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NAGS HEAD FIRE RESCUE DIVISION TIMED FIREFIGHTER SKILLS COURSE DESCRIPTION

The timed FIREFIGHTER SKILLS COURSE is a comprehensive evaluation designed to demonstrate, through completion of practical skills, a candidate's proficiency at tasks associated with firefighting. This FIREFIGHTER SKILLS COURSE is timed and used to determine preparedness and efficiency of candidates to perform firefighting skills most often encountered in the execution of emergency duties. The FIREFIGHTER SKILLS COURSE is described below in order of completion. The timed FIREFIGHTER SKILLS COURSE must be completed in no more than nine minutes. If the candidate has failed to complete the course at the nine minute mark, the candidate will be stopped and the FIREFIGHTER SKILLS COURSE is over.

DON TURNOUT GEAR AND SCBA SKILL

The candidate shall don a full compliment of approved firefighting turnout gear and SCBA. This equipment includes approved firefighter turnout pants, boots, coat, hood, helmet, gloves and a positive pressure, Self-Contained Breathing Apparatus (SCBA). Self-Contained Breathing Apparatus (SCBA) is to be donned during this skills station, but the face piece **is not** to be donned at this time. The candidate will remain in full turnout gear and SCBA for the duration of the timed Firefighter Skills Course. The candidate will breathe on SCBA supplied air later in the timed Firefighter Skills Course. The candidate shall walk to the next skill after completing the DON TURNOUT GEAR AND SCBA SKILL.

5 INCH SUPPLY HOSE PULL & HYDRANT WRAP SKILL

The candidate shall proceed to the designated area. The candidate shall pull the 5 inch supply hose from a staged area. The candidate shall advance the 5 inch supply hose a distance of 40 feet to the designated fire hydrant. The candidate shall wrap the designated hydrant with the 5 inch supply hose. The candidate shall walk to the next skill after completing the 5 INCH SUPPLY HOSE PULL & HYDRANT WRAP SKILL

HOTEL PACK CARRY & STEP SKILL

The candidate shall proceed to the area of the HOTEL PACK CARRY & STEP SKILL. The candidate shall pick up the hotel pack, composed of 100 feet of double jacket one and three quarter inch accordion fold secured hoseline and begin the STEP SKILL on a ledge in the designated marked area. Steps shall be taken in the following order: Begin on the bottom of the step with both feet flat on the ground, right foot up, left foot up, right foot down, left foot down. These four individual foot movements are considered one step. While continuing to support the hotel pack, the candidate shall complete fifty (50) steps. The Firefighter Skills Course Proctor will count off each step one by one until the completion of fifty steps. At this time the

candidate shall lower the hotel pack to the ground. The candidate shall walk to the next skill after completing the HOTEL PACK CARRY & STEP SKILL.

SCBA FACE PIECE DON SKILL

The candidate shall proceed to the area of the SCBA FACE PIECE DON SKILL. The student shall remove helmet and gloves. The candidate shall don the SCBA face piece, and re-don all gear removed to don the SCBA face piece. The candidate shall attach SCBA regulator and breath SCBA supplied air. The candidate will remain in full turnout gear and on SCBA supplied air for the remainder of the timed Firefighter Skills Course. The candidate shall walk to the next skill after completing the SCBA FACE PIECE DON SKILL.

HOSE ADVANCE SKILL

The candidate shall proceed to the area of the HOSE ADVANCE SKILL. The candidate shall pick up the 1.75 inch nozzle attached to the 1.75 inch hoseline and advance hoseline along the marked line a distance of fifty (50) feet, make a 90 degree turn and advance hoseline along the marked line a distance of twenty (20) feet to a designated area. The candidate shall stop in the designated area and pull twenty (20) feet of hoseline into the designated area. The candidate shall walk to the next skill after completing the HOSE ADVANCE SKILL.

KAISER SLED SKILL

The candidate shall proceed to the area of the KAISER SLED SKILL. The candidate is responsible for striking a metal sled along a metal rail to a designated and marked point on the apparatus. The candidate shall stand on the Kaiser Sled Apparatus, feet parallel and use a sledgehammer in a striking fashion to produce movement of the metal sled. The Firefighter Skills Course Proctor will indicate when the metal sled has reached the designated, marked point on the apparatus and completion of this skill. At this point the candidate shall place the sledgehammer on the ground. The candidate shall walk to the next skill after completing the KAISER SLED SKILL.

CRAWL SKILL

The candidate shall proceed to the CRAWL SKILL. The candidate shall lower to their hands and knees and proceed through a designated twelve foot (12') long thirty-six inch (36") diameter pipe. The candidate shall progress through the pipe, until reaching the end, exit the pipe and stand up. The candidate shall walk to the next skill after completing the CRAWL SKILL.

VICTIM RESCUE SKILL

The candidate shall proceed to the VICTIM RESCUE SKILL. The candidate shall grasp the 165 pound simulated victim and navigate this victim down and back through a twenty-five (25) foot course for a total of fifty (50) feet. The course is defined on each side by orange cones and has a marked point at each end. The entire 165 pound simulated victim must cross the marked point on each end. The 165 pound simulated victim may be carried or dragged through this fifty foot course, and the entire 165 pound simulated victim must cross the finish point to complete the VICTIM RESCUE SKILL. The candidate shall walk to the next skill after completing the VICTIM RESCUE SKILL.

CEILING PULL SKILL

The candidate shall proceed to the area of the CEILING PULL SKILL. The candidate shall grasp the suspended pike pole with thirty pounds of resistance attached and simulate the pulling of ceiling material, accomplishing a total count of fifteen pulls. The candidate, in a standing position, will pull the weighted pike pole downwards to a waist high position, and then back up until the arms are fully extended. These two movements shall be defined as one completed pull. The Firefighter Skill Course Proctor will count each pull by one and indicate when fifteen pulls are complete. At this point the candidate shall release the pike pole and the Firefighter Skills Course Proctor will indicate your completion of the FIREFIGHTER SKILLS COURSE.

The candidate shall remove SCBA and all firefighter turnout gear. The candidate will then be escorted to the designated rehabilitation area. Candidates selected for interviews will be contacted to schedule a time for interview.

AERIAL LADDER CLIMB

The purpose of this event is to test the applicant's ability to safely ascend and descend the Aerial device to perform work from an elevated position.

Aerial ladder will be set up at a 70-degree angle and extended 75 feet

Applicant will climb the ladder using a ladder belt and safety line. Applicants must also wear a fire fighting helmet, gloves and steel toe boots with pants.

- Applicant must use a continuous motion, and must touch every rung while ascending and descending the aerial device.
- Each applicant will be instructed to grasp the top rung on the ladder with both hands and remain holding the top climbing rung of the aerial for 15 seconds prior to descent.
- A voice command will signify the completion of 15 seconds. After the command is given the applicant must then start descending the aerial ladder.
- Applicant must ascend and descend the ladder at a safe pace, but not stop for an extended period of time on the way up or on the way down. Applicant is not allowed to rest at any time. If applicant stops once to rest, they will be given a warning. If the applicant stops twice, they will be disqualified.
- Applicants will not have a time limit when conducting the aerial climb exercise; however, they must not pause for more than 10 seconds during the event.
- Applicant's ladder belt will be removed by FD personnel after dismounting the aerial apparatus onto the ground.
- Failure point:
 - Skipping rungs
 - Stopping for more than 10 seconds
 - Stopping more than twice, not including the mandatory stopping at the top rung.