



## ENGLEWOOD FIRE TRAINING CENTER

### Abilities Assessment

*\*All events will use Coat, Gloves and Helmet at a minimum. Some events may include a Scott Air-Pak (SCBA).*

#### **EVENT 1 – STAIR CLIMB**

##### **Equipment:**

Bunker coat, helmet, and gloves. Drill tower four (4) stories in height.

##### **Purpose of Evaluation:**

This event is designed to stimulate essential tasks of climbing stairs in full protective clothing while carrying a high-risk pack (Hose bundle). This event challenges your aerobic capacity, lower body muscular endurance, and ability to balance.

##### **Event:**

Wearing a bunker coat, helmet and SCBA the candidate will climb the stairs starting at the ground floor and go to the top level of the drill tower. This will be while carrying a 50-foot section of 2-1/2" folded over the candidate shoulder. Once at the top floor, the candidate will descend the stairs back to ground floor where the candidate will then place the hose on the ground in the designated area.

##### **Failures:**

Failing to complete the task or dropping the hose will constitute a failure of this event. During the test, you are permitted to touch the wall or handrail momentarily. 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, you are warned. Only two warnings are given. The third infraction constitutes a failure, the test time is concluded and you fail the test.

#### **EVENT 2 - HOSE DRAG**

##### **Equipment:**

This event uses uncharged hose line with nozzle. The hose line is marked at 8 feet past the coupling to indicate a maximum amount of hose you are permitted to drape across your shoulder or chest. The hose line is also marked at 50 feet past the coupling at the nozzle to indicate the amount of hose line that you must pull into a marked box before completing the test.

##### **Purpose of the Evaluation:**

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle) and climbing stairs in full protective clothing carrying fire fighter equipment. This event challenges your aerobic capacity, lower body muscular endurance and ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

**Event:**

For this event, you must grab a hose line nozzle attached to 200 feet of 1-3/4" hose. Place the hose line over your shoulder or across your chest, not exceeding the 8-foot mark. Drag the hose 75 feet to a pre-positioned drum, and make a 90 degree turn around the drum, and continue an additional 25 feet. Stop within the marked 5 x 7-foot box and drop to at least one knee and pull the hose line until the 50-foot mark crosses the line. During the hose pull, you must keep at least one knee on the ground at all times and within the boundary box lines.

**Failures:**

During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded, and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded, and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded, and you fail the test.

**EVENT 3 – EQUIPMENT CARRY****Equipment:**

This event uses two Fire Extinguishers and a tool cabinet replicating a storage cabinet on a fire truck.

**Purpose of Evaluation:**

This event is designed to simulate the essential tasks of removing extinguishers from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges your aerobic capacity along with upper and lower body muscular strength and endurance.

**Event:**

For this event, you must remove two extinguishers from tool cabinet, one at a time, place them on the ground. Pick up both extinguishers up, one in each hand. You are permitted to place the extinguisher on the ground and adjust your grip. Upon return to the tool cabinet, you may place the extinguishers on the ground prior to replacing them in the cabinet.

**Failure:**

If you drop either Fire Extinguisher on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

**EVENT 4: LADDER RAISE****Equipment:**

This event uses two 24-foot (7.32-m) fire department ladders.

**Purpose of Evaluation:**

This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

**Event:**

For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. Once the ladder is in place you will return the ladder back onto the ground. This must be done in a hand over hand fashion, using each rung until the ladder is completely horizontal and returned to its original position.

Immediately proceed to the pre-positioned and secured 24-foot (7.32-in) aluminum extension ladder, stand with both feet apart and extend the fly section hand over hand until you lock the dogs on the top rung. Then, unlock the dogs from the top rung, lower the fly section hand over hand in a controlled fashion to the starting position. Again, locking the dogs on the bottom rung. This concludes the event.

**Failures:**

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded, and you fail the test. If you allow the ladder to fall to the ground the test time is concluded, and you fail the test. If you do not maintain control of the ladder in a hand over hand manner, let the rope halyard slip in an uncontrolled manner or fail to lock the dogs at either the top or bottom rung, your test time is concluded, and you fail the test.

**EVENT 5: FORCIBLE ENTRY****Equipment:**

This event utilizes a large truck tire and a 10-pound sledgehammer. The Keiser Sled may be used in place of a tire.

**Purpose of Evaluation:**

This event is designed to simulate the critical tasks of using force to open a locked door or to breach a wall. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and an aerobic energy system as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

**Event:**

For this event, participants use a 10-pound sledgehammer to strike a large truck tire until the tire moves completely five (5) feet across the completion line. If the Keiser sled is used, you must keep your feet outside the toe-box at all times. After the buzzer is activated, place the sledgehammer on the ground. This concludes the event.

**Failure:**

If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you fail to move the tire across the completion line, it is considered a failure. If the Keiser Sled is used and you step inside the toe-box, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

**EVENT 6 – SEARCH:****Equipment:**

This event uses an enclosed room as a search maze that has obstacles and narrowed spaces.

**Purpose of Evaluation:**

This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

**Event:**

For this event, you must crawl through 200-foot charged hose maze. At a number of locations, you must navigate around over and under obstacles. At any time, you feel you cannot finish the maze raise your hand and you will be assisted out of the maze.

**Failures:**

A request for assistance that requires exiting the maze before completion constitutes a failure, the test time is concluded and you fail the test.

**EVENT 7: RESCUE (DUMMY PULL)****Equipment:**

This event uses a 145-pound hose dummy.

**Purpose of Evaluation:**

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

**Event:**

For this event you must grab the hose dummy and drag or carry it 35 feet to a pre-positioned drum, make a 180 degree turn around the drum, and continue an additional 35 feet to the finish line. You are not permitted to grasp or rest on the drum. You are permitted to drop and release the hose dummy and adjust the grip. The entire hose dummy must be dragged or carried until it crosses the marked finish line.

**Failures:**

If you grasp or rest on the cone at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.