

Fire & Police Selection, Inc.

Physical Ability Test

for

Firefighters

Martinsburg Fire Department v 1.0
(Pre-Norming Handbook)

October 2023

Test Administration Handbook
Including Event Diagrams and Descriptions



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Proctor Instructions for FPSI's Physical Ability Test

For testing sites to accomplish standardized testing procedures, all proctors must have extensive training prior to participation in the process. A strong lead proctor should be appointed for each site. The lead proctor is responsible for ensuring the integrity of the Physical Ability Test.

I. Administrative Notes

Prior to the test administration, candidates should be informed of the content of the test. In addition, candidates must sign a waiver of liability provided by the agency. If the testing site so decides, candidates may be required to obtain a medical release.

At the time of testing, candidates will be walked through the entire test, during which proctors will explain and demonstrate each event (including the different techniques that may be utilized in each event).

When administering the physical ability test to candidates, the paramount concern is the safety of each candidate. Safety can be promoted by ensuring that each candidate is shown the proper ways to perform each event prior to taking the test, by evaluating weather conditions to ensure that they are acceptable for all events conducted in the outdoors, and by including spotters and spotting ropes during the events when appropriate.

Every effort should be made to ensure that required equipment fits. As many sizes as possible should be provided for each piece of equipment, pre-adjusted to all sizes possible to minimize time to adjust and to ensure a good fit for each candidate. Proctors must check the fit for each candidate and help adjust equipment as needed. Although it is the candidates' responsibility to ensure that they are wearing all of the appropriate equipment, proctors are encouraged to check the candidates for proper equipment prior to the start of the test. Test administrators must be sure candidates have completed the liability release form before they are allowed to take the test. If possible, a Fire Department EMT or paramedic team should be available at the testing site.

The location of the test site and all equipment to be used should be checked prior to testing candidates. This can also serve as a training session for test administrators and scorers. A sufficient number of administrators should be present for each event to perform such duties as timing each event, demonstrating the event to the candidates, monitoring each candidate's performance of the event to ensure that it is done correctly, and maintaining accurate records on each candidate. Additional individuals should be present at the test administration to reset the test events when necessary.

The description of events in the continuously-timed portion of the test includes a recommended distance between the events. The total distance between all of the events is 379 feet. It is understood that different testing sites may need to adjust the distances between the events to accommodate the testing areas. However, the total distance between events should remain between 369-389 feet. The distance within each event needs to be replicated exactly.

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Scoring accuracy and fairness to all candidates can be promoted by implementing a standardized approach to each event for all candidates (*e.g.*, sending all candidates through the same events, in the same sequence, and with the same instructions), and utilizing multiple scorers (*e.g.*, two individuals with stop watches).

Spectators at the test are discouraged. It is expected that candidates will be observing each other perform the events. However, all observers should be instructed not to cheer, jeer, whistle, yell, signal, or in any way interfere with a candidate's performance of an event.

Candidates should not be allowed to leave the testing site until they have recovered from the test.

It should be ensured that all test results and information are recorded on the appropriate scoring form.

II. General Instructions

1. Follow the instructions for administration and scoring provided for each event.
2. Show the candidates a videotape demonstration of the test events.
3. Discuss the following points after candidates have viewed the tape:
 - (a) Mandatory equipment consists of (structure) gloves, helmet, turnout coat (**total gear to weigh no more than 11.50 pounds**), and breathing apparatus (**Scott X3 with 45-minute, 5500psi bottle—full—breathing apparatus to weigh no more than a total of 25.90 pounds**).
 - (b) It is the candidates' responsibility to wear all mandatory equipment during the test. If a candidate is not wearing all of the mandatory equipment, he or she must repeat the test or accept a failing score.
 - (c) It is recommended that the department have available kneepads in different sizes for the candidates. Several of the events require the candidates to crawl on their knees, and kneepads serve to protect the candidates from possible injury. The kneepads used in sporting events, made of neoprene material, tend to work the best. Kneepads are not a required part of the mandatory equipment, but should be made available to the candidates.
 - (d) It is the candidates' responsibility to notify a test administrator if they cannot find suitable equipment before they take the test.
4. Discuss the importance of safety. Candidates are not allowed to run between test events. However, candidates may run, safely, within each event.

5. At no time allow a candidate to leave an event unless:
 - (a) it has been correctly accomplished; indicate deficiencies immediately.
 - (b) the candidate says he/she wishes to stop the test or cannot complete the event; the candidate is then disqualified.
6. Upon completion of the event, direct the candidate to the next event.
7. If a candidate appears confused or frustrated, say “Do you need instructions?” (Use these exact words.) If the candidate says “yes,” or if a candidate asks directly for instructions, provide appropriate information.
8. Provide a consistent level of encouragement to all candidates.
9. If a candidate appears to be injured, say “Are you injured?” If the candidate says “yes,” stop the event and report the injury to the paramedics or to the lead proctor immediately.

CONTINUOUSLY-TIMED EVENTS IN THE PHYSICAL ABILITY TEST

Event 1: Dry Hose Deployment

Candidate advances pre-connected 1.75-inch dry hose line for 150 feet. Each 50-foot section weighs 14.90 pounds, for a total of approximately 45 pounds of dry weight dragged. This event simulates extending a dry offensive hose line from an apparatus to a fire scene for firefighting operations.

Event 2: Charged Hose Deployment

Candidate advances pre-connected 1.75-inch charged hose line for 70 feet. This event simulates extending a charged offensive hose line to the seat of a fire for firefighting operations.

Event 3: Halyard Raise

Candidate raises and lowers the fly section of a 24-foot aluminum extension ladder with a halyard. The pull resistance of the ladder is approximately 26 pounds. This event simulates raising and lowering the fly of a 24-foot aluminum extension ladder in order to access higher floors for rescue, ventilation, and other firefighting operations.

Event 4: Roof Walk

Candidate ascends and descends a 10-foot distance walking/crawling on the rungs of a 12-foot straight ladder while carrying a simulated 23.20-pound chain saw (not to exceed 24 pounds). This event simulates walking on a straight ladder with the appropriate equipment in order to perform ventilation operations.

Event 5: Attic Crawl

Candidate crawls a distance of 20 feet across a simulated attic area while carrying a simulated flashlight in his/her hands. This event simulates walking/crawling on joists in an attic to search for the extension of a fire.

