



The Oak Harbor Fire Department Physical Agility Test is administered to assess an applicant's ability to meet the minimum levels of performance including balance, endurance, climbing, etc. To prepare for this test, applicants are encouraged to review these procedures and point system and use them to evaluate their abilities. The test will be administered in the order listed here. 734 points are required to pass the test and proceed in the application process.

## PROCEDURES FOR PHYSICAL AGILITY PERFORMANCE TEST

**AERIAL CLIMB.** Tests your leg strength, endurance and tolerance of heights. You shall climb an aerial ladder fully extended to 100 feet at a 70-degree angle, touch the top rung and return to the ground. You shall be equipped and wear gloves, helmet and a safety belt. This is a PASS/FAIL event. You must successfully complete the aerial climb to proceed.

**BEAM WALK.** Measures balance and the ability to maintain body equilibrium while carrying a load. You shall walk along a balance beam measuring approximately 16' long x 3 5/8" wide and 11 inches from the ground carrying a 25 pound weight without stopping, falling off or stepping off the beam. This is a PASS/FAIL event.

**CHIN-UPS.** Measure "dynamic strength" - the ability to effectively move your body weight. You will grasp the bar with palms facing away from the body; arms fully extended and feet off the floor and without a swing, pull yourself up so the chin is touching the bar and return to a position where the arms are fully extended in a smooth and continuous motion without excessive resting. Repeat this motion as many times as possible. Lifting straps are not allowed. This is a SCORED event.

**WEIGHT LIFTS.** Four lifts shall be performed:

**SQUATS.** You stand in a squat rack with a padded bar and with a lifting belt applied around your waist. A spotter will be in position behind you. You are required to squat 90 pounds until the thigh is parallel to the floor as many times as possible without interruption or stopping. Deep squats or partial squats shall not be allowed. This is a SCORED event.

**BICEPS CURLS.** You stand with heels eight inches from wall and arms held straight with an EZ Curl bar loaded with 60 pounds. You are required to curl the weight as many times as possible without interruption. The arms shall return to an extended (straight) position. Excessive upper body motion (swinging) will not be allowed. This is a SCORED event.

**INCLINE SHOULDER PRESS.** You are seated with back against an incline board and are required to press the weight (60 pounds) as many times as possible without interruption and in a smooth and continuous motion. This is a SCORED event.

**LAT PULLS.** At a Lat Pull Machine, you shall pull 70 pounds to the upper portion of the chest as many times as possible in a smooth and continuous motion without interruption. You shall remain in an upright position and shall not be allowed to lean back excessively. Hand position on the bar shall be at shoulder width or greater. No weight lifting straps are allowed. Weight lifting shall be performed with as many repetitions for each activity as the participant can perform. This is a SCORED event.

**SIT AND REACH FLEXIBILITY.** Measures the flexibility of the hips, low back and hamstrings. You are in a seated position with the heels and back of the knees touching the floor. You reach forward to the toes or beyond holding the position for one second. The best of three attempts will be allowed. This is a PASS/FAIL event.

**ABDOMINAL CURL.** Determines trunk strength and endurance. You will assume a supine position with knees bent and feet not held down by another individual, in a position 12 inches from the buttocks. Arms are held straight with hands resting on the thighs. Slide the hands up the thigh until the palms reach the kneecaps. Return to the point where the shoulder blades touch the floor. Repeat as many as possible in one minute. This is a TIMED and SCORED event.

**ONE-MILE WALK/RUN.** Provides a measure of stamina. You should be dressed in running shoes to perform this evaluation, and shall be timed for ability to walk/run one mile. The maximum amount of time allowed is 12 minutes. This event is TIMED and SCORED.

