



ARLINGTON FIRE DEPARTMENT

The list of candidates for possible employment with the Arlington Fire Department will be determined using the results from three categories. The three categories are (1) Written Exams, (2) Physical Agility Test, and (3) Oral Interview.

The applicant must successfully pass a 90-question basic firefighter entry level fire test within a 2-hour time limit. Applicants must obtain a minimum score of 70 to proceed in the process. If fifty percent of the applicants do not obtain 70 or above then the top fifty percent of the applicants taking the exam will be allowed to continue in the process. Additionally, there will be, as part of the written test, a visual fire department equipment test consisting of twenty items easily and readily identifiable shown on a screen. You will have five (5) seconds to view each photo and to choose between three (3) possible answers as to the name and/or identification of the item. Each answer is worth five (5) points. You must score a minimum of 70 to successfully pass the visual identification test. Failure of either portion of the written tests eliminates you from this application process.

No prior training or experience as a firefighter is assumed of candidates taking the IPMA Firefighter Test. It was designed by IPMA (International Public Management Association) to assess critical abilities related to the content areas described below:

Content	Items
Reading Comprehension	24-26
Interpreting Tables	9-10
Situational Judgment	10
Logical and Mathematical Reasoning Ability	14-15
Reading Gauges	2-3
Mechanical Aptitude	5-6
Spatial Sense	9-10
Map Reading	6-7
Vocabulary	7

The second category is the physical agility test which is described in detail later in this document.

The third category is the oral interview. The candidate will sit before an interview panel consisting of Arlington Fire Department Officers. There will be a final, more personal interview with the Chief of the department once the Officers have made recommendations to the Chief.

PHYSICAL AGILITY TEST GUIDELINES

The Arlington Fire Department Agility Test will consist of ten events designed to test your ability to perform tasks related to those that may be performed in the fire service. The ten events will run consecutively with one total time for completion of the events. The first event will consist of the 35' Ladder climb and will be the only event not timed but must be successfully completed. The applicant will ascend to the top of a thirty-five-foot extension ladder, perform a proper leg lock, release and lean back, then grasp the ladder and descend to the ground. As soon as the climb is completed the timing for the remainder of the events will begin when the applicant touches the ground. Timing for the remainder of the events will be done using a stopwatch and timed to the nearest hundredths of a second, with time being rounded to the nearest complete second.

Hundredths equal to or less than .49 will be rounded down. Hundredths equal to or greater than .50 will be rounded up.

Applicant must complete the entire agility test in a recommended time of eight (8) minutes including any penalties for improperly performing any part of the test. Failure to complete the process in the allotted time will not eliminate the individual from continuing in the pre-employment process but will be strongly considered in the ranking process of potential candidates for employment. Applicant must complete the entire process without skipping any part of the test. Skipping any part of the test will disqualify you from the process.

In the event of inclement weather, the decision to continue or delay the start time will be determined that day with the safety of the applicants being the primary factor.

Applicants should wear comfortable, athletic type clothing to participate. Applicants will not be allowed to participate if they are wearing clothing or other apparel that may present a safety hazard to the applicant or that is deemed inappropriate due to design or offensive language. Applicant may bring and use their own gloves but gloves are not a requirement.

Applicants will not be allowed to participate in the agility test without successfully passing the written test and visual equipment identification test which will be given prior to the agility test.

Applicants will sign a hold harmless agreement to participate in the agility test from the Town of Arlington. Cost of treatment of injuries incurred during the physical agility test shall be the responsibility of the applicant's personal medical insurance and not the responsibility of the Town of Arlington or its representatives as indicated on the Hold Harmless Agreement.

Applicants affirm that they have no physical or mental restrictions that would prevent them from participating in the agility test process and understand that these are strenuous activities that require a moderate amount of physical fitness to complete. It is recommended that you consult with your physician if you have any questions or concerns about your ability to participate in this process.

If you injure yourself, you must notify the station officer immediately upon completion of the events or if the injury prevents you from completing the entire process.