Event 6: Roof Ventilation

Candidate stands on a pitched rooftop and strikes the roof 20 times with an 8-pound sledge hammer. This event simulates making a ventilation opening in a roof with an axe or sledge hammer in order to ventilate a fire.

Event 7: Victim Removal

Candidate carries or drags a dummy for 14 feet. This event simulates removing an injured or unconscious victim from a hazardous area.

Event 8: Ladder Removal/Carry

Candidate removes a 12-foot aluminum roof ladder from mounted hooks, carries the ladder 37 feet around a diamond shaped course, and replaces the ladder to the mounted hooks. The weight of the ladder is 43 pounds. This event simulates removing a roof ladder from an apparatus, carrying it to the site of use, and replacing it on the apparatus.

Event 9: Crawling Search

Candidate crawls on the ground floor for a distance of 38 feet. This event simulates crawling while conducting search and rescue, hose deployment, or attic operations in a burning structure.

Event 10: Stair Climb with Hose

Candidate ascends and descends three flights of stairs with a 39.80-pound high-rise pack (comprised of 100-feet of 1 ¾ inch hose). This event simulates climbing stairs with a high-risk pack in order to fight fires in multiple-story buildings.

Test Events and Site Specifications

EVENT 1: Dry Hose Deployment

Description:

Candidate advances pre-connected 1.75-inch dry hose line for 150 feet.

Specifications:

- A 150-foot length of synthetic 1.75-inch dry hose line is laid out in a “Lazy W” to facilitate hose deployment (see diagram). The Lazy W should contain 15-foot flakes.
- Each 50-foot section of the hose should weigh 14.90 pounds, for a total of approximately 45 pounds.
- The end of the hose line should have a standard nozzle.
- The hose is advanced forward 50 feet and then around one corner. The hose is then advanced another 50 feet and around a second corner. Finally, the hose is advanced a final 50 feet to the finish of the event.
- At the end of the event the hose nozzle is placed within the boundaries of a circle (2 feet in diameter) to signify the completion of the event.
- The distance between the end of the 1st event (the circle in which the nozzle of the dry hose line is placed) and the beginning of the 2nd event (the circle in which the nozzle of the charged hose line is picked up) is 5 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

When performing this event, candidates should place the hose nozzle over their shoulder and onto their chests. It is important for candidates to lean their weight forward and move at a rapid yet safe pace.

Candidates are required to keep one hand on the hose nozzle at all times. If candidates do not keep one hand on the nozzle, they will be given a warning. If the behavior continues, the candidate will be required to start the event from the beginning.

When deploying the hose around the obstacles, candidates will be required to “over-shoot” or go past the obstacle and touch the designated area on the course before making the turn. This will reduce the friction on the hose and make it easier to deploy.

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At the completion of the event, candidates are required to place the hose nozzle in the designated area. If the hose nozzle is not placed within the designated area, candidates will be asked to go back and set the nozzle in the appropriate place.

Candidates should be told not to throw the hose nozzle down at the end of the event but to place it in the finishing circle.

After successful completion of the Dry Hose Drag candidates should walk to the next event.

Methods shown to candidates:

Placing nozzle over the shoulder and onto the chest.

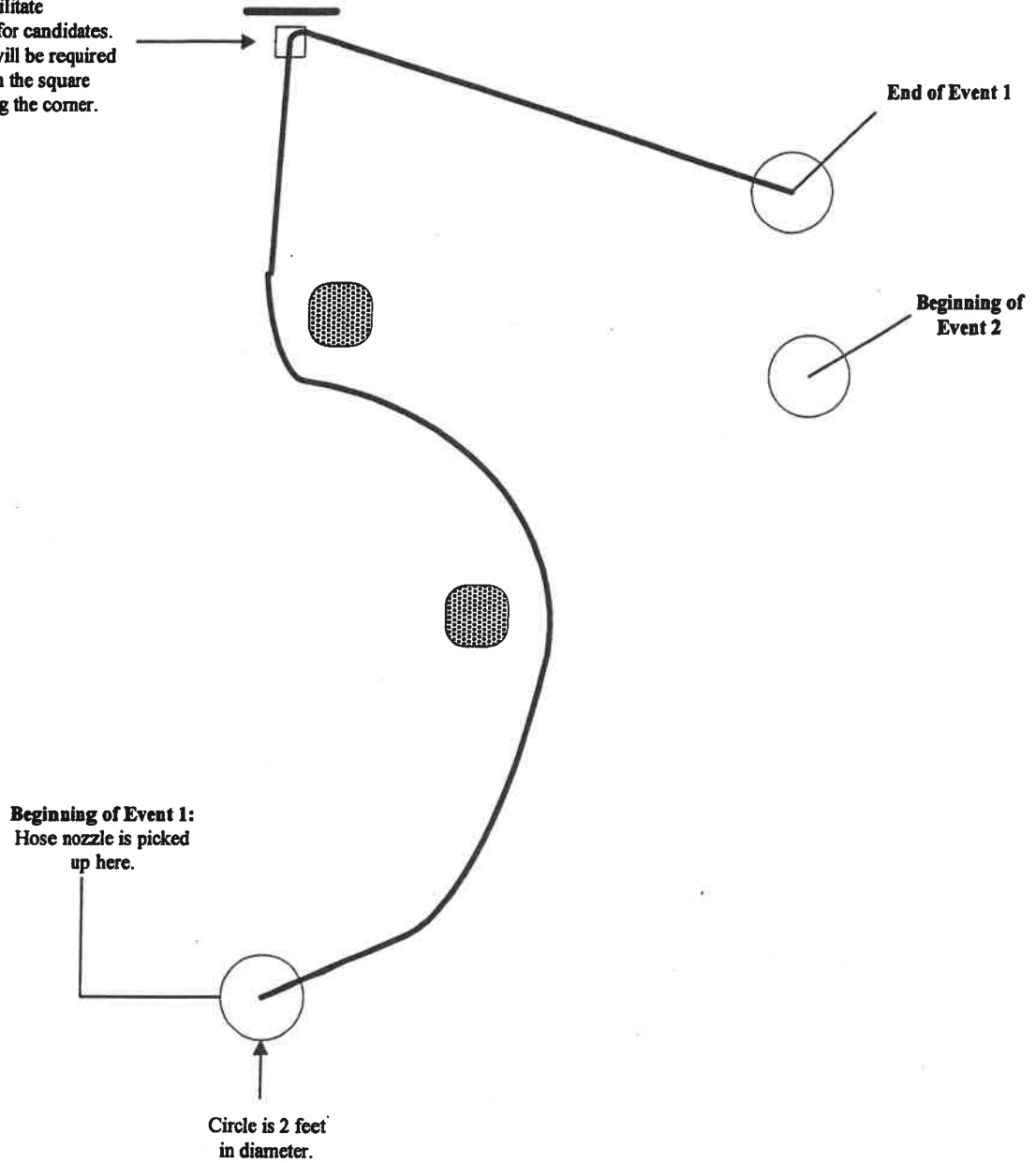
Leaning weight forward and moving at a rapid pace.



