

*Ore Bank Pumpkin Center Volunteer  
Fire Department, Inc.*



**Job-Related Physical Agility Test (JRPAT)**



# *One Bank Pumpkin Center Volunteer Fire Department, Inc.*

*1537 Amity Church Road*

*Denver, N. C. 28037*

## **Job-Related Physical Agility Test (JRPAT)**

**IT WILL BE MANDATORY FOR ANY CANDIDATE SEEKING EMPLOYMENT WITH THIS FIRE DEPARTMENT TO COMPLETE THE JRPAT TO A SATISFACTORY LEVEL PRIOR TO EMPLOYMENT.**

**Test Location: Testing will be conducted at the main station located at: 1537 Amity Church Road Denver, NC 28037**

### **General Information**

- Candidates should wear comfortable clothing suitable for physical activity.
- Candidates should report to the testing site 15 minutes prior to his/her test time (but not earlier).
- Upon arrival at the testing site, the applicant will need to show his/her Driver's License and sign both liability waiver forms.
- Candidate should bring his/her own NFPA compliant structural gear unless arrangements have been made to wear Pumpkin Center gear.
- Candidates will be given an overview of the course by his/her evaluator and will be able to ask questions. After the course is understood he/she will then don his/her turnout gear along with an SCBA pack frame with a bottle (provided).
- Candidates will then report to starting position (Station 1) to begin his/her test.  
*(Stations are completed continuously even though they are listed separately)*

### **Test Description**

The test will be used to assess a candidate's preparedness for the physical stress encountered by firefighting personnel on an emergency scene. Every effort will be made so that events within the test simulate scenarios that may be encountered by firefighting personnel. This test is designed to test a candidate's aerobic capacity, upper and lower muscular strength and endurance, grip strength and endurance, and anaerobic endurance.

The candidate will be required to wear full firefighter PPE (i.e., bunker pants & coat, boots, structural FF gloves, hood, and helmet) and SCBA (not breathing air). Candidates have 10 minutes to complete the test in its entirety. If the candidate does not complete the test within the 10-minute time period, this will constitute an automatic failure. The preceptor is the designated safety officer and can stop the test at any time he or she feels that the candidate is in any medical or physical danger.



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### EVENT 1 – HOSE FOLLOW

The candidate's mask will be blacked out so as to simulate smoke conditions in a house. The candidate will be lead to a 100-foot section of uncharged 1¾-inch hose. The candidate will follow the hose through bends and obstacles to the end of the hose. Once at the end of the hose, the test is concluded, and the mask will be removed. During the event, if the candidate feels that they cannot complete the event, the event will be considered failed, and the candidate will be asked to leave the testing area.

### EVENT 2 – HOSE DRAG

The candidate will grasp and advance the nozzle end of a charged 1¾-inch section of hose 100 feet to a pre-designated line. Once the nozzle and the candidate are across the line, the event will be concluded. This is the only event during the test where the candidate will be allowed to run. During the event, if the candidate drops the nozzle to the ground or does not cross the finish line, the event will be considered failed, and the candidate will be asked to leave the testing area.

### EVENT 3 – EQUIPMENT CARRY

Two tools will be placed on the ground at the starting position for the event. The candidate will grasp both the tools, one in each hand and carry the tools a distance of 50 feet, around a cone, and back to the starting position. The candidate will be allowed to stop and reposition the tools only once. If the candidate stops twice, drops either of the tools or does not cross the finish line, the event will be considered failed, and the candidate will be asked to leave the testing area.

### EVENT 4 – FORCIBLE ENTRY

The candidate will grasp the striking device and strike the measuring device to a predetermined position considered to be suitable for completion. The candidate must maintain control of the striking device throughout the event. If the striking device is thrown or leaves both hands of the candidate for any period of time, the event will be considered failed, and the candidate will be asked to leave the testing area.