## PHYSICAL ABILITY TEST SCORING SYSTEM

734 points required to pass (an additional one (1) bonus point given for every 20 points over 734)

### AERIAL CLIMB

PASS \ FAIL

### BEAM WALK

PASS: 50 POINTS

FAIL: 0 POINTS

### CHIN UPS

REPS	POINTS	REPS	POINTS
10 .....	123	5 .....	109
9 .....	121	4 .....	106
8 .....	118	3 .....	103
7 .....	115	2 .....	100
6 .....	112	1 .....	50

### FLEXIBILITY

PASS: 50 POINTS

FAIL: 0 POINTS

### ABDOMINAL CURLS

REPS	POINTS	REPS	POINTS
23 .....	83	37 .....	97
24 .....	84	38 .....	98
25 .....	85	39 .....	99
26 .....	86	40 .....	100
27 .....	87	41 .....	101
28 .....	88	42 .....	102
29 .....	89	43 .....	103
30 .....	90	44 .....	104
31 .....	91	45 .....	105
32 .....	92	46 .....	106
33 .....	93	47 .....	107
34 .....	94	48 .....	108
35 .....	95	49 .....	109
36 .....	96	50 .....	110
		51 .....	111
		52 .....	112
		53 .....	113
		54 .....	114
		55 .....	115
		56 .....	116
		57 .....	117
		58 .....	118
		59 .....	119
		60 .....	120
		61 .....	121
		62 .....	122
		63 .....	123
		64 .....	124
		65+ .....	125

### WEIGHT LIFTING

<u>SQUATS</u> (90 LBS)		<u>BICEPS CURL</u> (60 LBS)		<u>SHOULDER PRESS</u> (60 LBS)		<u>LAT PULLS</u> (70 LBS)	
REPS	POINTS	REPS	POINTS	REPS	POINTS	REPS	POINTS
10 .....	90	5 .....	80	10 .....	90	20 .....	90
11 .....	91	6 .....	82	11 .....	91	21 .....	91
12 .....	92	7 .....	84	12 .....	92	22 .....	92
13 .....	93	8 .....	86	13 .....	93	23 .....	93
14 .....	94	9 .....	88	14 .....	94	24 .....	94
15 .....	95	10 .....	90	15 .....	95	25 .....	95
16 .....	96	11 .....	92	16 .....	96	26 .....	96
17 .....	97	12 .....	94	17 .....	97	27 .....	97
18 .....	98	13 .....	96	18 .....	98	28 .....	98
19 .....	99	14 .....	98	19 .....	99	29 .....	99
20 .....	100	15 .....	100	20 .....	100	30 .....	100
21 .....	101	16 .....	101	21 .....	101	31 .....	101
22 .....	102	17 .....	102	22 .....	102	32 .....	102
23 .....	103	18 .....	103	23 .....	103	33 .....	103
24 .....	104	19 .....	104	24 .....	104	34 .....	104
25 .....	105	20 .....	105	25 .....	105	35 .....	105
26 .....	106	21 .....	106	26 .....	106	36 .....	106
27 .....	107	22 .....	107	27 .....	107	37 .....	107
28 .....	108	23 .....	108	28 .....	108	38 .....	108
29 .....	109	24 .....	109	29 .....	109	39 .....	109
30 .....	110	25 .....	110	30 .....	110	40 .....	110
		26 .....	111				
		27 .....	112				
		28 .....	113				
		29 .....	114				
		30 .....	115				

### CARDIOVASCULAR ENDURANCE - 1-MILE WALK/RUN

TIME (MIN)	POINTS	TIME (MIN)	POINTS
06:00 .....	124	09:01 - 09:15 .....	95
06:01 - 06:15 .....	122	09:16 - 09:30 .....	90
06:16 - 06:30 .....	120	09:31 - 09:45 .....	85
06:31 - 06:45 .....	118	09:46 - 10:00 .....	80
06:46 - 07:00 .....	116	10:01 - 10:15 .....	75
07:01 - 07:15 .....	114	10:16 - 10:30 .....	70
07:16 - 07:30 .....	112	10:31 - 10:45 .....	65
07:31 - 07:45 .....	110	10:46 - 11:00 .....	60
07:46 - 08:00 .....	108	11:01 - 11:15 .....	55
08:01 - 08:15 .....	106	11:16 - 11:30 .....	50
08:16 - 08:30 .....	104	11:31 - 11:45 .....	45
08:31 - 08:45 .....	102	11:46 - 12:00 .....	40
08:46 - 09:00 .....	100	12:01 + .....	0