Keeping one hand on the hose nozzle.

Placing the hose nozzle in the designated area.

Event 1: Dry Hose Deployment

2 X 2 square painted on the course to facilitate deployment for candidates. Candidates will be required to step within the square before turning the corner.



 = 55 Gallon Barrel  = 2 X 2 Painted Square

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EVENT 2: Charged Hose Deployment

Description:

Candidate advances pre-connected 1.75-inch charged hose line for 70 feet.

Specifications:

- A 100-foot length of charged synthetic 1.75-inch hose line is laid out in a “Lazy W” to facilitate hose deployment (see diagram). The Lazy W should contain 15-foot flakes.
- When dry, each 50-foot section of the hose should weigh 14.90 pounds, for a total of approximately 30 pounds of dry weight.
- Hydrant pressure should be 75-80 psi.
- The candidate will deploy a charged (with hydrant pressure) 1.75-inch hose line through a simulated doorway for 32 feet to a second doorway. The candidate will then deploy the charged hose line through the second simulated doorway at which time he/she will stoop progressively lower while deploying the hose for the remaining distance of 38 feet (to simulate deployment into a hot, smoky environment).
- A total of 70 feet of charged 1.75-inch hose line is deployed.
- At the end of the event the hose nozzle is placed within the boundaries of a circle (2 feet in diameter) to signify the completion of the event.
- The hose should be in good condition, and the last 25 feet must be new.
- Test proctors should place a tarp on the ground where the candidates will be stooping/crawling.
- The distance from the end of the 2nd event (the circle in which the nozzle of the charged hose line is placed) and the beginning of the 3rd event (the halyard raise) is 68 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

When performing this event, candidates should place the hose nozzle over their shoulder and onto their chests. It is important for candidates to lean their weight forward and move at a rapid yet safe pace.

Candidates are allowed to proceed through this event as quickly as possible (which may include running). They are not allowed to run between test events.

Candidates are required to keep one hand on the hose nozzle at all times. If candidates do not keep one hand on the nozzle, they will be given a warning. If the behavior continues, the candidate will be required to start the event from the beginning.

When deploying the hose around the obstacles, candidates will be required to “over-shoot” or go past the obstacle and touch the designated area on the course before making the turn.

Any of the following methods is acceptable for advancing the hose through the crawl tunnel:

1. Facing forward at all times
2. Turning Backwards in the crawl tunnel at any point

Candidates may not use the frames of the crawl tunnel to brace themselves to aide in advancing the hose.

At the completion of the event, candidates are required to place the hose nozzle in the designated area. If the hose nozzle is not placed within the designated area, candidates will be asked to go back and set the nozzle in the appropriate place.

After successful completion of the Charged Hose Deployment, candidates should walk to the next event.

Methods shown to candidates:

Placing nozzle over the shoulder and onto the chest.

Leaning weight forward and moving at a rapid pace.

Keeping one hand on the hose nozzle.

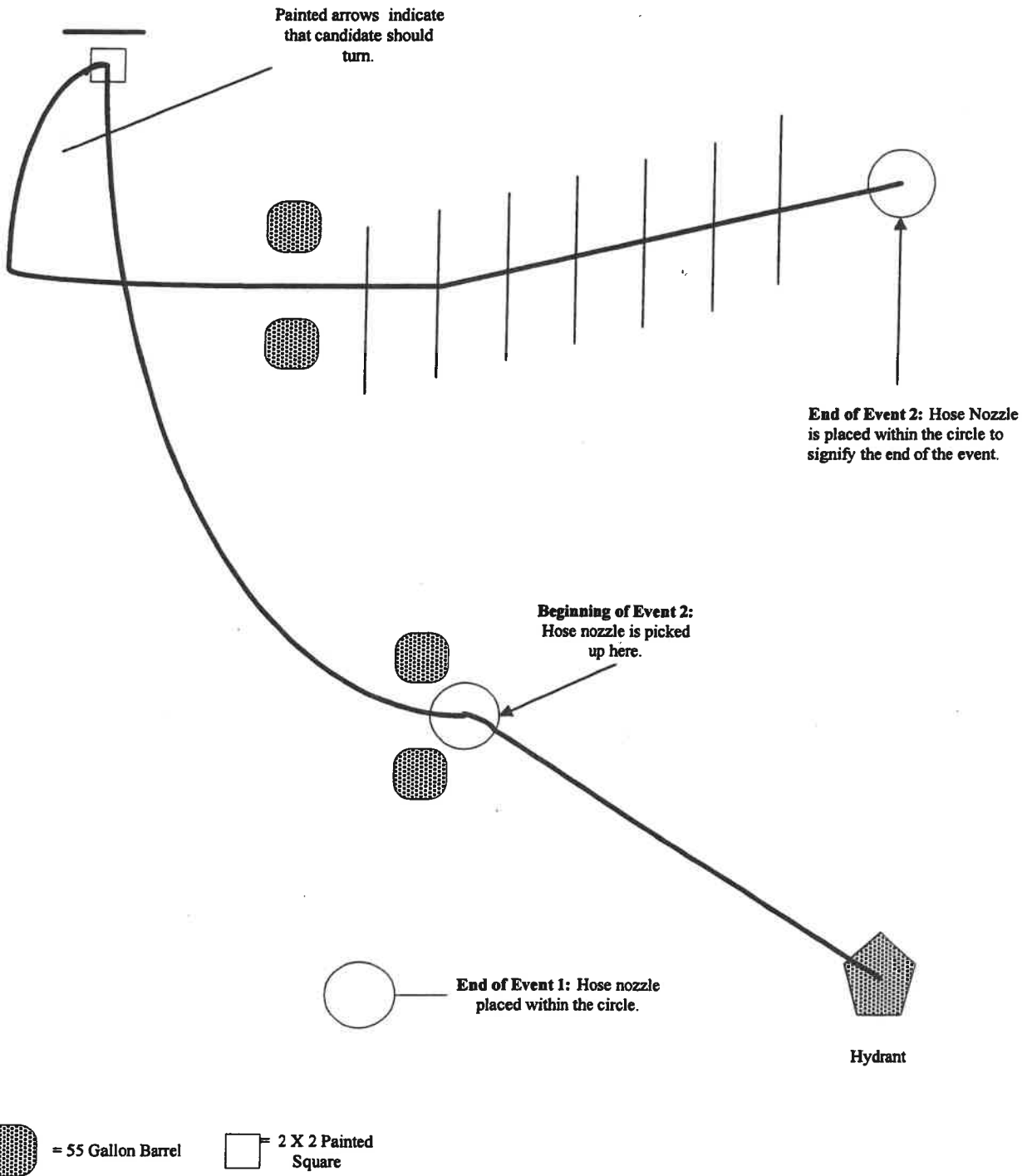
“Over-shooting” obstacle and touching designated area on the course.

