	Gaffney Fire Department	
	Physical Ability Testing	Revised Dec. 11 2025
SOP#	Chiefs Signature	

Purpose: Gaffney Fire Department will conduct a Physical Ability Test as part of the hiring process. Successful completion of the test is necessary to advance to the next step in the hiring process. The test will measure the candidate's physical ability to perform a given task as well as their mental ability to follow instructions.

Procedure:

All physical agility testing will be completed wearing the following minimum attire, t-shirt, long pants closed toe shoe or boot. In addition to the previous, Gaffney Fire Department will provide a 50lb weight vest, helmet and work gloves to be worn during the test. No personal gloves, helmet or weight vest are permitted. This test is as much your ability to follow instructions as it is checking your physical ability. Therefore a walk-through of the test will be performed explaining each stage prior to starting. If during the test your evaluator must correct you more than two (2) times you are disqualified and the test stops. If at any time the candidate "QUITS" the test, you are then disqualified by self elimination. If the candidate fails to complete the test in ten (10) minutes they are disqualified and the test stops. " No running allowed during the test."

Stage 1: **LADDERS**

The test starts as soon as the candidate touches the ladder

Remove 24' 2 section extension ladder from the wall mount and place on the ground without dropping. Raise a second 24' ladder against the building and fully

extend, retract and then lower back to the ground. Candidate will then lift the first ladder and place it back on the wall mount.

Stage 2: **HOSE PACK**

The candidate will carry a 50' bundle of 2.5" hose on their shoulder to the third floor of the drill tower, while stepping on each step of the stairs. The candidate will repeat this for a total of 3 times.

Stage 3: **PUSH / PULL**

The candidate will step up onto the push / pull simulator and perform the following sequence. Raise the slide from your waist until it touches the white mark at top of the slide pole 5 times then lower back down to the base. Repeat for a total of 3 sequences.

Stage 4: **SAW CARRY**

The Candidate will lift 1 saw at a time from the shelf and place on the ground. The candidate will then lift both saws from the ground and carry them at arm's length 60' and then return back. The candidate will then place both saws on the ground and then place them 1 at a time back onto the shelf.

Stage 5: **HOSE DRAG**

The candidate will pick up the 1.75" hose line and drag it 75' around an object and continue another 25' and stop. The candidates will then turn around and pull 50' of hose hand over hand to them.

Stage 6: **VICTIM DRAG**

Using the 185lb rescue dummy and the attached webbing the candidate will drag the victim walking backwards using both hand from the start/finish line 30' around a cone and return. Once all parts of the dummy are across the start/finish line this will complete the agility test.