

	TRAVIS COUNTY ESD #5 MANCHACA FIRE RESCUE Department Directive	<b>D2022-005</b>
		Effective: November 2, 2022
	<b>Physical Agility Course</b>	Rescinds:  From: C. Barron

Firefighting is a demanding and strenuous job which can be very taxing on an individual’s health. Firefighters should be in the best physical condition possible to be able to complete the job safely and effectively.

A measurement tool to confirm our personnel’s physical condition is a physical agility course. This course is meant to simulate various activities a firefighter would typically encounter while also testing a firefighter’s endurance.

Our goal is to have each firefighter complete this course in 8minutes or less. Individuals who cannot complete the course in the allotted time will be allowed to retest the same day. If the test is not passed, the firefighter will be retested in within 3 months. If the test cannot be completed, the individual will be evaluated by the medical evaluation team and any performance improvement plans implemented. After an evaluation is done and retesting is completed, if the firefighter is still not able to pass the test, his/her position with the organization will be reviewed.

The PAC test is to be completed every year and completion times would be recorded and become part of the personnel record. If an individual is out due to injury, the individual will have three months to complete the test upon returning to full duty.

Initial PAC testing shall be completed by December 15<sup>th</sup>, 2022.