Facing forward when deploying the hose underneath the obstacles. Facing backwards near the end of the crawl tunnel to aide in advancing the hose.

Placing the hose nozzle in the designated area.

**Event 2: Charged
Hose Deployment**

○ — Event 3:
Halyard
Raise



EVENT 3: Halyard Raise

Description:

Candidate raises the fly section of a 24-foot aluminum extension ladder.

Specifications:

- The 24-foot aluminum extension ladder should consist of 2 sections and 1 pulley.
- The resistance for each pull is approximately 26 pounds (not to exceed 45 pounds) and should be no more than 2 years old.
- Candidate must foot the ladder—placing one foot at the base of the extension ladder.
- Candidate may not lean back or stoop down when raising the halyard. Candidate must be standing relatively straight as if he/she were supporting the weight of the ladder.
- The distance between the end of the 3rd event (the halyard raise) and the beginning of the 4th event (the roof walk) is 20 feet.

Disqualifications:

- If the rope slips in the candidates' hands a second time during the halyard raise (i.e., one foot or more), the candidate is disqualified from the test.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to brace one foot against the base of the ladder, also known as “footing the ladder.” If candidates do not properly foot the ladder they will be asked to lower the ladder and begin the event again.

Candidates may use one of two methods for raising the extension ladder. A candidate may use a thumbs-up, hand-over-hand raise or a thumbs-down, hand-over-hand raise. Candidates are allowed to use a two-handed method to begin the raise, but must continue the event with a hand-over-hand technique.

Candidates are not allowed to jump up and grasp the halyard. Both feet must remain on the ground at all times.

Candidates are not allowed to crouch down and use their lower body to perform the raise.

If the rope slips through the candidate's hands during the halyard raise, the candidate must restart the event from the beginning. If the rope slips through the candidate's hands a second time during the halyard raise, the candidate is disqualified from the test.

After successful completion of the Halyard Raise candidates should walk to the next event.

Methods shown to candidates:

Proper foot placement: one foot placed at the base of the ladder.

The hand-over-hand technique for raising the halyard (thumbs up and thumbs down).

The two-handed technique for starting the halyard raise, then completion of the raise with a hand-over-hand technique.

EVENT 4: Roof Walk

Description:

Candidate ascends and descends a 10-foot distance walking/crawling on the rungs of a 12-foot straight ladder while carrying a 23.20-pound chain saw.

Specifications:

- A 12-foot aluminum straight ladder is placed on a simulated rooftop. The rooftop must have a pitch of 6 feet for the 10 foot distance.
- The chain saw must weigh 23.20 pounds (not to exceed 24 pounds) and have a shape and distribution of weight similar to a chain saw. A chain saw case may be used (with a stable weight inside not to exceed 24 pounds).
- The distance between the end of the 4th event (the roof walk) and the beginning of the 5th event (the attic crawl) is 24 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to touch every rung on the way up the ladder with at least one foot, including the rung designated with paint or tape at the 10 foot mark. If candidates skip rungs on the way up the ladder, they will be required to start the event from the beginning.

Candidates are not required to touch every rung on the way down the ladder. Candidates should proceed down the ladder in a manner that is comfortable and safe.

Candidates are not allowed to turn around and walk down the ladder. If candidates fail to back down the ladder, they will be required to start the event from the point at which they turned forward.

Candidates are allowed to slide the chainsaw along the roof when backing down the ladder. Candidates may also carry the chainsaw when backing down the ladder.

The chainsaw must be returned to the designated area after the completion of the event. If candidates do not return the chainsaw to the designated area, they will be asked to put it in the appropriate place before going to the next event.

After successful completion of the Roof Walk candidates should proceed to the next event.

Methods shown to candidates:

Touching every rung with at least one foot when climbing up the ladder, including the rung designated with tape or paint.

