



Rhode Island
Association of Fire Chiefs

Firefighter Physical Performance Assessment ("PPA") Testing

The RI Association of Fire Chiefs would like to announce the next round of PPA Testing:

PPA Test Date: April 26 and 27, 2008 (possible third date of May 3, 2008)

PPA Practice Date: March 29, 2008

Registration for the PPA Test will take place at the Rhode Island Fire Academy located at
118 Parade Street, Providence, RI 02909

Tuesday, February 12, 2pm – 7pm
Wednesday, February 20, 2pm – 7pm
Thursday, February 28, 2pm – 7pm

This PFD file contains the following packet of information:

- Information Sheet
- Physical Performance Assessment Guide
- Application Form
- Medical and PPA Waiver and Release Forms
- Directions to the Testing Site

Registration

All applicants must apply in person during one of the registration dates and times listed above. You must bring with you a photo ID and a bank check or money order for \$100 dollars made out to the **RIAFC**. No personal checks or cash will be accepted at registration. Once you have submitted your application and fee, you will be assigned a PPA test date and time. A practice session will be offered on March 29. In order to participate in the practice session you must sign up.

Practice

If you have chosen to participate in the practice session, you will need to show a photo ID and submit your signed medical and PPA waiver and release forms. If you do not submit any of the required paperwork, you will be allowed to OBSERVE ONLY. You will not be able to attempt any of the evolutions.

Test

If you participated in the practice session and submitted all of the required paperwork, all you will need to bring is a photo ID. If you did not attend the practice session, you will need to bring a photo ID and submit your signed medical and PPA waiver and release forms. If you do NOT submit all of the required waiver and release forms, you will NOT be able to participate in the PPA testing nor will another test date be scheduled.

For questions call 401-462-4200 or email jcastro@fire-marshal.ri.gov



Rhode Island Fire Academy

Physical Performance Assessment Test

Guide for Firefighter Candidates

Introduction

The physical performance assessment for firefighter candidates is a timed event, comprised of five stations or evolutions as defined below. All five evolutions must be completed in a series, with no breaks in between, as this is a timed event.

A PASSING SCORE is given to anyone who successfully completes all five evolutions within six (6) minutes.

Prior to starting your test, you will be fitted with a 35 lb.-weighted vest and your timer will answer any last minute questions. You will wear the 35 lb.-weighted vest during the entire test. During the test, your timer will help to keep you on the course but will not provide any encouragement, technique suggestions or information on your current time. You will be given a one-minute warning, which will indicate to you that there is only one minute remaining to complete the test. You cannot time yourself and **NO WATCHES WILL BE ALLOWED ON TEST DAY. NO GLOVES MAY BE WORN DURING THE TEST.**

Evolution #1

EQUIPMENT CARRY / STAIR CLIMB

After being fitted with the 35 lb.-weighted vest, you will be given the signal to start the test, your test time starts when you touch the first step. You will proceed down one flight of stairs empty-handed touching each step. At the bottom of the stairs, you will pick up a 100-ft bundle of hose weighing approximately 50 lbs. and place it over your shoulder. You will next move back up the stairs carrying the hose. When you reach the top of the stairs you will place the hose down (in the marked area) and pick up a second 100-ft bundle of hose weighing approximately 50 lbs. With the second bundle of hose on your shoulder, you will proceed down the stairs to the landing placing the hose on the floor (in the marked area). After placing the hose down you will move up the stairs empty-handed and move to evolution #2 making sure to walk between the two evolutions.

Notes

- You are not allowed to hold onto the handrails unless you need to stop yourself from falling.
- You may run or walk but you must make sure that you touch each step. Failure to touch each step will require that you go back to the missed step and touch it before proceeding, time will continue to run.
- You must place the hose in the marked area. You will not be allowed to proceed until the hose is properly stored.

Evolution #2

FORCIBLE ENTRY

After walking approximately 30 feet from the Equipment Carry / Stair Climb station, you will start the forcible entry station by grabbing the sledgehammer while standing on the side rails of the sled apparatus. You will be required to strike a weighted object (sled) with a 9-lb. soft sledgehammer until the object moves a distance of 5 feet. Markings on the bottom of the sled apparatus indicate your progress and your tester will verbally sound off when you have completed the evolution.

