

# PHYSICAL ABILITIES ASSESSMENT - AGILITY

## 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 sprint, stumble or fall.

Applicants will be disqualified if they:

- receive a second warning
- throw any piece of equipment
- can't complete the test in the prescribed time

### 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.**

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