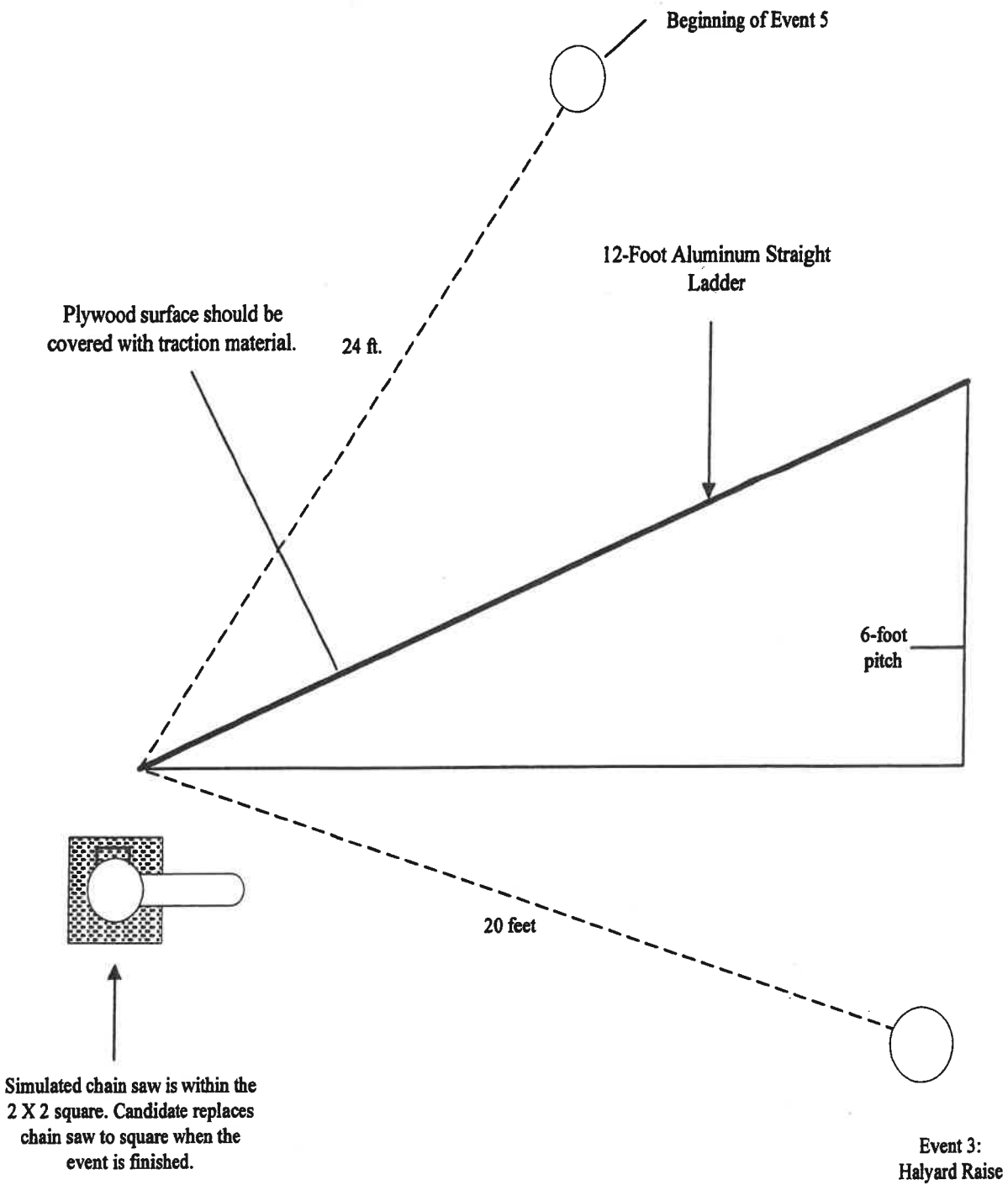
Skipping rungs on the way down the ladder.

Sliding the chain saw down the roof when backing down the ladder.

Carrying the chain saw when backing down the ladder.

Placing the chainsaw in the designated area.

Event 4: Roof Walk



EVENT 5: Attic Crawl

Description:

Candidate crawls a distance of 20 feet across a simulated attic area while carrying a simulated flashlight in his/her hands.

Specifications:

- The simulated attic must be 20 feet long and 4 feet wide. It should be constructed with 2 X 12's placed 16 inches apart.
- Four barriers (4 feet in height from the ground to the top of the barrier) should be placed every 6.5 feet to ensure that candidates stay low (see diagram).
- The simulated flashlight may be constructed from wood and should be approximately 2 inches in diameter and 12 inches long, although an actual flashlight may be used for this event.
- The distance between the end of the 5th event (the attic crawl) and the beginning of the 6th event (the roof ventilation) is 78 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to pick up the simulated flashlight and proceed across the attic prop, staying below the barriers.

Candidates may either crawl on their hands and knees across the attic prop or “crab walk” on their hands and feet (as long as the candidates stay below the barriers).

If a candidate knocks over a barrier, the proctor will reset the barrier, and the candidate will start the event from the beginning.

Candidates may not drop their hands or feet through the joists, touching the ground below the attic prop. If candidates touch the ground they will be required to start the event from the beginning.

Candidates must place the simulated flashlight in the original designated box to signify the completion of the event. If candidates do not return the flashlight to the designated area, they will be asked to return it to the appropriate place before going to the next event.

After successful completion of the Attic Crawl candidates should walk to the next event.

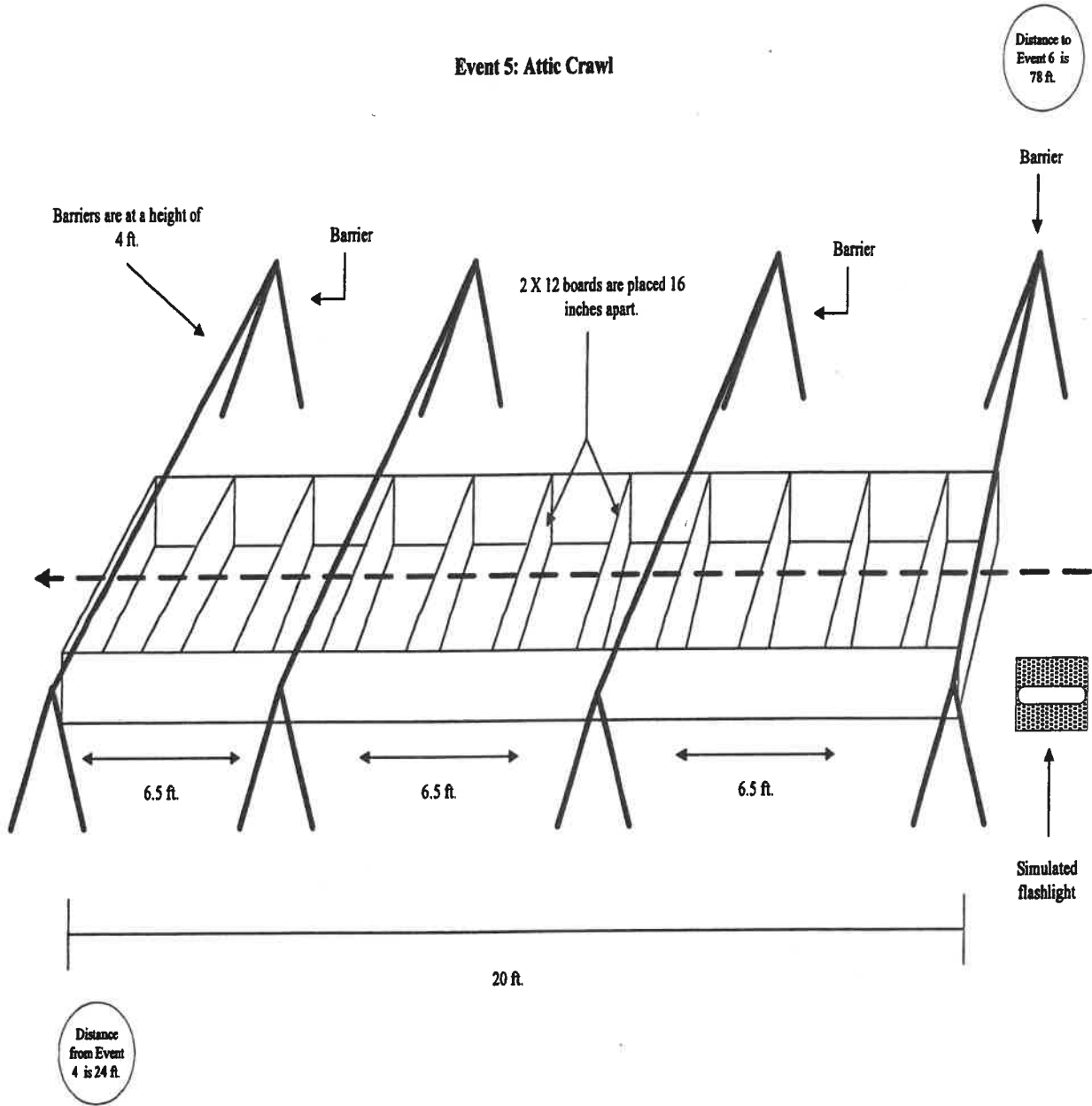
Methods shown to candidates:

