

# Conway Fire Department

## Pre-Employment Physical Agility Paperwork

June 24, 2017

7:00 a.m.

CFD Training Facility (1525 Sturgis Rd)



YOU MUST REPORT TO THE CONWAY FIRE DEPARTMENT  
TRAINING SITE AT 1525 STURGIS ROAD

BY 7:00AM (unless otherwise notified) ON SATURDAY, JUNE 24,  
2017 FOR THE PHYSICAL AGILITY TEST

**Gates will lock promptly at 7:00am.**

**You are responsible for being there rain or shine before the gates  
are closed with the appropriate paperwork; no exceptions.**

**Only individuals that are participating in the agility test are  
allowed on site.**

*Directions to Training Site from the Little Rock Area*

1. Take the AR-60/US-65-BR/AR-286 exit, EXIT 129, toward Dave Ward Drive
2. Take the US-65-BR/Dave Ward Drive West exit, EXIT 129B toward AR-60
3. Turn SLIGHT RIGHT onto US-65 BR/AR-286/Dave Ward Drive/Industrial Blvd.
4. Take the AR-365 ramp
5. Turn LEFT onto S Harkrider St./AR-365. Continue to follow AR-365 S
6. Turn RIGHT onto STURGIS RD.
7. End at 1525 Sturgis Road Conway, AR 72034

*Directions to Training Site from the Russellville Area*

1. Take the AR-286 exit, EXIT 129, toward US-65-BR/AR-60/Dave Ward Drive
2. Turn RIGHT onto US-65 BR/AR-286/Dave Ward Drive/Industrial Blvd.
3. Take the AR-365 ramp
4. Turn LEFT onto Harkrider St./AR-365. Continue to follow AR-365 South
5. Turn RIGHT onto STURGIS RD.
6. End at 1525 Sturgis Road Conway, AR 72034

# CONWAY FIRE DEPARTMENT ENTRY LEVEL FIREFIGHTER EXAM

## **Important Info:**

- Educational/Vocational Qualification points (maximum of 5) will be awarded for the following:

Three (3) points shall be award for Firefighter I and II certifications through or approved by Arkansas Fire Academy

Two (2) points shall be awarded for Arkansas EMT certification

**Candidates must provide copies of Firefighter I, Firefighter II and Arkansas EMT certification on Saturday, June 24th at the physical agility test in order to receive the Educational/Vocational Qualification points.**

- 35 years of age is the maximum age limit for appointment does not apply to any person who has at least two (2) years of previous experience as a paid firefighter with another fire department and whose years of experience as a paid firefighter when subtracted from the person's age leaves a remainder of not more than thirty-two (32) years.

**If you have already arrived at the age of 35 years, you must bring your documentation on Saturday, June 24<sup>th</sup> validating your previous experience as a paid firefighter with another department.**

- Required paperwork:
  - Applicant Information Sheet (Page 1) – must be filled out and signed
  - Applicant Status Change Form (Page 2) – please read and sign at the bottom
  - Statement of Physical or Medical Condition (Page 3) – must be filled out and signed
  - Affidavit and Release of Liability for Physical Agility Test (Page 4) – please read and sign, **this form will be notarized on site by Conway Fire Department personnel**
  - Authorization for Release of Information (Page 5) - please read and sign, **this form will be notarized on site by Conway Fire Department personnel**
  - Conway Fire Department Physical Agility Test Form (Page 6) – top portion (Name, Height, Weight) must be filled out

**Individuals that do not have the above completed paperwork (Pages 1-6) with them on Saturday, June 24<sup>th</sup> will not be allowed to test**

(Pages 1 – 6 must be filled out and brought to the Physical Agility Test)

## APPLICANT INFORMATION SHEET

**BE SURE AND PRINT**

<b>NAME</b>	Last	First	Middle Initial
<b>ADDRESS</b>	Street		
	City	State	Zip
<b>TELEPHONE</b>	Home		Cell
	Month	Day	Year
<b>SOCIAL SECURITY NUMBER</b>			
<b>DRIVERS LICENSE</b>	Number		State

**Applicant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## Conway Fire Department Applicant Status Change Form



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I understand that as an applicant for the position of Firefighter with the Conway Fire Department, I am required to **IMMEDIATELY** notify the department should changes occur in any of the following information after the filing of my original application:

- \* Any change in residence or mailing address
- \* Any change in telephone number

I understand that the reporting of this information is necessary for the Conway Fire Department so that I can be contacted should employment be offered.

I agree to the above requirements and understand that I may be disqualified from consideration for failure to keep the department informed of this information.

I understand that should I decide that I am no longer interested in pursuing this position, that I will notify the Chief of the Conway Fire Department, in writing, of such decision.

I, \_\_\_\_\_, do on this 24th day of June, 2017 hereby acknowledge receipt of a copy of the above instructions and understand it is my responsibility to keep the fire department informed of the above information.



**Conway Fire Department  
Statement of Physical or  
Medical Condition**



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Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Social Security # \_\_\_\_\_

Do you have any physical or medical condition, which could be aggravated by extensive or vigorous exercise?

