



# Manchaca Fire/ Rescue - Physical Agility Course (PAC)

The PAC utilizes eleven station events that were chosen to rapidly increase the participant's cardiac output while completing stations that simulate possible fire ground activities. The participants are to wear athletic clothing and shoes for the course. The participant will be allowed to continue until they have completed the course or are unable to continue. The course should be completed within 8 minutes.

## **PAC Stations**

1. 30 hammer strikes
2. Hose pull from one knee
3. Hose pull Standing
4. 10 Burpees

*After station 4, Time is paused, participant has vest placed on them, and time resumes. Vest is approximately 40 lbs.*

5. 10 Tire Flips
6. 25 simulated pike poles
7. Modified bear crawl dragging a weighted object
8. Hose Adapter
9. Stair climb carrying hose and hose raise
10. Tool carry
11. Dummy Drag

*(1-4) are used to quickly raise the participant's heart rate, while (5-11) are used to simulate some fire ground activities.*

Station 1: Used to simulate activities like; forcible entry, vertical ventilation, and possible wildland tool usage. The participant will strike a tire with an 8lbs sledge hammer 30 times.

Station 2: Used to simulate pulling a charged fire hose from a kneeling position or rope pulling operations. The participant will pull 2 sections of 2.5" hose that have been connected together and stretched out flat on the ground to create friction. The hose will be pulled 75 feet from a kneeling position.

Station 3: Used to simulate pulling long sections of heavy 5" supply hose or charged hoselines. The participant will drag 100 foot section of 5" hose that has been laid out flat in a straight line 75 feet.

Station 4: Used strictly as way to quickly raise the participant's heart rate to the higher levels that a Firefighter's body demands during fire ground operation. This event shows the participant the need for a Firefighter to maintain good Cardiac and Core muscle conditioning which is imperative to reducing Heart Disease and preventing other injuries.

Vest: Used to simulate the stress of PPE and a SCBA on the body. Time will stop briefly while 2 course instructors place and secure the vest and waist strap to the participant. This should take no longer than 30 seconds. This will allow the participant to temporarily lower their heart rate. Timer is restarted.

Station 5: Used to simulate the constant up and down motions used on a fire scene to pick up and move objects while wearing the vest. The participant will flip a tire 10 times down a predetermined path. The tire used is an old apparatus tire (425/65R22.5).

Station 6: Used to simulate pulling ceiling in a structure while wearing the vest. The participant will use the 12' NY pike pole with 2 cones at the end 25 times.

Station 7: Used to simulate staying near the floor while advancing a possible hoseline or tools in an environment with elevated temperatures or limited visibility while wearing the vest. Participants will advance a 2" bundle across the floor while maintaining 3 points of contact with the floor. The participant will crawl 30' to a predetermined location with the entirety of the bundle passing the stop line.

Station 8: Used to simulate having to complete a critical thinking activity while being tired and under the stress of a clock while wearing the vest. Two sections of hose with different diameters will need to be connected with from a variety of adapters provided. This station also allows the participant's heart rate to decrease momentarily.

Station 9: Used to simulate climbing a set of stairs with equipment and the participant's control of raising and lowering a tool attached to a rope. The participant will carry a 2" bundle to the top of the stairs and place it on the landing. The individual will then hoist a pony section of hose using an attached rope. The participant will then pick up and carry the bundle down the stairs.

Station 10: Used to simulate carrying heavy tools across the fireground. The participant will carry two 5 gallon containers of class A foam to a predetermined location. The containers will be carried 50 feet.

Station 11: Used to simulate moving an individual to safety. The participant will carry or drag a 154 pound adult rescue dummy 75' to the finish line.