Notes

- You must hold onto the hammer with both hands on the taped area at all times. You are not allowed to slide your hands during the back swing. This is for your safety.
- The best position to strike the sled is with your heels in front of the target/sled.
- If you drop the hammer you may pick it up and continue.
- You may start as soon as you reach the station.

Evolution #3

HOSE DRAG / ADVANCE

After walking approximately 30 feet from the forcible entry station, you will start the hose drag by picking up a charged hose, placing it over your shoulder and dragging it a distance of 100 feet. The end of the hose must be placed in the marked area at the end of the 100 ft. hose drag.

Notes

- You must have one hand on the nozzle at all times while dragging the hose.
- You may run or walk during this station.
- You may start as soon as you reach the station.

Evolution #4

HOSE HOIST

After walking approximately 30 feet from the hose drag station, you will start the hose hoist by standing within the marked area and grabbing the utility rope. You must use a hand-over-hand technique to raise and lower a rolled bundle of hose attached to a utility rope weighing approximately 50 lbs. The evolution is complete when you successfully raise and lower the hose bundle two times or a total of approximately 40 feet.

Notes

- You must stand within the marked box at all times while completing this station.
- You must use a hand-over-hand technique demonstrating control especially with lowering the hose bundle. If the utility rope should slip “loss of control” you will be asked to raise the hose to the point where “control” was lost and then start to lower the hose bundle again, time will continue to run.
- The hose must touch the pulley at the top and the floor at the bottom. If you do not touch the hose bundle at either end you will be asked to raise or lower the hose bundle until it touches properly.

Evolution #5

VICTIM DRAG

After walking approximately 100 feet from the hose hoist station, you will begin the victim drag/rescue evolution. You must lift the simulated victim using a “bear hug” technique while back pedaling a total of 100 feet. Your hands must demonstrate “control” at all times and you may not hold onto the victims clothing. Your test time will stop once the simulated victim’s feet have crossed the finish line.

Notes

- You cannot hold onto the victim’s clothing during the lift or carry, i.e. fingers must remain open or locked/holding onto your other hand, wrist, or forearm.
- You must back pedal during the carrying with only the victim’s feet dragging.
- The test is complete only when the victim’s feet completely cross the finish line.
- You may stop and reposition your hands if necessary.

AFTER THE TEST

Upon completing the test or if you should fail to complete a station, your tester will remove your weighted vest and you will be escorted to a rest area. Water and medical attention, should you require it, will be provided to you in the rest area.

If you complete the test within the 6-minute allowed time, you will receive a certificate of completion indicating your time. Please keep this for your records. The certificate can be submitted to cities/towns, who accept this test, as part of your application. The certificate is good for one full year.



DONALD L. CARCIERI
GOVERNOR

State of Rhode Island and Providence Plantations
Executive Department
Rhode Island State Fire Marshal
118 Parade Street
Providence, RI 02909
(401) 462-4200
Fax: (401) 462-4250

PHYSICAL PERFORMANCE ASSESSMENT APPLICATION

Name _____ Cell Phone _____

Address _____ Home Phone _____

City _____ State _____ Zip _____

- A certificate recognizing a passing time (time limit 6 minutes) will be handed out immediately following your test should you pass. Your certificate is good for one (1) full year. Individual cities or towns reserve the right to request specifically dated tests which may require you to take the test twice in a 12-month period.
- Tests will be administered by the Rhode Island Fire Academy, Providence, RI
- A non-refundable bank check or money order made out to the Rhode Island Association of Fire Chiefs, or RIAFC, in the amount of one hundred dollars (\$100) for each applicant must be submitted with the application.
- A completed and signed Medical Examination Form and Waiver and Release Form must be submitted at the practice session or test session. Without these forms you will not be permitted to participate in the PPA nor will the PPA be rescheduled.

NO PERSONAL CHECKS OR CASH ACCEPTED

Applicant's Signature

Print Name



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PRE-PHYSICAL PERFORMANCE ASSESSMENT MEDICAL EXAMINATION

ENTRY LEVEL FIREFIGHTER

PLEASE NOTE: YOU, AS THE PHYSICIAN,
SHOULD READ THE PHYSICAL PERFORMANCE ASSESSMENT
GUIDE PRIOR TO SIGNING THIS FORM.