Crawling on hands and knees across the simulated attic.

Crab-walking (with hands and feet) across the simulated attic.

Placing the flashlight in the designated area.

Event 5: Attic Crawl



EVENT 6: Roof Ventilation

Description:

Candidate stands on a pitched rooftop and strikes the roof 20 times with an 8-pound sledge hammer.

Specifications:

- For each strike, candidate is required to:
 - 1) raise the hammer above his/her helmet, **AND**
 - 2) maintain control of the sledge hammer at all times.
- The distance between the end of the 6th event (the roof ventilation) and the beginning of the 7th event (the victim removal) is 27 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates will pick up the sledge hammer from the designated area. Candidates can either place one foot on the foot rest provided, or stand closer to the strike area if necessary.

For each strike, the candidates are required to raise the sledge hammer above their helmet and strike the roof while maintaining control of the sledge hammer.

The number of strikes will be counted out loud by the proctor during the event. Improper strikes will not be counted. An improper strike is one that is not raised above the helmet, or one in which control of the sledge hammer is not maintained at all times. If the sledge hammer is brought above the helmet and then simply allowed to fall back down to the prop, the candidate is not maintaining control of the sledge hammer.

After completing the event, the sledge hammer should be placed in the designated area. If candidates do not place the sledge hammer in the designated area, they will be asked to return it to the appropriate place before going to the next event.

After successful completion of the Roof Ventilation, candidates should walk to the next event.

Methods shown to candidates:

Foot placement: (1) one foot on the “foot rest”

(2) one foot closer to the strike area (not on the foot rest)

Acceptable methods: Candidates may use any method as long as they raise the sledge hammer above the helmet and maintain control of the sledge hammer at all times. The following are two methods that could be used by candidates.

1st Method: Candidates can place both hands at the bottom of the sledge hammer for each strike.

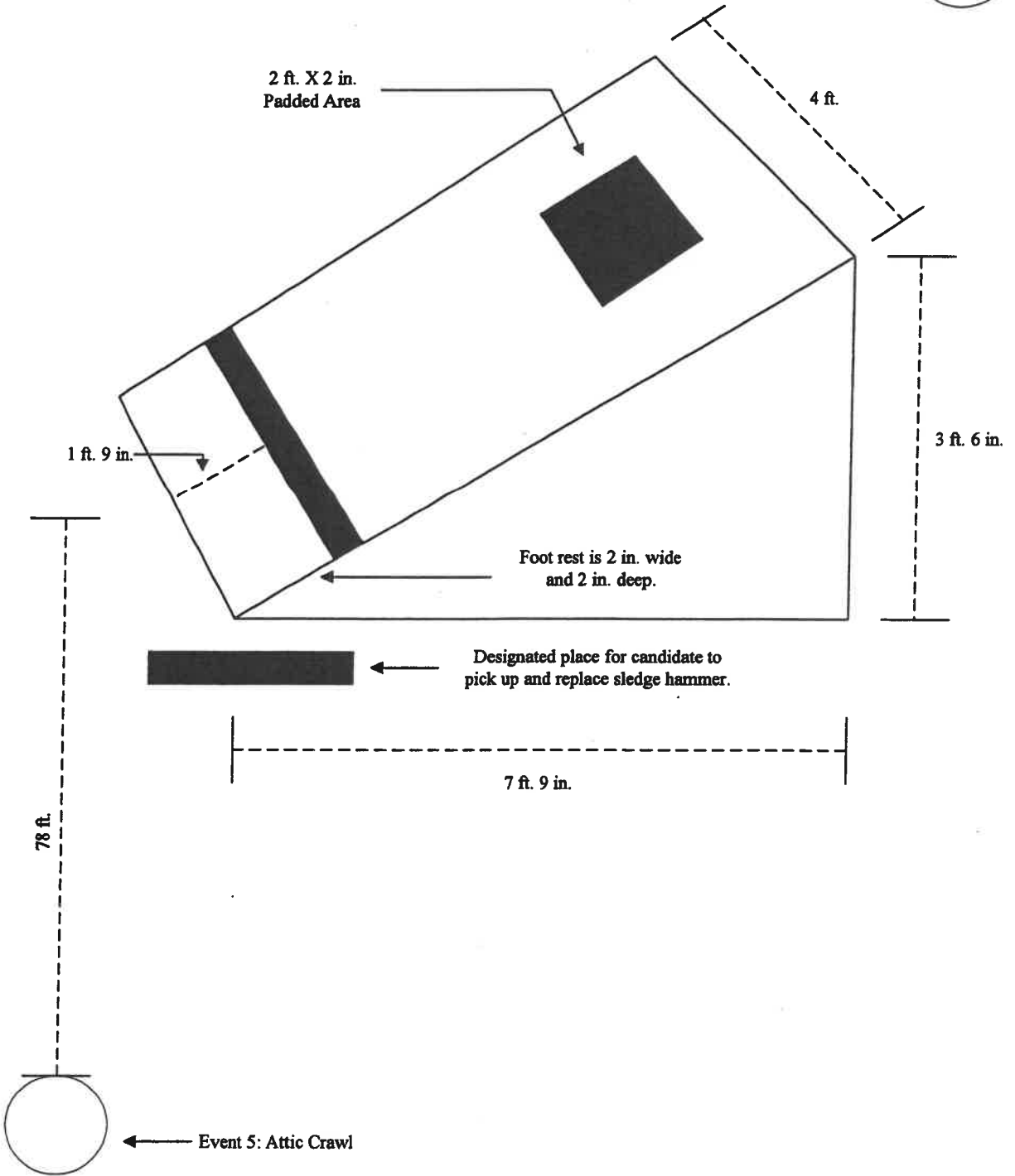
2nd Method: Candidates can slide their top hand to the top of the sledge hammer and back down to the bottom of the sledge hammer for each strike, while swinging the hammer in a round house motion.