Yes \_\_\_\_\_ No \_\_\_\_\_

If you answered " yes ", please explain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WARNING:** The City of Conway Fire Department recommends that you do not participate in the physical agility testing if you have any medical or physical condition, which could be aggravated by extensive or vigorous physical exercise. The department will not however, stop any applicant from testing because of this condition.

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Signature of Applicant

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Date



**Conway Fire Department  
Affidavit and Release of Liability  
for Physical Agility test**



I, \_\_\_\_\_, being duly sworn,  
Print Name

depose and state as follows: That I am an applicant for employment as a Firefighter with the City of Conway Fire Department. As a part of the entry level testing process, I must perform a number of standardized physical tasks, which serve as a physical agility test. To the best of my knowledge, I am physically able and fit to perform these tasks and I am doing so with complete knowledge that my signature on this form, duly notarized by a notary public, releases the City of Conway and all individuals who are employees thereof, from any liability to me which could arise in any manner, physical injury to myself or otherwise, resulting from my participation in performing these tasks. I understand the meaning, intention, and effect of this statement and I affirm that the above statement is true and complete.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

(This form will be notarized on site by Conway Fire Department personnel)

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NOTARY STATEMENT

State of Arkansas  
County of Faulkner

Subscribed and sworn to before me this 24<sup>th</sup> day of June 2017.

\_\_\_\_\_  
Notary Public

My commission expires May 4th, 2026



# Conway Fire Department Authorization for Release of Information



I, \_\_\_\_\_, am an applicant for employment with the City  
Printed Name

of Conway Fire Department. In order to process my application, certain information must be made available to the Fire Chief of the City of Conway. This information is for my benefit. I hereby authorize, request, and direct: education institutions; my references; my employers (past and present); financial institutions of any kind; medical institutions and doctors; any other person, institution, or organization; and all governmental agencies and instrumentalities (local, state, federal, or foreign); wherever said individuals or organizations are situated, to release to the Fire Chief of the City of Conway or to any representative thereof, any document, information, record, or file that he deems material to the processing for my application for employment. Said information can be furnished if request therefore is made in person or in writing.

Further, I release all of said individuals and organizations from all liability to me that could arise in any manner, contact or otherwise, from the act of furnishing said information and records to the Fire Chief or his representative, and this serves as a waiver of contract that I have with any of the said organizations or individuals and serves as a waiver of any and all communication privileges that I could claim.

Further, I appoint the Fire Chief or his representative as my agent and attorney - in - fact for the sole purpose of collecting information for processing my application and direct that he be permitted to inspect all of said files and information, and be permitted to make copies thereof at his discretion. This request can be treated as if I were making the request in person.

I understand the meaning, intention, and effect of this statement and I affirm that the above statement is true and complete.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

(This form will be notarized on site by Conway Fire Department personnel)

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### NOTARY STATEMENT

State of Arkansas  
County of Faulkner

Subscribed and sworn to before me this 24<sup>th</sup> day of June 2017.

\_\_\_\_\_  
Notary Public

My commission expires May 4th, 2026.



**Conway Fire Department**  
**Pre-Employment Physical Agility Test Form**  
**June 24, 2017**

Name:	Height:	Weight:
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Event	Result	Comments
Hose Roll	Pass or Fail	
Hose Advance	Pass or Fail	
Ladder Carry and Set-up	Pass or Fail	
Attic Crawl	Pass or Fail	
Ventilation	Pass or Fail	
High Rise Pack Carry	Pass or Fail	
Citizen's Assist	Pass or Fail	

**Timekeeper:** \_\_\_\_\_ **Total Time:** \_\_\_\_\_

Event	Result	Comments
Aerial Ladder Climb	Pass or Fail	

**Timekeeper:** \_\_\_\_\_ **Total Time:** \_\_\_\_\_



# Conway Fire Department

## Physical Agility Test



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### Event Descriptions, Standards and Job Relevance

#### 1. Hose Roll

Description- The applicant will roll and unroll a 50' section of 3" double-jacketed fire hose

Standard- The hose must be rolled beginning at the male coupling and rolled in such a manner that the finished roll is neat in appearance and will store easily in a hose rack while taking up minimal space

Job Relevance- Fire hose is some of the most used equipment in the fire service. Firefighters must roll and unroll hose for a number of reasons including fire scene use, training, cleaning, maintenance, and storage

#### 2. Hose Advance

Description- The applicant will connect a nozzle to 100' of 3" double jacketed, uncharged, unrolled fire hose and advance the hose to its full length of 100' where he then disconnects the nozzle from the hose

Standard- The nozzle must be completely threaded onto the male coupling before advancing the hose. The entire 100' length of the hose must be stretched out and the nozzle removed

Job Relevance- Fire hose is carried on all department engine companies. Many times during firefighting operations, firefighters are responsible for connecting nozzles to hoses and advancing these hose lines to points of attack during suppression efforts

#### 3. Ladder Carry and Set-up

Description- The applicant is required to remove a 28' aluminum extension ladder from a platform of some type, carry it to a building, set it up, take it down and return it to the platform

Standard- The ladder must be placed for climbing with the tip of the ladder up against the building and the fly section of the ladder to the outside or away from the structure. The ladder should also be set to the proper climbing angle, which is approximately 75 degrees

Job Relevance- Ground ladders are a necessity to fireground operations and are carried on all department apparatus. These ladders are mounted an average of 80" above the ground on apparatus. Firefighters must have the ability to reach, remove, and handle these ladders in order to efficiently utilize them at the scene of an emergency.

