



## **BLUFFTON TOWNSHIP FIRE DISTRICT**

### **RECRUIT FIREFIGHTER PHYSICAL APTITUDE TEST GUIDE**

Issued By:

Bluffton Township Fire District  
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Any individual that would like to receive the information in this document in another form may contact the Americans with Disabilities Act of 1990 (ADA) Coordinator at 843-548-4363 or [reid@blufftonfd.com](mailto:reid@blufftonfd.com).



## Hold Harmless Agreement

Whereas I, \_\_\_\_\_, hereinafter referred to as APPLICANT,

(Print Name)

whose address is: \_\_\_\_\_, is granted

(Physical Address, including City, State and Zip Code)

permission to participate in the Bluffton Township Fire Districts' Recruit Firefighter Physical Aptitude Test, for the purpose of evaluating the Applicant's ability to complete critical tasks performed frequently by firefighters. This permission is granted for the time period of which time the "APPLICANT" is on or adjacent to the Recruit Firefighter Physical Aptitude Test evaluation.

**Any Cardiac/Heart, Pregnancy or any known serious medical conditions will prohibit the "Applicant" from participating in the Bluffton Township Fire Districts' Recruit Firefighter Physical Aptitude Test evaluation. All pre-existing conditions and prior injuries must be disclosed prior to testing and "Applicant" accepts full responsibility for any injury or re-injury sustained during or resulting from participation in testing.**

Therefore the "Applicant" does hereby agree as follows:

1. The "Applicant", his/her heirs, assigns and successors in interest, waive, renounce, relinquish, absolve and discharge the Bluffton Township Fire District, its Commission and Employees from any liability for personal injury and property damage which may result from the issuance of permission to participate in the Bluffton Township Fire Districts' Recruit Firefighter Physical Aptitude Test evaluation.
2. That "Applicant" agrees to defend, hold harmless, and indemnify the Bluffton Township Fire District from and against all liability, loss, claims, damages, costs, attorneys' fees and expenses of whatever kind or nature which the Bluffton Township Fire District may sustain, suffer, incur or be required to pay, by reason of issuance of permission to participate in the Bluffton Township Fire Districts' Recruit Firefighter Physical Aptitude Test evaluation.
3. By signing below, the "Applicant" acknowledges receiving instructions on the safe participation and usage of Bluffton Township Fire Districts' Recruit Firefighter Physical Aptitude Test evaluation; and acknowledges receiving appropriate safety equipment and proper instructions on its use; for the purpose of protecting the "Applicant" from personal harm.
4. The "Applicant" understands and admits that to the best of their knowledge, the "Applicant" does not have any Cardiac/Heart, Pregnancy or any known serious medical conditions that would prohibit the "Applicant" from participating on and/or using the Bluffton Township Fire Districts Recruit Firefighter Physical Aptitude Test evaluation.

Signed, Sealed and delivered in the presence of:

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Fire Department Representative: \_\_\_\_\_ Date: \_\_\_\_\_



**Bluffton Township Fire District**  
**RELEASE**

CONSENT AND RELEASE EXECUTED BY:

\_\_\_\_\_

(Please Print Name)

A willing participant for the Firefighter recruitment sponsored by the Bluffton Township Fire District, hereby known as "Applicant", releases the Bluffton Township Fire District, its agent, employees and any other persons connected with the Recruit Firefighter Physical Aptitude Test evaluation.

**"APPLICANT" UNDERSTANDS AND AGREES THAT:**

1. In consideration of the Bluffton Township Fire District permitting the "Applicant" to participate in the Recruit Firefighter Physical Aptitude Test evaluation, "Applicant" hereby releases and forever discharges the Bluffton Township Fire District, its agents and employees and any other persons connected with the physical performance, from all claims, damages, and causes of action that may arise from "Applicant's" participation.
2. "Applicant" agrees that no representation has been made regarding the success of said program.
3. This release shall be binding on the spouse of "Applicant" and on the children or ward of "Applicant", and heirs, legal representative and assigns of the "Applicant".
4. "Applicant" has read all the terms of this instrument and understands that signing is a complete release and bar to any claim resulting from participation in the Bluffton Township Fire District's Recruit Firefighter Physical Aptitude Test evaluation.

\_\_\_\_\_

Applicant Signature

\_\_\_\_\_

Date

**PHOTO/AUDIO/VIDEO DESIGN STUDIO MEDIA RELEASE**

I hereby give Bluffton Township Fire District the right and permission to publish photographs, video and/or audio recordings of myself. I understand that such reproductions could be used to publicize or promote the Bluffton Township Fire District in print, promotional documents, internet promotions (including social media), television, radio, reports or any other reproductions deemed necessary by the Bluffton Township Fire District.

\_\_\_\_\_

Applicant Signature

\_\_\_\_\_

Date



## **Pre-Employment Recruit Firefighter Physical Aptitude Test Orientation and Preparation Guide**

Firefighting is a physically demanding occupation that requires strength, endurance, physical and mental stamina. The proposed recruit firefighter physical aptitude test measures the ability to meet the physical standards required to undertake the role of firefighter.

