

Paragould Fire Department

Physical Agility Test:

The purpose of the agility test is to simulate possible fire fighting activities, which you may be engaged in while performing duties as a firefighter. Also, the agility test is designed to evaluate your flexibility and physical skills.

WAIVER OF LIABILITY

I, _____, hereby consent to this test at my own risk. In case of injury, I, _____, hereby release the City of Paragould, the Human Resources Director, the Paragould Fire Department, the Fire Chief, and officers of the Paragould Fire Department from any and all civil liabilities.

I, _____, hereby certify that I am physically able to perform the activities contained in the physical agility test as indicated below:

1. Carry 3 – 2.5 inch rolled hose 30 ft. (weight 30 lbs.).
2. Hit Kaiser sled with sledgehammer until edge of weight reaches opposite end of sled.
3. Climb stairs to landing and raise hose hand over hand with rope, lift over the handrail and touch the landing with hose roll, pick back up and lower to ground hand over hand.
4. Drag 165-pound mannequin 50 feet.
5. Pull charged 1 ¼ inch hose line 100 feet.
6. Farmer's Carry two 5-gallon foam pails 50 feet turn 180 degrees and return 50 feet.
7. Pick up and 14-foot roof ladder and carry 30 feet.
8. Carry 3 – 2.5-inch hoses 30 feet.

NOTE: There will be a 5-minute set time for passing this physical agility test and all 8 tasks must be successfully completed.

If reasonable accommodations are required for the physical agility testing procedure, please notify Human Resources at 870-239-7511.

Signature of Applicant _____



DOCTOR CONSENT

I have read the above physical agility requirements, and in my medical opinion, _____, is medically fit to take the Fire Department physical agility test.

Signature of Doctor: _____ Date: _____