

Release

In consideration of being considered for employment, I, the undersigned, being an applicant for employment as a paramedic/firefighter for the City of Napoleon, Henry County, Ohio, being informed that, as a part of the examination for this position which I seek, I must take and undergo the below stated physical agility tests to be administered by the Civil Service Commission of the City of Napoleon, in the City of Napoleon, Ohio; hereby elect to and do assume all risks for any injury which may be sustained by me in the course of undergoing the aforesaid physical agility tests and hereby release and hold harmless the City of Napoleon, Henry County, Ohio, its officers, agents and employees thereof, and the Civil Service Commission of the City of Napoleon, Henry County, Ohio, from all liability for any and all claims arising out of any injury which might be sustained by me in the course of undergoing said physical agility tests.

Physical Agility Test

The candidate, after signing the proper release, shall complete the following:

Station 1: Hose Drag

The participant will start at the designated location 75 feet from the building.

The participant will pull a single 2 ½ inch hose and advance the hose to the Fire Department connection located on the building. The participant will connect the hose to the Fire Department connection. The participant will return to the apparatus and uncouple the hose at the 100 foot mark and advance a second hose to the Fire Department connection and make a proper connection. The participant will proceed directly to station 2.

Station 2: Advancing of Hose Pack and Hose Lift

The participant will raise to the shoulder and carry the designated hose pack up the stairs to a designated area. The participant will proceed to the roof and using the provided rope and hose roller, pull 50 feet of 2 ½ inch hose to the roof. The participant will proceed directly to station 3. (The complete 50 foot section of hose must be raised to complete this station. A five (5) second penalty will be added for each missed or skipped stair step.)

(Note: Hose pack will consist of a 50 foot section of 2 ½ inch hose.)

Station 3: Simulated Ax Swing

The participant will move the block on the Keiser Sled using the designated Hammer a distance of Five (5) feet.

30 SECOND REST PERIOD

Section 4: Equipment Carry

From the marked location, ten (10) feet from the building entrance, the participant will lift and carry a eighteen (18) inch smoke ejector to the first landing of the stairs and return to the starting point. The participant will lift and carry a twenty (20) pound dry chemical extinguisher to the first landing of the stairs. The participant will return the smoke ejector to the starting point. The participant will return to the landing and carry the extinguisher back to the starting point. The participant will proceed directly to station 5.

Station 5: Ladder Raise

From the bedded position, the participant will properly remove and carry a twenty-four (24) foot extension ladder to the building. The participant will properly heel and raise the ladder to the building. The participant will properly position the ladder for climbing. The participant will properly lower the ladder, lift and carry the ladder and return it to the bedded position. (As directed in the IFSTA Essentials Manual, Fourth Edition)

30 SECOND REST PERIOD

Station 6: Hose Drag/Rescue

The participant will crawl and drag a 2 ½ inch hose and nozzle thirty (30) feet to the marked location. The participant will place the hose down. The participant will drag while crawling, a one hundred sixty (160) pound dummy pack to the original starting point. (while crawling the participant will keep one knee in contact with the ground at all times *Knee pads are recommended) The participant shall proceed directly to station 7.

Station 7: Beam Walk

The participant will walk to the designated location and pick up a rolled section of 2 ½ hose. The participant will step on the beams of the twenty-four (24) foot extension ladder and walk to the marked end. The participant will turn and walk the beams back to the starting position and lower the hose to the ground. The participants time will stop when the hose contacts the ground. (feet will remain on the beams.) (Five (5) seconds will be added to the end time for each missed step from the beams.)

END OF TEST

All exercises will be completed wearing full protective clothing (less bunkers and boots) and a self-contained breathing apparatus (SCBA). No face-piece will be used. Athletic shoes will be permitted.

This is a timed evaluation; the time will be calculated for all seven (7) stations. There are two (2) mandatory rest periods. Rest periods must be observed by all participants. Time starts at the beginning of the first evolution and stops upon completion of the last evolution.

To successfully complete the test: a participant must complete all seven (7) evaluations and the two (2) rest periods in a total of twelve (12) minutes or less. Additional time will be assessed for missed steps as stated in Station 2 and Station 7.

To successfully complete this physical agility test, the candidate must meet the minimum standard for each numbered event. A candidate shall, however, have the opportunity to retake if necessary one numbered event. Any event retaken shall be done at the same testing session.

**PLEASE SIGN THE ATTACHED RELEASE FORM
AND RETURN WITH APPLICATION**

RELEASE FORM FOR AGILITY TEST

I, the undersigned, have read this release and physical agility test requirements and understand all of its terms. I hereby execute it voluntarily and with full knowledge of its contents and its significance.

Applicant agrees this Release shall be governed by the laws of Ohio, regardless where executed.

Applicant

Signed in my presence by the Applicant herein named this _____ day of

_____, _____ at _____, County of

_____, and State of _____.

(seal)

Notary Public or other person authorized to give oaths.

This release must be properly signed, notarized and received prior to the date of the test.