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GOVERNMENT OF GUÅHAN
(GUBETNAMENTON GUÅHAN)

DEPARTMENT OF ADMINISTRATION
(DIPATTAMENTON ATMENESTRASION)

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Christine W. Baletto
Director
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Name: _____ Applicant ID: _____

PHYSICAL TEST DATE: _____, 2017, **TIME:** _____ (SHOW UP 15 Mins. EARLY!)
at the Parking Lot of the AGANA SWIMMING POOL/TENNIS COURTS – BRING THIS FORM FILLED
OUT, AND YOUR VALID GUAM DRIVER’S LICENSE on the day of your Test. Proceed to the Canopy
area for Check In.

**FIRE FIGHTER RECRUIT PHYSICAL ABILITY TEST (FRPAT)
INFORMED CONSENT AND LIABILITY WAIVER AND RELEASE AGREEMENT
TEST DEVELOPMENT & VALIDATION BRANCH**

Part I: EXPLANATION OF TEST

The Fire Fighter Recruit Physical Ability Test (FRPAT) consists of six events. Please read the following to be familiar with the events. LATE APPLICANTS AND APPLICANTS WITHOUT A VALID GUAM DRIVER’S LICENSE WILL NOT BE CHECKED IN.

Test Day Requirements

Candidates are required to wear long pants of durable material (capri length not acceptable), shirt, and closed toe shoes suitable for walking on pavement. Shorts, tank tops, and open footwear will not be allowed. Do not wear loose or restrictive jewelry. Candidates that are not properly dressed will not be allowed to take the test and you will not be rescheduled. The Guam Fire Department will provide a hard hat weighing 1 lbs., gloves, a weighted vest weighing 40 lbs., and knee pads that must be put on before candidates take their test.

CANDIDATES MUST BRING THEIR OWN WATER FOR HYDRATION (no alcoholic beverages are allowed). Candidates are highly encouraged to be well rested by getting at least eight hours of sleep the night before. The FRPAT events will be held outdoors and could be subject to delays resulting in prolonged exposure to the sun. Candidates should take proper precautions such as using sunscreen to protect the skin. Note that based on observations by Department of Administration Human Resources staff and Guam Fire Department personnel, the candidate may be instructed to stop if the candidate shows obvious signs of distress or injury for the safety of the candidate. Note that no retesting will be allowed.

SHOW UP AT LEAST 15 MINUTES EARLY ON YOUR SCHEDULED TESTING DATE! DO NOT COME TO THE TESTING SITE IF IT IS NOT YOUR SCHEDULED TEST DATE AND TIME. Be advised that the testing site will be secured. Only candidates being tested, Department of Administration Testing Staff and Guam Fire Department Personnel assisting in testing will be allowed in the testing area.

Course Requirements & Information

In order to successfully pass the FRPAT, the properly outfitted candidate must complete all events in the order as indicated on this Form while wearing the supplied helmet, gloves, weighted vest and knee pads WHILE WALKING. The time limit to complete the course is seven (7) minutes forty-five (45) seconds. Candidates are encouraged to transition through each event by walking as efficiently and safely as possible, but keeping in mind to carefully accomplish each event correctly. Candidates that do not complete each event successfully will fail the test. No running is allowed on the course at any time. Any candidate caught running will be stopped by the Test Proctor and issued a warning before being allowed to continue walking the course. If a candidate is caught three (3) times running, the candidate will be disqualified. Candidates will complete the course one at a time. The course will begin at Event #1 with the Walking Test Proctor announcing, "Ready, Set, GO", and starting the stopwatch, and end at the finish of Event #6 where the Proctor will stop the stopwatch. **The FRPAT is a Pass/Fail test.** This means that as long as an applicant completes the course correctly in 7 minutes and 45 seconds or less, the applicant will pass the test and no extra points will be awarded for completing the course with a fast time. No retesting is allowed for candidates that fail the test.

While going through the course, if any of the gear, such as the hard hat should become loose, or fall off, the candidate must re-secure it and continue. If the gear malfunctions in such a way that the candidate is unable to secure it due to no fault of the candidate (e.g. strap breaks), the candidate must signal to the Test Proctor of the problem and if it is determined that in fact the gear is defective, the candidate will be directed to stop and be rescheduled on a different date. However, the candidate may be disqualified if the candidate purposely loosens the hat, the gloves, weighted vest or knee pads which leads to the gear falling off, or purposely takes off any of the gear while undergoing the test.

If necessary, Test Proctors will give signals to assist candidates to walk the course in the proper manner. If a Candidate ignores the signals and skips an Event, or takes a shortcut, the candidate may be disqualified since the candidate did not complete all 6 Events, in the proper order and walking the proper distance.

