

Justin Cooper, Fire Chief
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William Van Deinse, Deputy Fire Chief
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KENNEBUNK FIRE RESCUE KENNEBUNK, MAINE

The following Physical Agility Test will be performed by all candidates interested in working for the Kennebunk Fire Rescue Department.

This agility test is task oriented and is based on actual duties performed by members of the Kennebunk Fire Rescue Department. The tasks are listed in no particular order. The actual P.A.T. task order will be established each year prior to the exam.

Prior to the start of the test, all candidates will be walked through the tasks and each will be demonstrated and explained. All candidates will have time for questions prior to the start of the test. Once the testing begins, no further questions will be answered. Proctors are assigned to evaluate and will not assist in any way. At any time, should a candidate decide to drop out, the time clock will be stopped and that time noted on the test evaluation form.

Times are kept for scoring purposes only as Pass or Fail. Candidates will have 10 minutes to complete the PAT to be considered a Passing score/time. Candidates beyond 10 minutes will be considered a Failing score/time Running during the event is not permitted and may result in a failure. Each task must be performed completely and properly before going onto the next task. The time starts at the first task and runs continuously through all tasks. The candidate will follow established boundaries from task to task. Failure to follow the instructions of the test may disqualify a candidate.

The candidate will be required to wear a 50-pound weight vest and a hard hat during the test. This equipment will be provided by the Kennebunk Fire Rescue for testing purposes.

Applicants are also required to wear long pants and supportive footwear with no open heel or toe. Test proctors will review other details the day of the exam. **The applicant will be required to complete a Waiver of Claim for Injury form prior to being allowed to test.**

Tasks:

- Hose drag and pull
- Hose carry
- Ladder raise and extend
- Ladder ascent and descent
- Equipment carry
- Rescue
- Aerial ladder climb

TASK DESCRIPTIONS

Task: Hose drag and pull

During this task, the candidate grasps a nozzle attached to 200 feet of 1 3/4" hose. The candidate places the hose over the shoulder or across the chest, not exceeding the 8-foot mark. The candidate drags the hose 75 feet to a pre-positioned drum, makes a 90 degree turn around the drum and continues an additional 25 feet to a marked box. Then drops to at least one knee and pulls the hose line until the hose line's 50-foot mark is across the finish line. During the hose pull, the candidate must keep at least one knee in contact with the ground and no part of the candidate's body can cross back over the finish line.

During the hose drag, if the candidate fails to go around the pre-positioned drum or goes outside the designated path (cones), the candidate fails, the time clock will be stopped, and that time noted on the test evaluation form.

During the hose pull, the candidate is warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, and the time clock will be stopped and that time noted on the test evaluation form.

Task: Hose carry or stair stepper

During this task, the candidate will start at the bottom of the stairwell, picks up a hose pack (100' of 1 3/4" hose folded into a high-rise pack.) and places the hose pack onto their preferred shoulder. The hose load will then be carried up a set of stairs, once at the top the candidate will then turn around and go back down the stairs to the starting point then repeat the process for a total of **10** complete trips (1 up and 1 down = 1 trip).

During this test, the candidate is permitted to only momentarily touch the wall or handrail for balance. However, if the wall or handrail is grasped or touched for an extended period of time or if the wall or handrail is used for weight bearing, the candidate is warned. Only one (1) warning is given, should a second infraction occur the candidate fails, the time clock will be stopped, and that time will be noted on the test evaluation form.

If available, the StepMill may be used instead of the physical staircase. Candidates will have a 20-second warm-up on the StepMill at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to dismount, grasp the rail or hold the wall to establish balance and cadence. If you fall or dismount the StepMill during the 20-second warm-up period, you must remount the StepMill and restart

the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor who calls the word “START.” There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the StepMill at a set stepping rate of 60 steps per minute for 3 minutes

Task: Ladder raise and extend

During this task, the candidate walks to the tip of a retracted 24’ aluminum extension ladder with its butt section against the wall. The candidate then lifts the tip of the ladder from the ground, and walks it up in a hand over hand fashion, using each rung until the ladder is stationary against the wall. The candidate will then lower the ladder in the same hand over hand fashion until it is back in the starting position. The candidate must not use the ladder rails to raise the ladder; failure to use each rung will constitute a failure.

