

## **FIREFIGHTER'S PHYSICAL AGILITY TEST INFORMATION**

Cuyahoga Community College requires that **all of the Tasks must be completed in (7) minutes or less for entrance into the Fire Academy. Check with each city you are applying for to find out their established times for the physical agility.**

The firefighter's physical agility test consists of the following tasks over a timed course:

### **TASK 1 - Stair Climb with High Rise Pack**

Carry a high-rise standpipe pack (2-50 foot sections of 1 1/2-inch hose weighing 50 pounds) to the third floor of the fire tower. Deposit the hose in the designated location. After Task 2 is completed, this hose will be returned down the stairs to the starting location.

### **TASK 2 - Hose Hoist**

From a third story window, using a hand motion hoist a 50 foot donut roll of 2 1/2 inch hose (about 50 pounds) connected by 5/8 inch rope. This task will be completed twice.

### **TASK 3 - Forcible Entry**

Using the Keiser Force Machine, and a nine-pound hammer, drive a steel beam 5 feet.

### **TASK 4 - Hose Advance**

Pick up the nozzle and move a 1 3/4-inch charged hose straightforward 75 feet.

### **TASK 5 - Victim Rescue**

Drag a 175 pound dummy a distance of 100 feet.

Cuyahoga Community College will issue a certificate of completion indicating the time it takes to complete the tasks. The class participants will be responsible for taking their certificate of completion to the jurisdiction for which they are applying. The certificates will be valid for one year. Applicants must be sure that the fire departments where they are applying for a position will accept the certificate as their standard.

### **Prerequisites for Firefighter Agility Testing**

1. Must show photo proof of identification after passing the test. An Ohio Drivers License or State Identification Card is acceptable.
2. Must read and sign a waiver of liability.
3. Must complete a college non-credit registration form and pay a \$60.00 course fee prior to the test date.
4. Must be in excellent physical health. A physician's exam is not required but is highly recommended.

The firefighter's agility testing will be conducted outdoors. Applicants will be required to wear five-pound ankle weights to simulate the weight of firefighter turn out gear. An air tank will be worn during testing for weight only; it will not be used for breathing air. Applicants can furnish their own gloves or they will be furnished. A firefighter helmet must be worn. Helmets will be furnished. Applicants can furnish their own liner, if they prefer. A ball cap or skullcap will work. It is suggested that applicants wear physical training gear with long pants and athletic shoes with good traction.

Firefighting is physically demanding and at times extremely hazardous. Candidates are encouraged to do pretesting exercises that will assist them in completing the agility test.

Please note: Cuyahoga Community College does not assume any responsibility for any medical consequences that might arise from participating in physical agility testing. **Students under the age of 18 must have an "Assumption of Risk" form signed by parent or guardian prior to testing. CALL FOR FORM.**

**For information: call 216-987-5429 or**

## **FIREFIGHTER'S PHYSICAL AGILITY PREP COURSE**

FEE:	<b>\$125.00</b>
TIME:	6:00 - 8:00 PM
LOCATION:	Tri-C, West, Fire Tower
COURSE # 41500	January 4, 11, 18, 25 and Feb 1, 2017
COURSE # 41502	February 15, 22, March 1, 8, 15, 2017
COURSE # 41506	March 29, April 5, 12, 19, 26, 2017
COURSE #41508	May 3, 10, 17, 24, 31, 2017
COURSE #41510	June 7, 14, 21, 28, July 5, 2017
COURSE #30001	July 12, 19, 26, August 2, 9, 2017
COURSE #30004	August 16, 23, 30, September 6, 13, 2017
COURSE #30006	Sept. 20, 27, October 4, 11, 18, 2017
COURSE #30008	October 25, November 1, 8, 15, 22, 2017

CLASS SIZE: 6 Minimum/25 Maximum

Cuyahoga Community College provides this 5 evening, 10 hour course to help train an individual for the Firefighter's Physical Agility Test. Participants will wear and use the same equipment that is required for the test. If insufficient enrollment, the course will be canceled. You will be notified by phone or postcard.

## **FIREFIGHTER'S PHYSICAL AGILITY TEST**

FEE:	<b>\$60.00</b>
TIME:	Test time will be assigned when registering.
LOCATION:	Tri-C, West, Fire Tower
COURSE #41501	January 15, 2017
COURSE #41505	February 5, 2017
COURSE #41504	March 19, 2017
COURSE #41507	April 30, 2017
COURSE #41509	June 4, 2017
COURSE #30002	July 9, 2017
COURSE #30003	August 13, 2017
COURSE #30005	September 17, 2017
COURSE #30007	October 22, 2017
COURSE #TBA	November 26, 2017 <u>tentative</u>

Registration must be completed and paid prior to the test as explained below. Applicants must sign-in prior to start of the test. Late arrivals will not be tested. If insufficient enrollment, the test will be canceled. You will be notified by phone or postcard.

