



City of San Marcos FIREFIGHTER ENTRANCE PHYSICAL AGILITY EXERCISE

General Instructions: Applicants will be instructed how to complete each requirement of the exercise.

- Keys to success:**
- Dress appropriately in exercise clothes and shoes.
 - Do not exercise immediately before the agility exercise.
 - Avoid stimulants like caffeine.
 - Have appropriate swimwear and towel for the swim exercise.

Physical Requirements	Description	Criteria
1. Aerobic capacity and endurance.	Complete a 3 minute step test with a 12 inch step. Step to the beat of a metronome set to 96bpm (24 steps per minute).	Heart rate will start to be measured within 5 seconds of the end of the test, and measured for a total of 1 minute. Candidate's ranking must be "Above Ave." based on the YMCA 3 Minute Step Test. *(see footnote) (For this exercise only) if the applicant fails to perform the required task within the time limit, the applicant will be given a second attempt. Additional instruction may be given after the first attempt. <i>If an applicant fails to complete the task after the second attempt, the applicant fails the agility exercise and does not continue.</i>
2. Upper and lower body muscular strength and grip strength.	Pick up a 120 lb. 5 inch rolled hose and carry it 10 feet.	Repetition: 1 time Maximum Time: 13 seconds
3. Aerobic capacity, upper and lower body muscular strength and grip strength.	Drag a charged 1 ¼ inch diameter hose 100 feet.	Repetition: 1 time Maximum Time: 19 seconds
4. Upper body strength and endurance and grip strength.	Overhead activity. Use an upward motion with a weighted pike pole. Must touch high point 2 feet above head and low point 6 inches above head going back and forth.	Time: 2 minutes without stopping. Metronome pace: ~96 Minimum taps: 85
5. Aerobic capacity, upper and lower body muscular strength and grip strength.	Lift a 31 lb. power saw and hold.	Repetition: 1 time Time: Hold for 1 1/2 minutes
6. Aerobic capacity, upper and lower body muscular strength and grip strength.	Drag a 165 lb. victim 100 feet wearing coat and boots. Timing is stopped when the victim's feet cross the 100 foot line. Can use rescuing webbing or not; Applicant's choice.	Repetition: 1 time Maximum Time: 49 seconds
7. Aerobic capacity, upper and lower body muscular strength and grip strength.	Climb 65 foot ladder at 70 degrees to the top, ring bell and come back down. Must wear coat and helmet. (use safety harness) Timed from the time they touch the ladder to the top of the ladder where they touch the nozzle only.	Repetition: 1 time Maximum time: 88 seconds.
8. Aerobic capacity, upper and lower body muscular strength and grip strength.	Crawl through a tunnel with mask on hands and knees for 80 feet. There will be three objects. You must find one object and correctly identify it. May use cloth gloves.	Repetition: 1 time Maximum time: 2 ½ minutes.
Appropriate swimwear is required for the swim exercise which will be conducted at the San Marcos Activity Center. You will be allowed to wear goggles, but fins and caps are not allowed.		
9. Swim/Underwater Exercise	Swim 100 yards. Required to have face underwater to retrieve an object weighing 10 lbs. from the bottom of pool and place on the pool deck.	Repetition: 4 laps of 25 yard lane Maximum time: 3 ½ minutes.

*** Norms for YMCA Step Test**

Age	18 – 25	26 – 35
Men	90 - 99	90 – 99
Women	99 – 108	100 – 111