

PHYSICAL ABILITIES ASSESSMENT - AGILITY ASSESSMENT

AGILITY ASSESSMENT

Purpose of the Test

This test is designed to simulate the requirement to rapidly move items of firefighting equipment safely at an incident. It assesses anaerobic capacity and agility.

Assessment Process

The Agility Assessment consists of a series of four shuttles where participants wearing structural personal protective clothing without breathing apparatus are required to retrieve pieces of equipment on a marked track. From the start line, applicants are to move quickly to the 5 metre line, retrieve a coil of hose and move quickly back to the start line. Applicants must place the equipment on the ground and continue by retrieving the standpipe at the 10 metre line, a branch at the 15 metre line and a hose key at the 20 metre line.

Warnings and Disqualifications

Applicants will be given one warning if they stumble without touching the ground with their hand. A second offence will result in disqualification. Throwing any item of equipment or falling over will result in immediate disqualification.

Success Criteria

Applicants must complete the entire task within 47 seconds and not receive more than one warning.

[▶ Watch Agility Assessment Video](#)

NOW'S YOUR TIME.

[f](#) [@TasmaniaFireService](#) 1800 000 699

www.recruitment.fire.tas.gov.au



Tasmania Fire Service