Failure to complete any event will result in an incomplete designation for the agility test and will result in the applicant not being considered for this application process. If any portion of an event is not properly performed, a ten second penalty will be added to the total time of the applicant for each improperly performed item. Items that can be penalized will be described during the briefing prior to the test.

Each event is explained here and will be explained the day of the agility test.

The order of the events will be announced and described to the group of applicants before beginning and will not necessarily be run in the order listed below.

(1) 35' Ladder Climb

The applicant will climb a thirty five foot extension ladder that has been placed against the building. The applicant will perform a leg lock on a rung that will be identified on the ladder and release both hands from the beams. The applicant will then descend the ladder and as soon as the applicant touches the ground, timing will begin for the remainder of the events.

(2) Tunnel Crawl

The applicant will crawl through a 7' long tunnel while pulling an uncharged hose line or other tool with them through the tunnel. The nozzle or tool must be pulled completely through the tunnel.

(3) Quarter Mile Run

The applicant will be required to complete a ¼ of a mile route. The route will be explained on the day of the event. Applicant may run, jog, or sprint at their discretion understanding that they must continue to the next event immediately upon completing the route.

(4) Ladder Raise

The applicant will pick up a roof ladder, butt the ladder against the wall, and walk the ladder up to a raised position against the wall, using a one man ladder raise. They will then walk the ladder back down and return it to the starting position. Applicant must keep complete control of the ladder during this exercise, not allowing it to touch the ground while carrying it or making contact with other objects.

(5) Hose Couplings

Applicant shall be required to connect three sections of hose to the three discharges on a fire hydrant. Necessary adaptors if needed for proper connection will be provided along with three sections of various size hoses. Connections must be completely screwed or coupled on and not cross threaded

(6) Keiser Sled (Simulated Chopping for Ventilation)

Applicant will pick up a sledge hammer located near the sled, drive a beam to a designated stopping point and then place the hammer in a designated area before proceeding to the next event. Failure to place the hammer in its designated location or throwing the hammer down will result in a penalty.

(7) Dummy Drag

The applicant will lift a 165 pound rescue manikin under the arms and drag it fifty feet. The feet of the manikin must completely cross the finish line before continuing to the next event. Proper lifting technique must be used. Bend and lift with the legs when lifting and lowering the manikin. Applicant may set the manikin down and reposition their grip if necessary. Dropping the manikin will result in a ten second penalty each time the manikin is dropped.

(8) Hose Pull

Two sections of 2 ½" hose will be bound together, with a utility rope attached and ninety (90) pounds of weight attached on top. Applicant will pull the sections on a flat surface within the apparatus bay a total of fifty feet. This will test the arm strength of the applicant which would

be used during an activity such as pulling ceilings with a pike pole or raising an extension ladder. Applicant may not back up but must pull the rope and hose toward them in a hand over hand motion until the hose is across the finish line. The rope may not be yanked as to cause it to skid toward the finish line.

(9) 2 ½" Hose Drag

This test will consist of 100' of 2½ hose with a playpipe connected on the end. The playpipe will be in the closed position, and the hose will be connected to a hydrant or pumper and charged with water. The applicant will drag the hose from a starting mark to a finish line approximately 40 feet from the start line.

(10) Hose Connections

A 1/4 turn gated hydrant valve will be placed on the fire hydrant located in front of the fire station with a 2½" to 1½" reducer connected to the valve. The fire hydrant will already be turned on with the hydrant valve in the closed position. Two sections of 1¾" hose will be laying stretched out end to end but not connected. There will be a nozzle laying at the end of the hose but not connected. The nozzle will be placed in a full fog pattern. There will be a bucket placed approximately 25' from the nozzle. The applicant will make all necessary connections in order to flow water from the nozzle. Connections may be made in whatever order the applicant prefers. Once all connections are completed the applicant will turn the hydrant valve to the open position to flow water. The applicant will then proceed to the nozzle, open the nozzle and adjust the pattern in such a manner as to knock over the bucket. No connections can be cross-threaded and all connections must be complete connections. Time ends when the bucket is knocked over.