

Douglas County Fire Department

Physical Agility Information

Once new hire candidates have passed the written and practical exams they will begin the physical agility testing. Below you will find the components of this evaluation. Candidates are encouraged to bring comfortable clothing to change into prior to the physical agility testing.

Phase 3: Physical Agility

Candidates will be given a total of seven (7) minutes to complete the physical agility phase of the new hire testing process. Candidates will be provided and shall wear gloves, helmet, turn out coat and a self-contained breathing apparatus (without the mask) during the entire physical agility phase of the testing process. The physical agility course consists of the following stations:

Stair Climb – The candidate shall be given a rolled 50-foot section of 1 ½ or 1 ¾ inch diameter hose and carry the hose section up one flight of stairs to the second floor, and return to the starting point.

Rescue Drag – The candidate, given a 165-pound dummy on a level surface, shall drag the dummy a distance of 50 feet.

Ladder Removal/Replacement – The candidate, given a 14-foot roof ladder placed in a horizontal position at a height of 5 feet and with the ladder rungs in a vertical position, shall lift the entire ladder from its support and place it on the ground, then pick the entire ladder up and return it to its original position.

Ventilation Exercise – Given a fire department axe and standing on level ground with a target (such as a wooden pallet) placed on the ground in front of them, the candidate must strike the target with the axe 20 times. The axe must be brought completely over the shoulder to simulate a chopping motion as if cutting a ventilation hole.

Hose Advance – The candidate, given a charged (75 PSI nozzle pressure) 100-foot 1 ½ or 1 ¾ inch hoseline, shall pick up the nozzle and advance the pressurized hoseline for a distance of 50 feet. After reaching the destination, the candidate shall lay the hose on the ground.

Ladder Extension – The candidate, given a 24-foot aluminum extension ladder in a securely supported vertical position, must completely extend the fly section (top section) using the hand over hand method. Candidates are not permitted to stand on the rope for leverage or control of the ladder. The candidate must then lower the fly section in a controlled fashion to the starting position.