



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

No Time Limit

The applicant will wear an SCBA throughout the rest of the entire physical ability course.

- The applicant shall climb a 75 ft. aerial ladder at a 65-degree angle. The applicant must climb to the top and back down without stopping to pass.
- Passing applicants shall proceed to Test #3.
- You will not receive any points during this test.

Test #3

Timed: 5 Minutes or Less

- 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.

- Dummy Drag: The applicant will move Rescue Randy Dummy from a designated starting point to a designated stopping point. (50 feet)
- Hose Drag Simulation: The applicant will pick up a rope from a designated starting point and pull a sled 150 feet to a designated stopping point.
- Hose Carry: The applicant will pick up two sections of 3-inch hose (donut rolled) and walk in and out of three road cones and place the hose back at starting point.
- Hose Extension: The applicant shall couple two sections of 1 ¾ inch hose together along with a fog nozzle and extend the line to a designated point.
- 3-inch Hose Hoist: With the Ladder Truck raised, the applicant shall raise and lower a 3-inch section of hose (donut rolled) to the top of the ladder and back down. The hose will be lifted by means of a rope and pulley system. The applicant shall raise the hose using the hand over hand method and the time shall stop with the hose touches the pulley. The applicant shall then lower the hose not letting the rope slide freely through the hands. If the applicant lets the rope slide freely through the hands, the applicant will receive a failing grade for the physical ability test.
- Points will be awarded as follows:
 - 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