

The physical benchmarks required for graduation from the EPFD Training academy are:

- A mile and a half run must be completed in under 12 minutes
- Fireground Performance (Description of each evolution below)

FIREGROUND PERFORMANCE

Task 1 Advancing Hose (crawl)

Subject kneels (upright on both knees) at the start line beside the nozzle of an s-laid, charged 1¾" line. At the word "GO", subject grabs the charged line near the nozzle, drops to all fours and advances the charged line by crawling forward 25 feet. When the nozzle crosses the 25-ft line, subject stands, still holding the charged line, to begin Task 2.

Task 2 Advancing Hose

Subject stands at the end of the crawl still holding the nozzle end of the charged 1¾" line and, walking or jogging, drags the charged line an additional 50 feet using an over-the-shoulder grip. Once the hose nozzle crosses the task finish line, the subject drops the hose and moves to Task 3, the Stair Climb with Hose Load task.

Task 3 Stair Climb with Hose Load

Subject walks from the end of the charged line advance about 92 feet to the doorway of the training tower internal stairway. Subject picks up the 47-lb hose load in front of the doorway (either over the shoulder or under the arm) and climbs to the fifth floor of the tower (the climb is four stories; first floor is ground level). Upon reaching the fifth floor of the tower, subject drops the pack to the left on the landing and descends the stairs to the first floor and exits the tower. When ascending the stairs subject may skip stairs. However, when descending, subject must use every stair and also use at least one handrail.

Task 4 Ceiling Breach and Pull

After walking ~35 feet from the Stair Climb with Load task, subject approaches the ceiling breach and pull device. Subject removes the pike pole from the bracket where it is hanging and enters the device, standing within the boundary established by the equipment frame. Subject then places the tip of the pole in the push v-slot on the hinged door in the ceiling and fully pushes up the weighted mechanism three times. The subject then hooks the pike pole on the handle of the pull device and pulls the pole down fully five times. The subject executes four sets of pushes and pulls. Each set consists of three pushes and five pulls. The event ends when the subject completes the final pull stroke repetition as indicated by the timer who calls out "DONE". Once the fourth set is completed, the member replaces the pike pole on the bracket. When the pike pole is in place, the subject walks to the entry point for Task 5, the Victim Rescue

Task 5 Victim Rescue

Subject walks from the Ceiling Breach and Pull about 52 feet to the two traffic cones marking the entrance to the Victim Rescue task. Passing through the two cones, subject turns right or left depending on where the mannequin is located and walks approximately 42 feet, approaching the ~185-pound mannequin from the head end. The subject grabs the two loop handles on the mannequin's harness with both hands such that each hand is holding one loop. Once the subject has a firm grip on the loops, subject stands erect, lifts the mannequin's head and upper torso off of the ground and, maintaining the natural curve of the back, begins a rearward walking movement keeping the head and upper torso of the mannequin off of the ground. Subject must maintain his/her grip of one loop in each hand throughout the rearward drag. If the subject loses grip on one of the straps, the subject must stop, regain a grip on the loop handle and continue the two-handed backward drag. Subject drags the mannequin 75 feet to the finish line, dragging until the mannequin's feet cross the end line.

FGPE IS PERFORMED WEARING FULL TURN OUT GEAR AND ON AIR

ALL EVENTS ARE CONTINUOUS AND MUST BE COMPLETED IN A TIME LESS THAN 5:37