PHYSICIAN'S APPROVAL FORM

_____ has applied to take a fitness battery to qualify for the position of Fremont Firefighter for the City of Fremont Fire Department, Fremont, Ohio through the Fremont Civil Service Commission.

The testing consists of a battery of tests listed on the attached sheet for your review.

Report of Physician

_____ **1. I know of no reason why he/she may not take the fitness tests listed.**

_____ **2. I recommend that the above individual should not take the fitness tests listed.**

_____
Physician's Signature

_____
Date

_____
Physician's Telephone Number

FREMONT FIRE DEPARTMENT
PHYSICAL AGILITY TEST (PAT)
RECREATION CENTER

1) Hose Roll Event:

- Un-roll and re-roll one (1) length of two and a half (2 ½) inch fire hose.
- The coupling must be returned to the starting point
- Hose must be rolled out not thrown out

2) Ladder Climb Event:

- Climb the ladder from ground level to top rung and return to ground level
- Hands shall be placed on the ladder rungs rather than the ladder beams with palms down and thumbs around the rungs
- Each rung shall be used while climbing the ladder
- **DO NOT** run up or down the ladder
- Should you experience any difficulty, **STOP** and notify the monitor for assistance

3) Hose Line Advance Event

- Grasp nozzle attached to hose, place over your shoulder and drag seventy five (75) feet to a designated mark placed on floor
- After crossing designated mark turn around and return the hose to the starting point, and lay the nozzle on the ground
- You may not grasp the hose in any other location than the nozzle or coupling.
- Forward progress shall be maintained at all times during the duration of this event.
- If forward progress is stopped or control of hose is lost you will be disqualified

4) Ventilation Event

- Stand on sled and strike weight with sledge hammer
- Weight must be moved five (5) feet before the event is complete
- Both hands must remain below the marking on the sledge hammer handle for the duration of this event
- If your hands travel above the markings on the handle at anytime during this event you will be disqualified.

5) 3 Part High Rise Event

Part A

- Carry a high-rise pack and sledgehammer from a designated area on ground level continue to the designated stair well, navigating the stair well three (3) times, ending up on the upper track level.
- The steps are to be taken one at a time.
- Continue on upper track to designated area for Part B of event
- Once you reach designated area lay the equipment down in the space provided.

Part B

- You will grasp the rope provided and hoist the hose roll up to your position
- Once the hose roll is pulled up and over the railing and laid down you may continue to the next hose hoist station and repeat the action a second time.
- At no time during this event may you use the railing for assistance.
- If at any time during this event you need to use the rail for assistance you will be disqualified.
- At no time during this event may you stop hoisting if you stop you will be disqualified.

Part C

- You will pick up the high-rise pack and sledgehammer and continue on to the designated stair well.
- You will navigate the stairs two (2) times and end up at the upper track level.
- Steps are to be taken one at a time.
- Lay the high-rise pack and the sledgehammer down at the designated area provided.

6) Rescue Drag Event:

- You will drag a rescue dummy weighing approximately one hundred fifty (150) pounds, seventy-five (75) feet, from the starting line to a designated mark placed on the track, and back to the starting line.
- You will grasp the handles of the harness that is secured to the rescue dummy from behind, and drag the dummy while walking backwards.
- If at any time during this event forward progress is stopped, control of the dummy is lost, or you let go of the harness handles you will be disqualified.

7) Weight Carry Event:

- You will pick up a weight bag weighing approximately one hundred (100) pounds; you will carry the bag from the starting point seventy-five (75) feet to the designated mark placed on the track and back to the starting line.
- You must maintain forward progress for the duration of this event
- The bag must not touch the ground until you cross the finish line.
- You may carry the bag any way you choose so long as it does not touch the ground.
- If at anytime forward progress is stopped or the weight touches the ground you will be disqualified.
- At this time you have completed the agility test.

1) All the events shall be completed within the (10) minute time frame allowed. If you are unable to finish within this time you will be disqualified.

2) Rest may only be taken between events. Once an event has been started you must continue to its completion. (For example, the high-rise event is one continuous event with three (3) parts.)

3) Applicants shall be fitted with the required weighted vest. You may bring your own gloves to the test if you desire, but they must be structural firefighting gloves. If you choose to wear gloves they shall be worn for the duration of the test. Gloves are not required but optional.

4) You shall be at the Fremont Recreation Complex no later than (**8:00 AM**) for sign in, and to attend the orientation prior to the agility test.

5) All required documentation shall be turned in prior to application deadline. Please note a valid driver's license is required for entrance into the exam.

6) A video of the agility test that you will be taking is provided for you to view on YOUTUBE, prior to the test date. The web address is https://youtu.be/HlHu8zt-8Bw