

# City of Austin – Fire Department

## Physical Fitness and Dexterity Evaluation

The physical fitness and dexterity evaluation is designed to measure endurance, strength, flexibility, balance, agility, speed and cardiovascular endurance.

The exam consists of six stations. Candidates will wear a turnout coat, gloves, firefighting helmet, and air pack without mask. The physical agility test must be completed within **seven minutes**.

### **Extension ladder raise**

The candidate must fully extend a two-section 24-foot extension ladder using a hand over hand method. When the ladder is in the extended position, he/she will climb the ladder and touch the top rung. After climbing down the ladder, he/she will lower the fly section and again extend the fly to the full-extended position and then lower the fly to the starting position. If the ladder falls to the starting position in a free fall the candidate fails the physical exam.

### **Hydrant evolution**

The candidate will turn the hydrant lug seventeen complete revolutions in a counter-clockwise direction while standing within a 40 square inch area.

### **Hose drag**

The candidate will shoulder a hose bundle (100 feet, 2-inch hose with nozzle) connected to three sections of 2.5-inch hose and drag it a distance of 150 feet.

### **Ladder carry**

The candidate will pick up a 16-foot roof ladder from the ground and raise it along the fire station. He/she will then lower the ladder and return it to its original location.

### **Chopping evolution**

Using the On Target Combat Challenge Chopping Simulator the candidate will pound the sled the entire distance of the slide.

### **Dummy drag**

The candidate will drag the 165 pound dummy a distance of 120 feet while moving in a backward direction.

Upon completing the dummy drag, the candidate will return to the hydrant evolution and close the hydrant. The time will stop upon closure of the hydrant.

**This portion of the evaluation is not timed and is not included with the above items**

### **Ladder climb**

With the 100 ft. aerial ladder truck fully extended, at a 75-degree angle, the candidate will start on the turntable and climb until the candidate touches the top rung of the ladder. No breaks are allowed while ascending or descending the ladder; however, candidates will be allowed a brief, 30-second pause after touching the top rung, to enjoy the view. If the candidate stops and takes any other break while ascending or descending, it will be considered a failure on this portion of the test. Candidates will wear gloves, firefighting helmet, and a safety harness.

### **Claustrophobia test**

The candidate will crawl in a darkened room while maintaining contact with the wall with their left hand and find a mannequin. There will be no obstruction on the wall to search around. Upon finding the mannequin, the candidate will turn around and place their right hand on the wall and return to the door and announce to the proctor that they have completed this portion of the test. Candidates will wear a blocked out SCBA facepiece, firefighting helmet, and gloves.

City of Austin – Fire Department  
Physical Fitness & Dexterity Evaluation  
Waiver and Release

**Please read carefully before signing.**

1. I certify that I am at least eighteen (18) years of age and am legally competent to sign this Waiver and Release.
2. I, the undersigned applicant, do wish to participate in City of Austin – fire department physical fitness and dexterity evaluation (“Activity”).
3. My participation in the Activity is voluntary. I acknowledge that participating in the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know and am aware of all the dangers associated with my participation in the Activity and with such knowledge assume any and all such risks while participating in the Activity. Such risks include: (1) minor injuries such as bruises and sprains; (2) major injuries such as joint or back injuries, broken bones, cold-related injuries and heart attacks; and (3) catastrophic injuries including paralysis and death.
4. I am aware that the presence of physical obstacles and physical requirements as described on the reverse side of this waiver may present an added risk to injury in addition to the injuries that may occur due to the physical requirements for completion of the Activity.
5. To the best of my knowledge I am physically fit and have no physical or medical conditions that would prevent me from participating in the Activity. I acknowledge that the City recommends that prior to participating in the Activity, I should first consult with my physician and abide by any limitations set by my physician. I consent to receive medical treatment deemed advisable in the event of injury, accident or illness, in the event I am unable to give consent during the Activity
6. I understand and agree that neither the City or any person acting on behalf of the City, may be held liable in any way for any event which occurs in connection with the Activity which may result in harm, death, injury or other damage to me. This waiver of liability does not waive liability for any injuries that I obtain as the result of willful, wanton or intentional misconduct by the City or any person acting on behalf of the City.
7. I agree to comply with all rules related to the Activity. If I observe any unusual or significant hazard during my participation in the Activity, I will stop participating and immediately notify a representative of the City.
8. I agree to defend, indemnify and hold harmless the City for any expense or liability the City may incur as a result of my conduct, actions or omissions while participating in the Activity.
9. It is my express intent that this Waiver and Release shall bind the members of my family, if I am alive, and my heirs, assigns and personal representatives if I am deceased.

