

# *LONG BEACH FIRE DEPARTMENT*

## **Physical Agility Requirements for Entry-Level Candidates**

**Candidates will be allowed two (2) attempts to complete each event, or series of events**

Event 1 will be done in a group format.

Each individual will do events 2 through 11 alone.

Events 6 through 11 will be done in succession, with a rest period.

Prior to attempting this test, all candidates will receive detailed instructions regarding each event, and may ask questions for clarification purposes.

At least two (2) Fire Department members will be assigned to lead/monitor the candidates.

Instructions regarding safety issues will be adhered to during the entire testing process. The officer-in-charge may stop any activity that is not being performed as instructed, or is being performed in an un-safe manner.

Candidates should advise a Fire Department member if they suffer an injury, or if they experience any type of pain during the testing process. The officer-in-charge will make the determination as to whether the candidate may continue.

Candidates will wear protective headgear and gloves while performing events 5 through 11

Candidates should wear clothing suitable for strenuous activity, and shoes that provide ankle support.

**\*\*\* This is a physical demanding test, and all candidates should drink plenty of fluids in advance, in an effort to pre-hydrate themselves. It is recommended that the candidate begin this at least 24 hours in advance of the test date. Fluids containing caffeine or alcohol should be avoided. \*\*\***

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## **Physical Agility Requirements for Entry-Level Candidates**

1. **Run/Walk (Timed Event)**  
One-and-one half (1 ½) mile run /walk in fourteen (14) minutes or less. (Stamina)
  2. **Sit-ups (Timed Event)**  
Thirty-five (35) bent-knee sit-ups within two (2) minutes. Arms are to be folded against the chest, knees flexed, and a spotter will hold feet. (Strength and flexibility)
  3. **Push-ups (Timed Event)**  
Twenty-five (25) push-ups within one and one half (1 ½) minutes. These must be performed without returning to an "at rest" position on the floor. (Flexibility)
  4. **Sit and Reach (Pass/Fail Event)**  
Sit and reach test, achieving a score of eleven inches (11") or greater. (Flexibility)
  5. **Search (Pass/Fail Event)**  
Search a maze, following an assigned search pattern while wearing blacked out mask, gloves, and protective helmet. (Ability to function without sight)
  6. **Treadmill or Stair Machine with Weighted Vest (Pass/Fail)**  
While wearing vest weighing approximately fifty (50) pounds with shoulder weights adding approximately twenty-five (25) pounds, the applicant will walk for four (4) minutes without stopping or stepping from the treadmill or stair machine. (Speed 3, Incline 3) **Remove Shoulder Weights**
- \*\*\* The Following Events (7-11) are timed as 1 event. \*\*\***  
**Candidate will wear fifty (50) pound weight vest**
7. **Ladder Climb**  
Climb up and down a twenty-four (24) extension ladder twice.
  8. **Ventilation/Forcible Entry**  
Using a ten pound hammer, the applicant shall strike the forcible entry machine until the buzzer indicates that they are complete.
  9. **Victim Rescue**  
Drag a simulated victim weighting approximately one hundred seventy (170) pounds a distance of seventy-five (75) feet.
  10. **Ceiling Breach/ Pull**  
Using the props provided, perform 3 sets of the following; use a 6-foot pike pole to push a 60 lb. panel up three times, then pull an 80 lb. hook down three times.
  11. **Hydrant Connection/ Hose Advance/ Hose Operations**  
Using adapters provided, connect one hundred (100) feet of 1 ¾" fire hose to a fire hydrant, open the hydrant, drag the charged hose to a designated location, operate the nozzle to flow water for thirty (30) seconds, and return the nozzle to the starting location.