

IRVING FIRE DEPARTMENT
PHYSICAL AGILITY TEST
FIRE PREVENTION SPECIALIST

The test will begin in the reception area of the Police/Fire Training Academy at 2603 Esters Road. Applicants will be required to sign the appropriate documents.

1. 1.5 mile run: This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running/walking as fast as possible the distance of 1.5 miles.

Time to complete task: **16 minutes**.

2. Ladder Carry: The applicant will lift and carry an A-Frame ladder for a distance of 10 feet.

Time to complete task: **10 seconds**.

3. Ladder Climb: The applicant will be required to climb to the top of a thirty-five foot (35') ladder, dismount into the drill tower, remount and return to the ground.

Time to complete task: **90 seconds**.

4. Balance Beam Walk (Horizontal): The applicant will be required to walk the entire length of a balance beam, turn around and walk back without getting off the beam.

Time to complete task: **30 seconds**.

5. Stair Climb and Extinguisher Carry: The applicant will be required to carry a 2-1/2" straight bore nozzle and section of 2-1/2" hose up the drill tower stairs to the fourth floor then carry an extinguisher weighing approx. 40 pounds from the fourth to the fifth floor of the drill tower and return it back to the fourth floor.

Time to complete task: **90 seconds**.



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PHYSICAL AGILITY TIME SHEET

NAME: _____ AGE: _____ SEX: _____

EVENT	MAXIMUM TIME ALLOWED	TIME
1. 1.5 MILE RUN	16 MIN.	_____
2. LADDER CARRY	10 SEC	_____
3. LADDER CLIMB	90 SEC.	_____
4. BALANCE BEAM WALK	30 SEC.	_____
5. STAIR CLIMB AND EXTINGUISHER CARRY	90 SEC.	_____

PASSED _____ FAILED _____

DATE:

SIGNATURE OF APPLICANT

SIGNATURE OF TEST EXAMINER