Both methods require the sledge hammer to be brought above the helmet on every strike.

Unacceptable methods: Strikes not raised above the helmet and strikes in which control of the sledge hammer is not maintained at all times (as described above).

Event 6: Roof Ventilation

Distance to
Event 7 is
27 feet.



EVENT 7: Victim Removal

Description:

Candidate drags a 185-pound dummy for 14 feet.

Specifications:

- The candidate drags the dummy (between 5 and 6 feet in height) seven (7) feet in one direction, goes around a cone, and drags the dummy an additional seven (7) feet back to the starting point.
- The distance between the end of the 7th event (the victim removal) and the beginning of the 8th event (the ladder removal/carry) is 77 feet.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are several methods that may be used during this event:

- A) Dummy Drag (Under Arms): Candidates may grab the dummy underneath the arms, lift the torso of the dummy off the ground, and drag the dummy around the course.
- B) Dummy Drag (Over Arms): Candidates may grab the dummy over the arms, lift the torso of the dummy off of the ground, and drag the dummy around the course.
- C) Dummy Drag (One or Two Arms): Candidates may grab the dummy by one or two arms and drag the dummy around the course.
- D) Dummy Carry: Candidates may carry the dummy, although this method is the most time-consuming and strenuous.
- E) Using the Class 3 Harness. **(If the harness is used during the norming process, it must be used during actual candidate testing, too).**

Candidates may not drag the dummy by the head, feet, or clothes.

Regardless of the method used, candidates must move the dummy completely around the cones and place the dummy back in the starting position. If candidates fail to carry or drag the dummy completely around a cone, they will be asked to go back and properly maneuver the dummy around the cone. If candidates fail to place the dummy back in the

starting position, they will be asked to go back and put the dummy in the proper place before proceeding to the next event.

After successful completion of the Victim Removal candidates should walk to the next event.

Methods shown to candidates:

Dummy Drag (Under Arms): Candidate places his or her arms underneath the arms of the dummy and lifts the upper torso off of the ground for the drag.

Dummy Drag (Over Arms): Candidate places his or her arms over the arms of the dummy and lifts the upper torso off of the ground for the drag.

Dummy Drag (by one arm): Candidate drags the dummy by one arm.

Dummy Drag (by two arms): Candidate drags the dummy by two arms.

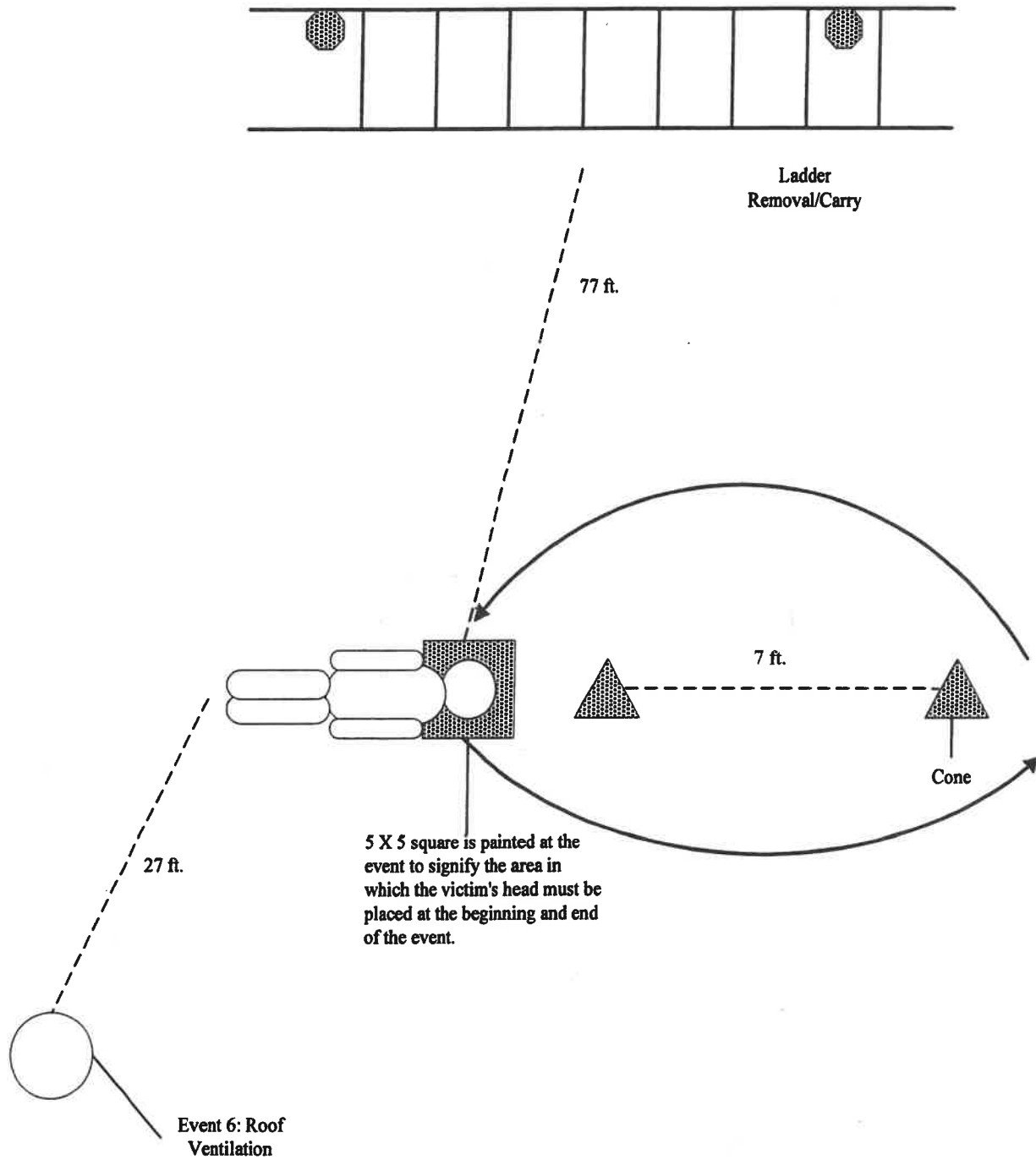
Dummy Carry: Full weight of the dummy is lifted off of the ground (weight can be placed over the shoulder, cradled in the arms, etc.).

