



Olds Fire Department Physical Demands Testing

Candidates will perform the following functions during the recruit physical evening. The events are staggered and are set up in differing order for each candidate. The candidates will be given coveralls, boots if they do not have steel-toed footwear, gloves, helmets, and safety glasses. The events demand a typical physical component that displays the normal activity of a firefighter while on duty during an emergency response. The following is an overview for the candidates so they can have prior knowledge before the physical testing event. The candidates will have the opportunity for a reasonable break in between events.

The events are run and tested by members of the Olds Fire Department. Along with the physical portion, memory, and basic recall of information and/or orders given during these events will be tested. If the candidate is unable or should not perform the physical demand event, the candidate must inform administration.

Candidates will be given the opportunity to have the events demonstrated prior to beginning them. The Candidates will be scored and ranked on their performance in the physical event.

Event 1: Charged Hose Drag

OFD average 30 seconds

In 60 seconds, the candidate wearing a jacket, helmet, and gloves will advance a weighted mat by pulling a hose 60' across the fire hall bay floor and back. Approximate weight 100lbs.

Event 2: Apartment Fire Evolution

Wearing a jacket, helmet, and gloves, the candidate will hoist one bundle of 65 mm hose onto their shoulder from the ground and proceed up the stairs, touching every stair and utilizing the handrail. At the top, the candidate will drop the hose to their feet, proceed to the rail and position themselves to pull a rope attached to another single roll of 65 mm hose from the ground level below. The candidate will raise the hose to a level equal to the top rail, then lower



the hose to the ground. This action will be repeated twice. The candidate will utilize a hand-over-hand technique in both raising and lowering the hose, at no time allowing the rope to slip through their hands. If rope slippage is not corrected, the candidate will be given one warning. The candidates time will stop after the hose is lowered to the ground and the candidate carry's the shoulder pack back to the start of the event at the bottom of the stairs.

Event 3: Forcible Entry - Keiser Prop

OFD average 24 seconds

In one minute, the candidate will stand on the Keiser prop and use a 9lb sledgehammer to move the device 0.55 m. 100lb weight.

Event 4: Ladder Climb

Wearing a jacket, helmet, gloves, and a safety belt, the candidate must climb to the top of a partially extended ladder truck (extended 56' and elevated to 65 degrees). The candidate will be followed up the ladder by a firefighter. Once they reach the basket, the candidate will clip in a safety belt and perform a prescribed task as instructed by the evaluator. Once the task has been accomplished the ladder will be hydraulically lowered to the ground. The candidate will unclasp the safety hook and exit the ladder.

Event 5: Confined Space

OFD average 5min 30 seconds

In six minutes, the candidate will climb a ladder to the top of the confined space sea-can, put on jacket, helmet, gloves, a "blacked out" SCBA mask, pack, and tank. They will enter the sea-can while breathing air and go through the maze in zero visibility. The candidate will perform a manual dexterity task as assigned by the evaluator. The candidate is expected to proceed through the entire length of the maze without removing their mask or withdrawing before finding the exit. The examiner will provide instructions and give directions as required.

Event 6: Hydrant Connection

In 4 minutes, the candidate will stand 3 m from a hydrant where they will be instructed to connect one hose from the hydrant to the #1 intake of the truck and one hose from the #1 discharge to the monitor on the ground. Time will stop when the connections are snug by hand only.