The proposed test is designed to simulate actual duties performed on the fire ground and in the course of everyday duties such as carrying heavy equipment upstairs, dragging hoses, using heavy manual tools and handling ladders.

The following points should help to familiarize you with what will take place on the day of the test.

- Candidates must wear a self-contained breathing apparatus (SCBA), excluding the face piece and low-pressure hose, for all components of the RFPAT. The SCBA cylinder will be full. The SCBA weighs approximately 25 pounds.
- Candidates are encouraged to wear athletic shoes, long athletic pants, and a tee-shirt. You will be performing various types of physical activities; therefore you should not wear clothing that will hinder your performance. Applicants can be expected to get wet and dirty during the performance of the skills listed.
- BTFD will provide leather firefighter gloves and a hard hat at the test site for each applicant to use while completing the test. You may not bring your own gloves or helmet for use during the test. BTFD staff may inspect and disallow any apparel or equipment to ensure its use does not affect the fairness of the test.
- The test has a cutoff time and failure to complete the course in the allowed time will result in disqualification.

**Please note that suggestions regarding preparation activities are simply suggestions intended to offer the candidate a means of practicing for the RFPAT. These are only suggestions. The Bluffton Township Fire District cannot be held responsible for injuries or expenses incurred during preparation for the RFPAT.**

**Bluffton Township Fire District does not endorse any private schools or services offering preparation for this physical aptitude test and are not responsible for their advertising claims. However, Bluffton Township Fire District has provided practice and preparation opportunities for this physical aptitude test through the Applicant Preparation Program. Participation in the Bluffton Township Fire District Applicant Preparation Program does not guarantee that participants will successfully pass the physical aptitude test administered by the Bluffton Township Fire District.**

It is the expectation of the Bluffton Township Fire District that this guide will provide you with sufficient information to prepare for and succeed in the recruit firefighter physical aptitude test. The tasks that compose the recruit firefighter physical aptitude test are outlined for you on the following pages.

In addition to the physical requirements of muscular strength and endurance, there are five aptitudes that will be tested during the recruit firefighter physical aptitude test, these include:

- Acrophobia;
- Claustrophobia;
- Manual dexterity;
- Visual recognition; and
- Balance and co-ordination.

The Recruit Firefighter Physical Aptitude Test has two stages:

### **Stage 1 – Un-timed Recruit Firefighter Tasks**

Two tasks are completed in the following order.

#### **Ladder climb (acrophobia and vertigo test)**

- Candidates are required to climb to the top of a 35-foot extension ladder set at an approximate elevation of 70 degrees against a structure.
- Candidates are then required to descend the ladder to the ground.
- Candidates will be fitted with a safety harness and belayed for safety.
- Candidates are not permitted to stop and rest on the climb.
- Total time for this task is 4 minutes.
- Scoring is Pass/Fail.
- Candidates will be deemed to have failed if they:
  - Stop and rest for more than 30 seconds;
  - Are unable to complete the task; or
  - The task takes longer than 4 minutes.

#### **Tunnel crawl (claustrophobia test)**

- This task is designed to test the candidate's ability to operate in a confined darkened environment and to identify any potential for claustrophobia caused either through wearing a facemask or darkened confined space.
- Wearing a protective helmet and blackened air purifying respirator with cartridge, the candidate will be led to the start of the tunnel. The candidate will be directed to crawl into the tunnel until a command to stop is given. After a period of one (1) minute the candidate will be commanded to resume and candidate will continue to the end of the tunnel.
- Scoring is Pass/Fail
- Candidates will be deemed to have failed if they:
  - Remove the face mask;
  - Fail to follow command instructions; or
  - Fail to complete the tunnel crawl.

## **Stage 2 – Timed Recruit Firefighter Task Course**

The timed recruit firefighter task course is designed to test the candidate's endurance and ability to perform fundamental physical tasks that firefighters must perform. There is an overall time limit of eight (8) minutes in which the overall course must be completed.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they cannot finish the course in the prescribed time.

The Firefighter Task Course is a series of ten (10) tasks which are simulations of actual tasks performed on the job. These tasks must be completed consecutively with the candidate wearing supplied helmet, firefighting gloves, ladder belt and SCBA with full cylinder. Candidates must wear suitable sports clothing and sporting footwear.

The overall time of the course starts when the candidate is ready to begin and the timing proctor declares, "Begin".

### **Task 1: Hydrant Open & Close**

Candidates are required to fully open and fully close the operating nut on a fire hydrant using supplied hydrant wrench.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Fail to fully open the hydrant; or
- Fail to fully close the hydrant.

### **Task 2: Forcible Entry**

Candidate will be required to grasp the supplied sledge hammer and strike the supplied Forcible Entry Door Prop to "open" the door.

Candidates will be deemed to have failed if they:

- Lose control of the sledgehammer; or
- Fail to "open" the door.

