- Must lower the 24’ extension ladder in a controlled manner, failure to do so will result in candidate redoing the ladder raise.
- If the tools or the roof ladder is dropped, a 2 second penalty will be added.