BASED ON THE RESULTS OF THE PRE-PHYSICAL PERFORMANCE ASSESSMENT

MEDICAL EVALUATION ON _____ , _____
Date Year

I FIND _____ IS MEDICALLY CERTIFIED
Name

TO ENGAGE IN THE PHYSICAL PERFORMANCE ASSESSMENT PROCEDURES.

I have read the Physical Performance Assessment Guide

I have not read the Physical Performance Assessment Guide

PRINT: _____ , MD

SIGNATURE: _____

ADDRESS: _____

PHONE: _____



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PHYSICAL PERFORMANCE ASSESSMENT WAIVER AND RELEASE

APRIL 2008

I, _____ (candidate's name), on behalf of myself and my heirs, executors, administrators, agents, successors and assigns (Releasor) for good and valuable consideration, the receipt and adequacy of which is hereby acknowledged, hereby remise, release and forever discharge Rhode Island Association of Fire Chiefs, Inc., Rhode Island Fire Academy, Rhode Island State Fire Marshal, the State of Rhode Island, the City/Town/District Fire Departments to whom the undersigned has applied for employment, and all of their respective officers, directors, employees, representatives, agents, attorneys, successors and assigns (hereinafter collectively referred to as Releasees) of and from any and all debts, demands, actions, causes of action, covenants, contracts, controversies, agreements, promises, omissions, damages, executions, claims, rights, liabilities, suits, sums and sums of money, rights to attorneys fees and extents whatsoever both at law and in equity, now existing, or which may result from the existing state of things, including, but not limited to, all claims for injury, damages, personal injury, death, disability, loss of earning capacity, loss of consortium, and conditions incurred during, or as a result of my participation in the Physical Performance Assessment (PPA) in Providence, Rhode Island, for the purpose of demonstrating my abilities to perform certain physical tests, as a prerequisite to employment as a firefighter with any of the participating fire departments.

I acknowledge that I have reviewed and understand each and every separate test comprising the PPA that I will be required to perform, and do hereby state that I am not aware of any physical or medical condition that will be aggravated, worsened or otherwise adversely affected by the strenuous nature of these tests.

The decision of Releasor to make this Waiver and Release has not been induced in any way, directly or indirectly, by any representative or person acting or purporting to act on behalf of Releasee. No promissory inducement which is not herein expressed has been made to Realeasor, and in executing this Waiver and Release, Releasor does not rely upon any statement or representation made by any person, firm or corporation, hereby released, or any agent representing them or any of them.

Signed this _____ day of, _____, _____
Month Year

Witness

Candidate's Signature

RI Fire Academy Representative

ID verified _____

**DIRECTIONS TO PPA TESTING SITE
RHODE ISLAND FIRE ACADEMY
(Located in the historic Cranston Street Armory)
118 PARADE STREET
PROVIDENCE, RHODE ISLAND**

NORTH OF PROVIDENCE TO ARMORY

Travel 95 south take exit #22B, 6/10 connector (Hartford).
Take route 10 south to Cranston.
Take Cranston Street exit; at bottom of exit take a right.
Go to stop light, take a right travel approx 1 mile.
Armory will be on your left. Use Parade Street entrance.

SOUTH OF PROVIDENCE TO ARMORY

Travel 95 north to exit #16 route 10, bear left follow route 10/2 Cranston.
Follow Route 10 to Cranston Street, take exit marked Niantic Ave/Cranston St.
Take a left off exit go to stop sign.
Take a right onto Cranston Street travel approx. 7/10 of a mile.
Armory will be on the left. Use Parade Street entrance.

WEST OF PROVIDENCE TO ARMORY

Travel route 6 east to route 10 to route 10 south.
Take the Cranston Street exit. At bottom of exit take a right.
Go to stop light take a right. Travel approx 1 mile.
Armory will be on the left. Use Parade Street entrance.

EAST OF PROVIDENCE TO ARMORY

Travel route 195 west, to route 95 north.
Take exit #22 to route 6/10 follow route 10.
Take Cranston Street exit.
At bottom of exit take a right.
Go to stop light take a right.
Travel approx 1 mile.
Armory will be on the left. Use Parade Street entrance.