Be advised that candidates will be disqualified for certain actions deemed as SAFETY VIOLATIONS. These safety violations are indicated in each event.

PRIOR TO STARTING YOUR TEST, INSTRUCTIONS WILL BE GIVEN FOR EACH EVENT AND A FIRE FIGHTER WILL DEMONSTRATE EACH EVENT. IN ADDITION, A FIRE FIGHTER WILL DEMONSTRATE THE WHOLE TEST IN ONE CONTINUOUS EVOLUTION SO YOU CAN SEE HOW IT IS PROPERLY COMPLETED.

Event 1: Ladder Raise and Climb

Equipment

For this event, you will use one 24 foot fire department extension ladder weighing approximately 75 pounds. The 5th and 10th rungs are marked for the test. A safety line will be attached to the ladder in case of slippage to prevent injury.

Instructions:

The command you will hear will be “Ready, Set, GO.” Upon hearing the word, “GO”, you will start the test beginning with Event #1; at the same time the Test Proctor will start the stop watch. For this event, from the starting line, you will walk within the confines of the marked course, 75 feet to the ladder, lift it without extending it, and place it stationary against the wall and pull the base of the ladder outward and place it in the marked box positioned away from the wall. You will then climb up a minimum of five rungs up the ladder (the 5th rung is marked), with at least one foot stepping on each rung with hands clasping the rungs while going up. You will reach up and touch the MARKED top rung while standing on the 5th rung. IF you are unable to touch the MARKED rung with one hand while standing on the 5th rung, YOU MAY STEP UP TO THE HIGHER RUNGS UNTIL YOU ARE ABLE TO TOUCH IT. After touching the marked top rung, you can then climb back down with at least one foot touching each rung and hands clasping the rungs while going down. Once you are on the ground and have successfully completed the Event, you will leave the ladder on the wall and then walk within the confines of the marked course, 75 feet to the next event.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the ladder, placing the ladder outside of the marked box area before climbing, climbing the ladder when it is crooked, skipping a rung going down, climbing or holding with your hands on the sides of the ladder when both your feet are off the ground, or not touching the marked, top rung. If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble lifting the ladder on to the wall, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Event 2: Forcible Entry

Equipment

Event 2 uses a metal track, a forklift tire weighing 95 pounds, and a sledgehammer weighing approximately 10 pounds.

Instructions:

For this event, you will pick up the sledgehammer to strike the tire repeatedly to make it slide 30 inches as marked on the track. You must hold the sledgehammer with both hands when you strike the tire. When you are done with the sledge hammer, you will gently place it on top of the tire, or down on the ground with the handle leaning against the metal track, and then walk within the confines of the marked course, 75 feet to the next event.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the sledgehammer or, letting go of the

sledgehammer with both hands and it flies out of your hands. If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble moving the tire 30 inches based on striking the tire with the sledgehammer, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Event 3: Stair Climb

Equipment

This event uses a wooden box that is seven inches high, and a 1 ½ inch x 100-foot hose bundle weighing approximately 15 pounds which is placed on the wooden box.

Instructions:

You will simulate walking up three flights of stairs by stepping onto the box thirty times. You will walk up to the box, pick up the hose bundle and place it on either shoulder, and proceed to step up. A step is achieved by starting with both feet on the ground and then stepping onto the box one foot at a time. When both feet are on top of the box, this counts as one step. The step ends when both feet are placed on the ground, one at a time. You will repeat this until you have completed **thirty (30) steps** properly. After you have completed **thirty (30) steps**, you will gently place the hose bundle on the box and then walk within the confines of the marked course, 75 feet to the next event. There is no penalty if you complete more than 30 steps.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the hose bundle or, not completing the 30 steps with the hose bundle on either shoulder. If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble completing the 30 complete steps with the hose bundle on your shoulder, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Event 4: Hose Drag

Equipment

This event uses two uncharged 2 ½ inch x 50 foot sections of fire hose, equaling 100 feet, with a two pound nozzle connected on the female coupling end. Hose lines are 60 pounds per 50 foot section.

Instructions:

For this event, you must grasp the hose line with nozzle attached to 100 feet of 2 1/2-inch hose. Place the hose line over your shoulder and across your chest and while holding the hose with both hands, drag the hose 75 feet and gently place the hose on the ground with the whole nozzle slightly passed the yellow line. Although running is not permitted, the candidate should lean forward and move in an expedient manner. After you have placed the hose on the ground, you will then turn around and position yourself immediately after the nozzle and gently go down on your hands and knees with one hand touching the ground and the other hand in contact with the hose line and crawl back to the coupling. Once you reach the coupling, you will turn around with one knee on the hose behind the coupling, and pull the hose that you had just placed on the ground earlier towards you until the nozzle reaches your hands. Once the nozzle has reached your hands, you are to leave it, stand up and then walk within the confines of the marked course, 75 feet to the next event. Regarding your hand being in contact with the hose while crawling, your hand must be over the hose at all times.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the hose bundle while initially walking with it, not having your hand in contact with the hose while crawling, or not having your knee in contact with the hose while you are pulling the hose towards you. If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble completing any part of this event, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Event 5: Equipment Carry**Equipment**

This event uses two kettlebell weights each weighing 25 pounds for a total of 50 pounds.

