



# CITY OF NORWICH

## FIREFIGHTER APPLICANT

### PHYSICAL ABILITY TEST

#### DESCRIPTION OF THE APPLICANT PHYSICAL ABILITY TEST

Firefighting is among the nation's most physically demanding occupations, requiring high levels of muscular strength, endurance and above average levels of cardiovascular conditioning.

The second phase of the firefighter testing process is a pass/fail physical ability test. Applicants must pass the physical ability test in order to proceed to the oral board examination. The City of Norwich is administering this test - the details of which are described below.

#### Part 1 – Timed event

##### 1.5 Mile Run

This test determines cardiovascular fitness. You will be assessed on the 1.5 mile run test. This test consists of six (6) laps around a standard ¼-mile track. Applicants must obtain a time of 13:00 or less to move on to Part 2.

Part 2 – Timed event. Part 2 consists of five (5) tasks. Your time will begin when you begin Task 1. Once Task 1 is complete, you will move to Task 2. Once Task 2 is complete, you will move to Task 3, and so forth until all the tasks are complete. Your time will end when you finish Task 5. If you cannot complete a task, your timer will advise you that you are eliminated from the process.

**All tasks will be demonstrated to candidates prior to testing.**

#### Task 1 - Hose Advance

Applicant lifts the nozzle end of a flaked out, charged 1 ¾ inch hose, drags the hose 50 feet using an over-the-shoulder grip. Once the hose nozzle crosses the task finish line, the applicant drops the hose and moves to Task 2.

#### Task 2 - Equipment Carry

Applicants picks up two (2) 30 pound dumbbells or equivalent and progresses 50 feet and places them onto an elevated platform. Once the weight is placed on the platform the applicant moves to Task 3.

#### Task 3 - Forcible Entry

Applicant mounts the Keiser Force Machine, or equivalent, as directed, picks up the 9-pound shot mallet and hits a 160-pound steel beam until it moves 5 feet horizontally (the timer will tell the applicant when this has been accomplished). Once the beam has been moved the required distance, applicant drops the mallet and moves to Task 4.

#### Task 4 – Victim Rescue

Applicant will grasp a 165-pound (74.84 kg) mannequin and drag it 35 feet (10.67 m) to a pre-positioned cone, make a 180 turn around the cone, and continue an additional 35 feet (10.67m) to the finish line. It is permissible for the mannequin to touch the cone. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. Once the mannequin crosses the finish line the applicant moves to Task 5.

#### Task 5 – Hose Roll Raise

Applicant will raise and lower the hose roll three (3) times, using the hand over hand method. The hose roll will be attached to a rope and pulley.

For questions on the Physical Ability Test, please call: Mark Waters  
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