Utilizing the harness.

Candidates should be shown how to move the dummy completely around the obstacles, replacing the dummy in the original starting position.

Event 7: Victim Removal

Distance to
Event 8 is
77 feet.



EVENT 8: Ladder Removal/Carry

Description:

Candidate removes a 12-foot aluminum roof ladder from mounted hooks, carries the ladder 37 feet around a diamond shaped course, and replaces the ladder to mounted hooks.

Specifications:

- The 12-foot aluminum roof ladder should weigh 43 pounds. Two rungs on the ladder should be painted to signify those rungs closest to the mounted hooks. This is to aid candidates in placing the ladder properly back into position.
- A “ladder drop box” should be painted around the mounted ladder to indicate the area in which it is acceptable for the ladder to touch the ground. The box should extend 4 feet from either end of the ladder and 4 feet in front of the ladder.
- The candidates can ground the ladder within the designated drop box immediately after removing it and/or immediately before replacing it.
- The ladder will not be allowed to touch the ground while it is being carried outside of the straight ladder drop box.
- The mounted hooks should be positioned so that the bottom beam of the ladder is located 58 inches from the ground (**or standard truck height**).
- The distance between the end of the 8th event (the ladder removal/carry) and the beginning of the 9th (the crawling search) is 75 feet.

Disqualification:

If a candidate requires a third intervention during the event, the candidate is disqualified.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are three methods that may be used when completing this event: (1) the High Shoulder Carry, the (2) Low Shoulder Carry, and (3) the Suitcase Carry. With all methods, candidates should begin by finding the balance point of the ladder. Rungs in the middle of the ladder, which should provide the best balance point, will be marked.

- A) High Shoulder Carry: In the high shoulder carry the entire ladder sits on the top of the candidate’s shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and

proceed around the designated area, replacing the ladder to the hooks directly from the shoulder.

- B) Low Shoulder Carry: In the low shoulder carry the top beam of the ladder sits on the top of the candidate's shoulder. Candidates may place the ladder directly on their shoulder from the mounted hooks and proceed around the designated area, replacing the ladder to the hooks directly from the shoulder.
- C) Suitcase Carry In this method the top beam of the ladder is held in one arm like a suitcase.

If, in the proctor's opinion, the candidate loses control of the ladder while carrying it around the designated area, the proctor may intervene. The proctor will take the ladder from the candidate, placing it on the ground at the place where the candidate lost control. The candidate can then pick the ladder up (in any fashion) and continue.

When replacing the ladder, both ends of the ladder must be in control and off of the ground. If one end of the ladder hits the ground during replacement, the proctor will assist the candidate in grounding the ladder and the candidate will then be required to replace it properly.

The ladder must be replaced on the hooks in the original position. There will be rungs painted on the ladder to assist candidates in this process. If the ladder is not replaced in the original position, candidates will be required to remove the ladder and replace it in the proper position.

Candidates are not allowed to lean or brace the ladder against the wall during replacement. If a candidate leans the ladder against the wall, they will be required to remove the ladder and replace it properly.

While performing this event, candidates are allowed two penalties. A penalty includes any two of the following:

- A) When candidates drop the ladder;
- B) When candidates lose control of the ladder and the proctor assists in grounding;
- C) When candidates voluntarily ground the ladder to gain stability; and lastly,
- D) When the ladder falls over the neck of the candidate, with the candidate's neck between ladder rungs. In this case, the proctor will assist in the removal and grounding of the ladder.

If a third penalty occurs, candidates will be disqualified.

After successful completion of the Ladder Removal/Carry candidates should walk to the next event.

Methods shown to candidates:

Finding the balance point of the ladder.

Placing ladder directly on shoulder from mounted hooks.

Grounding the ladder in the designated “drop box” immediately after removal and before placement of the ladder.

High shoulder carry.

Low shoulder carry.

Suitcase carry.

Properly replacing the ladder (with both ends off of the ground and in the appropriate position).

EVENT 9: Crawling Search

Description:

Candidate crawls on the ground floor, outside of the tower (or other staircase), for a distance of 38 feet around four (4) cones placed 9.5 feet apart. Candidate stands up and walks to the next event.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

Candidates are required to crawl on their hands and knees around the designated area on the ground floor.

Four (4) barriers (i.e., cones, etc.) should be set up, in a rectangular configuration, to guide candidates in the right direction and to ensure that they crawl the total distance.

After completing the crawl candidates must stand up and walk to the next event.

The distance from the end of Event 9 and the beginning of Event 10 is 5 feet.

Methods shown to candidates:

Crawling on hands and knees across floor.

Crab-walking (with hands and feet) across the floor.

Standing up and walking to the next event.

EVENT 10: Stair Climb with Hose

Description:

Candidate climbs a total of three (3) flights of stairs with a 39.80-pound high-risk pack (composed of 100 feet of synthetic 1 3/4" hose) and crosses the finish line carrying the hose bundle.

Specifications:

- There are approximately **xxx** (this amount needs to be reported to FPSI after the norming is completed so it can be properly documented in the final Test Administration Handbook) total steps in this event (not including a landing on each floor).
- Candidates may skip steps on the way up the stairs.
- Candidates must touch every step on the way down the stairs.
- A designated area where the hose bundle is placed at the beginning of the event.

Demonstration to Candidates:

Information that should be given to candidates during the demonstration:

There are two ways in which the hose bundle may be carried. Candidates may put the hose bundle over their left or right shoulder and proceed up the stairs. Candidates may also carry the hose bundle in their arms, although this method is not the most efficient.

Candidates are allowed to skip steps on the way up.

Candidates are not allowed to skip steps on the way down the stairs. Every step must be touched. If candidates fail to touch a step with their foot, they will be required to go back and touch that step before proceeding down the stairs.

Once the candidate has ascended and descended the staircase, the candidate crosses the finish line carrying the hose bundle.

Methods shown to candidates:

Carrying the bundle on top of the right and left shoulder.

Carrying the bundle in their arms.

Crossing the finish line while carrying the hose bundle.