The candidates will then immediately proceed to the pre-positioned 24-foot extension ladder, stand within the marked box, and extend the fly section hand over hand until it is fully extended, lock the ladder in position, and then the candidate shall announce “Ladder Locked”. Then unlock and lower the fly section in a controlled fashion to its original starting position.

If the candidate misses any rung during the raising or lowering, one warning is given. The second infraction constitutes a failure, the time clock will be stopped, and that time will be noted on the test evaluation form.

If the candidate fails to maintain control of the ladder in a hand over hand manner, or lets the rope halyard slip in an uncontrolled manner, this constitutes a failure, the time clock will be stopped, and that time will be noted on the test evaluation form.

Task: Ladder ascent and descent

During this task, the candidate proceeds to the bottom of a pre-positioned fully extended 24’ extension ladder. The candidate will climb the ladder, one rung at a time and then step off onto the roof, walk around the ladder, then get back on the ladder, and descend the ladder one rung at a time.

If the candidate is unable to reach the top of the ladder this constitutes a failure and the time clock will be stopped and that time noted on the test evaluation form.

If the candidate fails to ascend and descend the ladder one rung at a time than this constitutes a failure, the time clock will be stopped, and that time will be noted on the test evaluation form.

Task: Equipment carry

During this task, the candidate removes two saws from a tool cabinet one at a time, and places them on the ground. The candidate then picks up both saws, one in each hand, and carries them while walking 75 feet around a pre-determined mark, then back to the starting point. Upon return to the starting point, the candidate places the saws on the ground, then pick up each saw one at a time, and replaces the saws in the tool cabinet. During this task, the candidate is permitted to place the saw(s) on the ground and adjust the grip if necessary.

If the candidate drops either saw on the ground during the carry, this constitutes a failure, the time clock will be stopped, and that time noted on the test evaluation form.

Task: Rescue

During this event, the candidate grasps a 163-pound rescue dummy by the handle(s) and drags it 75 feet to a pre-determined mark makes a 180 degree turn around the mark, and continues an additional 75 feet to the finish line. The candidate is permitted to release the handle on the dummy to adjust the grip if necessary. The entire dummy must be dragged past the finish line. The candidate is permitted to rest.

If the candidate grasps or rests on the drum at any time then this constitutes a failure, the time clock will be stopped, and that time noted on the test evaluation form.

This concludes the end of the timed tasks!

Task 7: Aerial ladder climb

During this event, the candidate starting at ground level, will climb to the turntable of the aerial ladder and then proceed to climb the aerial one rung at a time to 75 feet. He/she will then grasp the top rung and return to the base one rung at a time. He/she will then climb down off the vehicle.

The aerial ladder will be set at 70 degrees and 75 feet extension. Each candidate will be required to wear a helmet and a ladder belt.

This is NOT a timed event. If the candidate is unable to reach the top of the ladder or requires assistance, this will constitute a failure and will be noted on the test evaluation form. The candidate may stop and rest on either the ascent or descent without penalty.



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Candidate Physical Agility Test Waiver of Claim for Injury

This form must be signed before you will be permitted to participate in the physical agility test.

You will be asked to perform 7 physical tasks and will be given specific instructions in the manner in which these physical tasks are to be performed. The seven physical tasks are:

- Hose drag and pull
- Hose carry
- Ladder raise and extend
- Ladder ascent and descent
- Equipment carry
- Rescue
- Aerial ladder climb

I have read and understand the physical effort that is required of this physical agility test, and I am physically capable of participating in this test. Furthermore, I have seen a physician and they agree that I may participate in this exam process. I hereby waive any and all claims for or arising out of any injury I might sustain or incur as a result of participating in this physical exam. I am voluntarily participating in this exam process as part of my application for employment.

Last Name	First Name	MI.	(please print)
Applicant's Signature			Date
Physician's Name		Signature	Date

*Medical providers who have questions concerning medical evaluations should refer to Bureau of Labor Standards
29CFR1919.134*

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Firefighter Candidate Contact Information

Candidate name: _____
(please print)

Address: _____

Phone Numbers:

Home: _____ **Cell:** _____

Other: _____

In case of emergency:

Contact Name: _____

Relationship: _____

Phone Number: _____