

MFD Physical Agility Test



- Candidate shall complete eight stations in the allotted time given.
- Candidate should wear appropriate clothing for test.
 - A. Long pants/ No shorts (pant will get stained/dirty)
 - B. No open toe or open heel footwear
 - C. No loose or restrictive jewelry
 - D. T-shirt/Sweatshirt
 - E. Gloves optional
- Candidate will wear a weighted air pack, approximately 50#
- Candidate time will start when the stair climber starts and time will stop when candidate completes the last station.
- Candidate time will be kept by multiple observers.
- Candidate will have MFD personnel shadowing them through this process if any questions arise during test.
- Candidate will have an opportunity to see the course and ask any questions on the day of exam.
- Candidate will have 10:20 to complete all eight stations. This is a pass or fail test.

1. Candidate will have a 20 second warm up on the stair climber and then will climb at a rate of 60 steps per minute for 3 minutes.
 - a. (85 ft cool down)



2. Candidate will drag a 200 ft 1 ¼ hose line 100 ft, then turn, drop to one knee and pull the other 100 ft of hose hand over hand to a designated point.
 - (85 ft cool down)



3. Candidate will bend at the knees and pick up two 25 lb weights. Candidate will carry the two weights in a straight line 75 ft around a cone and back 75 ft to the original starting point.
 - (85 ft cool down)



4. Candidate will take 10 controlled strikes, with a sledge hammer, at a waist high rubber plate simulating a door breach.
(85 ft cool down)



5. Candidate will drag a 165 lb dummy 40 ft, around a cone, and back 40 ft to the original starting point for a total of 80 ft.
(85 ft cool down)



6. Candidate will raise a 24 ft extension ladder while making contact with each rung while raising. Then the candidate will fully extend a 24 ft extension ladder while using a hand over hand-controlled motion and lowering the ladder in the same manner. If the candidate loses control of the ladder or lets the rope slide through their hands, the station must be started over from the beginning.
(85 ft cool down)



7. Candidate will crawl on hands and knees 65 ft to simulate conducting a search in a structure.
(85 ft cool down)



8. Candidate, while using a 6 ft pike pole, will fully push a 60 lb weighted plate until it stops and lower until it stops 3 times. Then the candidate will pull a 80 lb weighted handle down fully and release it fully 5 times. This will count as one set, with a total of 4 sets to be completed.

