

Town of Weaverville Fire Department

Firefighter Candidate Agility Test

These tasks will be performed while wearing a 40-pound weight vest

1. At the designated starting point, the candidate will drag a charged 1-3/4" hose line 75 feet to a point where the candidate will hit a target with the hose stream then place the nozzle on the ground and proceed to the next station.
2. The candidate will drive the Keiser machine to a pre-designated mark then proceed to the next station.
3. The candidate, while carrying a high-rise pack, will proceed to the second-floor landing of the tower and return back to the first-floor entry door. (All steps MUST be used when descending the stairs).
4. The candidate will then perform a ceiling breach simulation with a 45-pound bar using a starting hand position at the waist and fully extending the arms above the head for a total of ten (10) repetitions. The candidate will then proceed to the entry door of the tower.
5. The candidate, while carrying the high-rise pack, will proceed to the third-floor landing and return to the entry door of the tower. (All steps MUST be used when descending the stairs).
6. While continuing to carry the high-rise pack the candidate will then walk around a cone set at 50-feet distance and then return back to the entry door of the tower.
7. The candidate will then proceed to the fourth-floor landing (top floor) where they will drop the high-rise pack and proceed to hoist a 50-foot roll of 2-1/2" hose to the cat walk. The hose roll must make it over the rail. The candidate will then proceed to the entry door of the tower without the high-rise pack. (All steps MUST be used when descending the stairs).
8. The candidate will then drag a simulated victim 70-feet and the test is complete.

****Candidates must maintain a constant forward motion while performing the entire test. The candidate will receive one (1) warning about forward motion and any subsequent infractions could result in failure of the test.**

**FIRE
DEPARTMENT
EST. 1916**