



**Montgomery County ESD 1**  
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### **Physical Ability Test:**

Applicants should bring suitable clothes to change into before the physical ability test (Shorts, t- shirt, and athletic shoes).

#### **Test #1**

**Timed: 6 Minutes or Less**

- The applicant shall complete a ½ mile distance within the allotted time.
- Passing applicants shall proceed to Test #2.
- Points will be awarded as follows:
  - 6:00 to 5:31 = 4 points
  - 5:30 to 5:01 = 7 points
  - 5:00 to 4:31 = 10 points
  - 4:30 to 4:01 = 13 points
  - 4:00 to 3:31 = 16 points
  - 3:30 to 3:01 = 19 points
  - 3:00 to 2:31 = 22 points
  - 2:30 or less = 25 points

#### **Test #2**

**Timed: 6 Minutes or Less**

Members will don the training air pack for the duration of the assessment.

Time starts when applicant announces to instructor, he/she is ready, and the instructor says go.

- Forcible Entry: Using a 9-pound shot mallet and the “Keiser Force Machine” the applicant must strike and drive the block weight 5 feet.
- Stair Climb: The applicant will pick up a 50’ section of 3” hose and carry it while performing a five (5) story stair climb at the ESD 1 Training Facility.
- Stair Descent: The applicant will carry the same 50’ section of 3” hose down the five (5) stories of the training tower and place it in the same designated location.
- Dummy Drag: The applicant will move the MCESD 1 training dummy from a designated starting point to a designated stopping point. (50 feet)
- Hose Drag Simulation: The applicant will advance the force machine 150’ using the provided rope. The force machine will be set to the maximum resistance.

- Hose Carry: The applicant will pick up two sections of 3-inch hose (straight rolled) and walk a distance of 100 feet, weaving in and out of road cones and place the hose back at starting point.
  
- Hose Hoist: The applicant will grasp a rope located on the ground next to the training tower. The rope runs through a pulley system mounted at the top of the tower, with a section of 3" hose attached to the opposite end. Members will hoist the hose to the top using a hand-over-hand method, then lower it in a controlled manner, ensuring the rope does not slide freely through their hands.
  
- Points will be awarded as follows:
  - 6:00 to 5:30 = 10 points
  - 5:30 to 5:00 = 20 points
  - 5:00 to 4:30 = 30 points
  - 4:30 to 4:00 = 40 points
  - 4:00 to 3:30 = 50 points
  - 3:30 to 3:00 = 60 points
  - 3:00 to 2:30 = 70 points
  - 2:30 or less = 75 points