

# POLAND FIRE RESCUE

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The Physical Agility Test (PAT) evaluates upper and lower body strength, stamina and aerobic capability. The PAT is a pass/fail test, any candidate that does not pass the agility test with all test stations completed as a “PASS” will not be invited to continue in the hiring process. All stations listed below will have a minimum of one (1) proctor at the station to ensure each candidate has all of the proper safety equipment, the proctor will review all aspects of the test station with the candidate before the start of the exam.

Candidates should be prepared for athletic/ aerobic stations, candidates may wear workout clothes and candidates do not need to bring any protective equipment, Poland Fire Rescue will supply all personal protective equipment (PPE) items needed for the exam stations

## PHYSICAL AGILITY EXAM STATION DESCRIPTIONS

**Task 1 – Rowing Test-** Using a Concept 2 row machine the candidate will row 2000 meters. The minimum standard for the candidate is to complete the 2000 meter row in the 55<sup>th</sup> percentile or above according to their age, gender and weight. **The damper must be set of “5” for this test.** A 2000 meter row is approximately 1.25 miles and is a test that you do not want to underestimate. Rowing is a full body work out that tests stamina, overall body strength and a candidate’s aerobic capability. Once the test has started, the candidate must complete the test without stopping, if the candidate stops rowing or gets off the Concept 2 machine, they will be disqualified from the test and will not be eligible to continue in the hiring process.

MALE	AGE			FEMALE	AGE				
	20-29	30-39	40-49		20-29	30-39	40-49		
Weight (in pounds)	130	9:59	10:05	10:16	Weight (in pounds)	110	10:36	10:09	10:14
	140	9:50	9:57	10:09		120	9:58	10:04	10:10
	150	9:41	9:49	10:01		130	9:53	9:59	10:05
	160	9:32	9:40	9:54		140	9:48	9:54	10:01
	170	9:23	9:32	9:46		150	9:42	9:50	9:57
	180	9:15	9:24	9:39		160	9:37	9:45	9:52
	190	9:16	9:15	9:31		170	9:32	9:40	9:48
	200	8:57	9:07	9:24		180	9:26	9:35	9:44
	210	8:48	8:59	9:16		190	9:21	9:30	9:39
	220	8:39	8:50	9:09		200	9:16	9:25	9:35
	230	8:31	8:42	9:02		210	9:10	9:21	9:31
	240	8:22	8:34	8:54		220	9:05	9:16	9:25
	250	8:13	8:25	8:46		230	9:00	9:11	9:22

**TASK 2 - Stair Climb-** The candidate with 2-50-foot sections of 1 1/2-inch hose and a 1 1/2 brass nozzle weighing approximately 50 pounds will climb the stairs in the apparatus bay a total of 5 times, (5 times up and 5 times down the stairs). The hose will start on the floor of the station and the candidate will be required to lift the hose load onto their shoulder and keep the hose off the floor for the entire 5 trips up and down the stairs. The hose will be placed back in its starting location to complete the evolution. No specific PPE is required for this station.

**TASK 3 - Hose Hoist-** The candidate will hoist, using a hand over hand motion, a 50 foot roll of 2 1/2 inch hose approximately 50 pounds. This station will have a 5/8" rope looped through a pulley hanging 40' feet in the hose tower, the candidate will, with the proper motion hoist the roll from the floor to the pulley and back down a total of two (2) times. The hand over hand motion is required for both directions of the evolution, when the hose roll ascends and descends. Candidates at this station will be required to wear gloves, hard hat/ fire helmet, and steel/composite toed boots.

**TASK 4 – Tire Sledge Station-** The candidate will use a 16lb. sledge hammer to strike a tire a total of 30 times. The time allotted to complete the 30 strikes on the tire is two (2) minutes. Candidates at this station will be required to wear gloves, hard hat/ fire helmet, and steel/composite toed boots. All safety gear will be provided by the proctor at the station. The proctor of the exam station will count out the strikes aloud so the candidate knows how far into the evolution they are.

**TASK 5 - Hose Advancement Station-** The candidate will pick up the nozzle and move a 1 3/4-inch charged hose straight forward 100 feet to the cone. Candidate will drop the nozzle at the end of the cones and the proctor will return the hose and the nozzle to its starting point. Candidates at this station will be required to wear gloves.

**TASK 6 – Weighted Drag Station-** The candidate will drag a 150 pound tire a distance of 100 feet. The tire will have a rope through the tire and the candidate will be required to drag the tire on the floor using the rope from cone to cone. The candidate must drag the tire in a forward facing motion, meaning the candidate must face the tire and work towards the finish line back first. Candidates at this station will be required to wear gloves.

WAIVER OF LIABILITY FOR PHYSICAL AGILITY TESTING PARTICIPANT

(Please print)

I, \_\_\_\_\_ of \_\_\_\_\_  
(Full name) (Address)

For myself, my heirs, executors, administrators, agents and assigns do hereby waive all claims, demands, damages, actions, causes of action, or suits of any kind or nature whatsoever against the town of Poland, Poland Fire Rescue Department, or any agent or employee of the town of Poland, ME, acting under the color of official authority arising from any occurrence, accident, injury or damage, while I am attending or performing the physical agility testing for the position for which I have applied with Poland Fire Rescue Department.

I have reviewed and fully understand the physical agility test description provided to me by Poland Fire Rescue Department. I voluntarily accept the terms of this statement and the risks associated with physical agility testing.

On this \_\_\_\_\_ day of \_\_\_\_\_, 2019, the physical agility test that I am about to complete was explained to me. I assume all risks associated with the testing process. I am physically able to complete this physical agility test as described in the written materials and as described to me.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please have this section completed by your physician if you believe you have a medical condition or injury which may affect your ability to participate in the physical agility testing.

I reasonably believe that the above-named person is physically able to perform the physical agility test for the town of Poland and the Poland Fire Rescue Department without unreasonable risk of injury.

Physician signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Name: \_\_\_\_\_