### **Task 3: Stair Climb with High-Rise Pack**

Candidates are instructed to pick up the high-rise pack, place it over their shoulder and proceed to the 4<sup>th</sup> floor. They must make contact with every step and continually use the hand rail. On arriving at the 4<sup>th</sup> floor they must directly descend with the high-rise pack to the 2<sup>nd</sup> floor for the hose hoist. While descending they must make contact with every step and continually use the hand rail.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Receive a second warning for not making contact with every step; or
- Do not use hand rail (both ascending and descending).

#### **Task 4: Hose Hoist**

Candidates must complete the stair climb to the 4<sup>th</sup> floor and descend to the 2<sup>nd</sup> floor to commence the hose hoist. After placing the high-rise pack in the designated area, the hose hoist proctor will secure candidate via ladder belt connection. The 2½” hose roll is connected to the rope which is to be hauled hand over hand and placed on the landing floor. Head and hands must remain outside of the railing so that candidates can see the hose roll at all times. Upon completion the hose hoist proctor will unsecure candidate’s ladder belt connection. Candidates must then pick up the high-rise pack, place it over their shoulder and continue the stair climb descent to the ground floor. After descending to ground level, candidates must place the high-rise pack in the designated area.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Fail to hoist the hose as directed; or
- Allow the rope to slip through their hands.

#### **Task 5: Ladder Raise & Lower**

Candidates are required to raise a 16-foot roof ladder by ‘walking it up’ using a hand-over-hand technique. The candidate must ‘walk’ the ladder all the way to a vertical position and all the way back down to the ground using the rungs of the ladder. The ladder is secured to the ground using a pivot system that will keep the base of the ladder in place. The upper portion of the ladder will be secured using a belay system that will control the ladder from falling should the candidate lose control. The candidate must not drop the ladder or grasp the rails of the ladder at any time.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Lose control of the ladder while raising it or lowering it from the wall; or
- Receive a second warning for not touching every rung.

#### **Task 6: Ladder Extension**

Candidates must place both feet in the area indicated and grab the halyard of a 24-foot extension ladder. Looking up the ladder, they are required in a continuous manner, extend the ladder by pulling on the halyard with a hand over hand motion. After the ladder is fully extended, the candidate will be directed to house the sliding length without the rope sliding through their hands.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Are unable to fully extend the ladder;
- Do not use the hand over hand method in extending or housing the ladder; or

- Are unable to perform the task in a continuous manner after receiving 1 warning.

### **Task 7: Hose Drag**

Candidates are required to pick up and advance a charged 1¾" hose line with a nozzle attached for a distance of 50 feet. The nozzle will be closed and locked down to prevent an unexpected discharge of water. The candidate may pick up the hose line in a manner that will allow placement over either shoulder, allowing three to four feet (3' – 4') in the front of the candidate, advancing the line 50 feet from the designated "Start" and "Finish" lines. This component is completed when both of the applicant's feet and nozzle cross the "Finish" line.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Are not able to drag the hose the required distance.
- Receive a second warning for stopping and resting during the drag or dropping the nozzle.

### **Task 8: Hose Swap (equipment carry)**

Three (3) sections of rolled hose will be placed in a marked area. Fifty (50) feet away are three (3) additional sections of rolled hose in a second marked area. The candidate is required to carry the rolled hose sections by their webbing handle and must swap the hose in the boxes.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Cannot complete the task.

### **Task 9: Hose couplings (manual dexterity)**

Two (2) sections of 3" hose will be placed side-by-side. Candidates must couple the hoses together before proceeding to the next task. The testing proctor will confirm the hose is fully coupled.

Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Fail to connect the couplings together.

### **Task 10: Crew Member Rescue**

Candidates are required to drag a human form dummy weighing approximately 170 pounds (weight of dummy and clothing) for 25 feet, around a weighted barrel, and then back across the starting point for a total distance of 50 feet. The candidate will drag the dummy using the webbing attached to the dummy ONLY. It will be unacceptable to drag the dummy by any limb, to lift under the dummy's arms, to drag by holding onto clothing, or to carry the dummy. In order to complete this station, the candidate and the dummy must both completely cross the finish line.

Overall course time stops when both rescue dummy feet cross the finish line.



Scoring is Pass/Fail.

Candidates will be deemed to have failed if they:

- Receive a second warning for not dragging the dummy as instructed
- Receive a second warning for stopping and resting during the drag or dropping the dummy;
- Cannot complete the task within the overall course designated time limit.

**General Preparation:**

Bluffton Township Fire District's hiring process is extremely competitive. The pre-employment Recruit Firefighter Physical Aptitude Test is one of the initial hurdles in the evaluation, and ultimately the selection process.

Please take the time to thoroughly prepare, to ensure your success.

Bluffton Township Fire District will provide various resources and opportunities for preparation by hosting orientation and practice sessions through the Applicant Preparation Program. For more information please see [www.JoinBTFD.com](http://www.JoinBTFD.com) or call (843)757-2800.