### EVENT 5 – AERIAL CLIMB

After donning a ladder safety belt, the candidate will climb the aerial ladder at an angle of 45 degrees and extended to 105 ft to the end of the extended fly section and lock off and lean back, putting both hands over your head indicating to the preceptor that they have successfully completed the climb. The preceptor will then give the demand to climb back down the ladder. Once the candidate steps back onto the ground, the event will be considered complete. During the event, if the candidate relays to the preceptor that they cannot complete the event, the event will be considered failed, and the candidate will be asked to descend the ladder. If the candidate is affixed to the ladder at any point and cannot descend him or herself, a preceptor will be sent to assist the candidate in his/her descent.



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## EVENT 6 – DUMMY DRAG

The candidate will grasp a mannequin, not in excess of 185 pounds, and advance the mannequin 35 feet, around a cone, and back to the starting position. Once the entire mannequin has crossed the finish line, the event will be considered complete. You are permitted to release and adjust your grip, or drop the mannequin only once during the event. The second release for adjustment or dropping of the mannequin constitutes a failure of the event and the candidate will be asked to leave the testing area.

I have read, and I understand the description of the JOB RELATED Physical Agility Test (JRPAT).

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PARTICIPANT'S PRINTED NAME

DRIVER'S LICENSE #

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PARTICIPANT'S SIGNATURE

DATE



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## LIABILITY WAIVER FOR PARTICIPATING IN THE PHYSICAL AGILITY TEST

### Acknowledgment and Release of Liability

I request authorization to participate in the Physical Agility Test through the fire department. I acknowledge that my participation is expressly conditioned on my agreement to each of the terms in this document. I acknowledge and agree as follows:

1. Physical Agility Testing may cause injury. I understand that there is an inherent risk of injury when choosing to participate in any Physical Agility Testing. My participation is voluntary in all respects, and I assume all risks of injury and illness that may result from participation in the Ore Bank Pumpkin Center Volunteer Fire Department, Inc. Physical Agility Test.
2. As the participant, I recognize and acknowledge that there are risks of physical injury, and I agree to assume the full risk of any injuries (including death), damages, or loss which I may sustain as a result of participating in any and all activities arising out of, connected with, or in any way associated with the Physical Agility Testing Process. I acknowledge that my participation in these activities is voluntary and at any time I may stop or quit participating in the process.
3. I hereby fully release and discharge the Ore Bank Pumpkin Center Volunteer Fire Department, Inc. and their agents, employees, and sponsors (collectively, the "Released Parties") from any and all liability, claims, and causes of action from injuries or illness (including death), damages or loss which I may have or which may accrue to me based on my participation in the Physical Agility Testing Process. This is a complete and irrevocable release and waiver of liability. Specifically, and without limitation, I hereby release the Released Parties from any liability, claim, or cause of action arising out of the Released Parties' negligence. I covenant not to sue the Released Parties for any alleged liabilities, claims, or causes of action released hereunder.
4. I further agree to indemnify and hold harmless and defend the Released Parties from any and all claims resulting from injuries or illness (including death), damages, or loss, including, but not limited to attorneys' fees, sustained by me arising out of, connected with, or in any way associated with my participation in the fire department Physical Agility Test Process.
5. In the event of an emergency, I authorize the Released Parties to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.
6. I understand that it is my responsibility to consult a physician before I undertake any Physical Agility Testing. I certify that I am in good health and sufficient physical condition to properly participate in the Physical Agility Testing Process through Ore Bank Pumpkin Center Volunteer Fire Department, Inc.; that I am knowledgeable about the proper use of any and all equipment that I will be using during the testing process and the rules of safety of the Physical Agility Testing Process.

I have read and fully understand this Acknowledgement and Release of Liability set forth above, including the permission to secure medical treatment and the release of all claims, including claims for the negligence of the Release Parties. I am 18 years old or older. I understand that my signed waiver will be retained by the fire department. This document is binding upon me and my heirs, children, wards, personal representatives and anyone entitled to act on my behalf.

Signed: \_\_\_\_\_ Printed Name: \_\_\_\_\_

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