## **REGISTRATION INFORMATION**

**All registrations will close 4 days prior to the start of the course. Applicants will be notified of testing time when registration and payment information are received.**

**To Register by mail:** Complete the registration form enclosed. Make your check payable to and mail to Cuyahoga Community College, Fire Training Academy, 11000 Pleasant Valley Rd., PSTC Room 124, Parma, Ohio 44130.

**To Register in person:** Stop by the Fire Academy Office at the Western Campus, PSTC Office 124, Cuyahoga Community College.

**To Register by FAX:** Payment must be by credit card  
216-987-5468

**To Register by phone:** Payment must be by credit card (2.4% processing fee is charged for all credit card transactions.  
216-987-5429 or 216-987-5060

**Registration Deadline:** 5:00 p.m. the Wednesday prior to the test date.

**Refund Policy:** Participants will receive a 90 percent refund if they withdraw prior to the test, no refunds thereafter.

**Parking:** Park in the lot to the right of the Fire Drill Grounds.

**Directions to Campus:** Exit I-71 at Bagley Road and go East. Exit I-77 at Pleasant Valley Road and go West. Exit The Ohio Turnpike at Exit 10 to I-71 North. The Campus is located at the corner of Pleasant Valley and York Roads. 11000 Pleasant Valley



# Physical Agility Registration Form

I will be attending: Fall \_\_\_\_\_ Spring \_\_\_\_\_ Summer \_\_\_\_\_

Please Print and Complete All Items

New Student     Returning Student    Last Attended:    
Month                      Year

Personal Information				
SS# (required): _____				
Name _____				
Address				
<small>Last</small>	<small>First</small>	<small>MI</small>	<small>Maiden</small>	
_____				
<small>Number</small>	<small>Street</small>	<small>Apt. No.</small>		
_____				
<small>City</small>	<small>State</small>	<small>Zip</small>	<small>County</small>	
_____				
Phone				
<small>Area Code</small>	<small>Number</small>			
_____				
E-Mail _____				
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female				
Ethnic Code				
<input type="checkbox"/> Black	<input type="checkbox"/> American Indian or Alaskan			
<input type="checkbox"/> White (non-hispanic)	<input type="checkbox"/> Asian, Pacific Islander, Indian Subcontinent			
<input type="checkbox"/> Hispanic	<input type="checkbox"/> Other _____			
Date of Birth (required) _____				
U.S. Citizen <input type="checkbox"/> Yes <input type="checkbox"/> No				

Fire Department Employment Information				
Dept _____				
Position _____				
Address				
<small>Number</small>		<small>Street</small>		
_____				
<small>City</small>	<small>State</small>	<small>Zip</small>	<small>County</small>	
_____				
Phone				
<small>Area Code</small>	<small>Number</small>			
_____				
FAX				
<small>Area Code</small>	<small>Number</small>	<small>Extension</small>		
_____				

Mail or FAX In Registration	
Payment Type	
<input type="checkbox"/> Letter of Intent (copy attached)	<input type="checkbox"/> P.O # _____ (copy attached)
<input type="checkbox"/> Check Enclosed	<input type="checkbox"/> Money Order
<input type="checkbox"/> MasterCard	Exp. Date _____
<input type="checkbox"/> Visa	Exp. Date _____
<input type="checkbox"/> Discover	Exp. Date _____
<input type="checkbox"/> American Express	Exp. Date _____
Approval of 2.4% non-refundable	
Processing fee	_____
Account Number	_____
Name on Card	_____
Signature	_____

## Registration Information:

Please make checks payable to Cuyahoga Community College.

To register over the phone, please call 216-987-5429 or 216-987-5060

Mail registrations to Cuyahoga Community College, Fire Training Academy, 11000 Pleasant Valley Road, Parma, OH 44130.

Fax registrations to (216) 987-5468.

**NOTE: If your Fire Department is paying, you must include either a check, an original purchase order, or a letter of intent signed by the Chief on Department letterhead.**

Course Reference Number	Course Title	Start Date	Fee
	Physical Agility Test		\$ 60.00
	Physical Agility Prep Course		\$125.00