#### 4. Attic Crawl

Description- The applicant must crawl through a pre-cut simulated attic with an approximately 2'x 2' opening and 12' in length

Standard- The applicant must successfully negotiate the attic crawl

Job Relevance- Proceeding through attics and confined crawl spaces in full gear is a routine part of a firefighter's duties. In order to reach smoldering attic fires or to check for fire extension from an interior fire, the firefighter may be required to enter the attic and crawl to the necessary location. Care must be exercised when working in these areas to prevent unnecessary damage to ceilings and avoid the possibility of firefighter injury.

5. **Ventilation**

Description- The applicant must strike a 165 lb. beam a distance of 5' with a rubber sledgehammer that weighs approximately 10 lbs.

Standard- The target must be struck with action, which is forceful enough to simulate penetrating roofing material to ventilate a building

Job Relevance- Many times firefighters are required to chop a hole in the roof of a structure for the purpose of providing ventilation, which aids in the fire attack. It has been estimated that it would require this amount of force with an ax by a firefighter to penetrate the roofing material of a small building in order to provide the needed ventilation

6. **High Rise Pack Carry**

Description- The applicant must pick up a high-rise pack that weighs approximately 45 lbs. They will then carry it to the top of the 4-story tower and then back down. The applicant may skip stairs on the way up, but must touch each stair step on the way down.

Standard- The applicant must climb the stairs of a 4-story tower with a high-rise pack to the top and then back down. Applicant may skip stairs on the way up, but must touch each stair while coming down.

Job Relevance- Climbing stairs in high-rise buildings, with and without equipment, is a task which firefighters often face when fighting fires. The ability to perform these tasks smoothly and efficiently, with confidence, is extremely important on the fire ground

7. **Citizen's Assist**

Description- The applicant must drag "Rescue Randy", which weighs approximately 185 lbs., a distance of 30'

Standard- Once the applicant has started, they must drag the dummy headfirst. The dummy must be dragged backwards

Job Relevance- When firefighters are called upon to perform a rescue in an emergency situation, it is not unusual for one firefighter to be required to remove a 100+ lb. victim to a safe location

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**Aerial Ladder Climb**

This event is "PASS" or "FAIL" with a 5 minute time limit

Description- The applicant will be required to complete a climb on the department's aerial truck, which will be positioned with the ladder extended to approximately 65' at a 70-degree climbing angle. For the climb the applicant will be outfitted with a firefighter protective coat, helmet, and a safety belt

Standard- Each applicant will be required to successfully complete a climb of the aerial ladder and return to the ground.

Job Relevance- All firefighters within the department are subject to having to climb and work from this piece of apparatus while fighting fire or performing rescue.



# Conway Fire Department

## Physical Agility Examination Procedures



### 1. ELIGIBILITY TO PARTICIPATE

The Conway Fire Department's Firefighter Physical Agility Test is administered as a part of the City of Conway's procedures for establishing an eligibility list for employment as a firefighter with the Department. Only those applicants who successfully pass the written exam will be allowed to participate in the Firefighter Physical Agility Test.

### 2. TEST AND SCORING PROCEDURES

The test as administered by the department, requires the applicant to perform a series of eight (8) firefighter related tasks. Seven (7) of these tasks must be completed in continuous sequence within a total established time of 6 minutes and 30 seconds. The seven events consist of the following:

- 1) Hose Roll
- 2) Hose Advance
- 3) Ladder Carry and Set-up
- 4) Attic Crawl
- 5) Ventilation
- 6) High Rise Pack Carry
- 7) Citizen's Assist

In the first event, the applicant will be required to climb the department's aerial ladder. This event is "PASS" or "FAIL" with a 5 minute time limit.

Scoring for the test is based on a "PASS" or "FAIL" rating for each event. Prior to beginning the test, a department representative will walk through the test. A "demonstrator" will then suit up and perform the test so you can observe first-hand how it is to be performed. The acceptable standards for receiving a "PASS" score will be explained. Once you begin the test and you fail to perform a task to the standard, you will be stopped and an explanation will be given for your error. At this point you have two options:

- 1) You may restart that particular event and continue on, or
- 2) You may quit

If you decide to quit, you will receive a "FAIL" score for the test.

Individual's that reach a time of more than 6 minutes and 30 seconds, will be stopped immediately and will receive a "FAIL" score.

### 3. TESTING ATTIRE

All persons desiring to participate in the test must wear jeans, sweat bottoms, or some other type of long pants that will provide leg protection for the individual. **Applicants who do not wear some type of long pants for leg protection will not be allowed to participate.** Shoes or boots of some type must be worn in order to participate.

Before beginning the test the applicant will be outfitted with a self-contained breathing apparatus, which weighs approximately 30 lb. A helmet, gloves and firefighting protective coat will also be provided for the applicant's protection.