Instructions:

For this event, you will pick up two kettlebell weights, one in each hand and walk 75 feet while holding on to them in each hand at the sides of your body. Once you reach the end of the walk where you need to turnaround, you will turn around and walk back to the starting point. If you need to adjust your grip, you can only do so at the turnaround point. When you reach the turnaround point, you can turnaround, gently put the weights down, re-grip the equipment, stand up and walk back to the beginning of the event. Adjusting your grip is optional. Once you reach the beginning point, you are to gently place the two weights on the ground and then walk within the confines of the course, 75 feet to the next event.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the weights at any time, putting the weights down on the ground before completing the event, with the exception of the turnaround point, or not completing the walk with both weights in each hand at the sides of your body. If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble completing any part of this event, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation such as putting the weights down. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Event 6: Rescue Drag

Equipment

This event uses a weighted mannequin equipped with a harness. The mannequin weighs approximately 185 lbs. A weighted object such as a drum will be used to mark the turnaround area.

Instructions:

For this event, you must grasp the harness attached to the mannequin with both hands and drag it by walking backwards, 35 feet to a prepositioned weighted object like a drum, and drag the mannequin around it (180 degree turn), and continue an additional 35 feet walking backwards to the finish line. The mannequin should not touch the weighted object. You are permitted to adjust your grip at any time, as long the harness does not drop on to the ground or on the mannequin. The entire mannequin must be dragged with the lower half of the body (i.e. legs) maintaining contact with the ground until it crosses the marked finish line. You must cross the marked finish line first followed by the mannequin. Once the entire mannequin has passed the finish line, the Test Proctor will stop his stopwatch and say out loud the time, which will be written on the score sheet and then inform you if you Passed or Failed.

Be advised that the following are considered SAFETY VIOLATIONS which will result in your disqualification if you commit any of them: dropping the harness which results in the harness falling on to the ground or on the mannequin, or not pulling the mannequin the prescribed distance by walking backwards. This also means that you cannot turn your body around and pull the mannequin by walking forward.

If you commit any of these violations, you will be informed that you are disqualified and have failed the test and be escorted off the course. You will not be retested.

Also, if you are having trouble completing any part of this event, you can continue trying until you run out of time, or you signal that you give up, or the Test Proctor indicates that you have committed a safety violation such as dropping the harness on to the ground. If you are unable to properly complete this event as indicated in these instructions, the Test Proctor will stop you and inform you that you are disqualified and have failed the test, and be escorted off the course.

Part II: POSSIBLE RISKS AND DISCOMFORTS

As with any physical activity, there are certain risks and discomforts involved. If you choose to take this FRPAT, you should be aware that you may experience: abnormal blood pressure; fainting; sprained or broken bones; irregular, fast or slow heart rhythm; and in rare instances, heart attack, stroke, or death. Every effort will be made to minimize these risks by observations during the test. It is important that you realize that you may stop when you wish because of feelings of fatigue or any other discomfort. Note though that no rescheduling will be allowed.

Part III: CANDIDATE RESPONSIBILITIES

It is YOUR option though to proceed with the FRPAT, the medical and testing staff will not stop you from starting the test, unless they observe obvious signs of distress or injury. However, after you have started the test, the medical or testing staff may stop your testing process if they observe obvious signs of distress or injury.

Please prepare yourself on the day of the FRPAT by properly eating and drinking before your report time. Be careful not to over eat. Please bring your own drinking liquids (such as water – no alcoholic beverages). Dispose of your trash properly.

Part IV: INQUIRIES

If you have any questions regarding the FRPAT process after reading this form, please feel free to ask any and all questions before the start of the test, or else you can email: angelica.diaz@doa.guam.gov or francis.flisco@doa.guam.gov , or call 475-1174.

ALSO, FOR MORE INFORMATION ABOUT THE FRPAT, VISIT OUR WEB SITE, www.hr.doa.guam.gov AND SCROLL DOWN ON OUR MAIN HR WEB PAGE AND CLICK ON THE LINK TO WATCH THE FRPAT VIDEO.

Part V: FREEDOM OF CONSENT AND LIABILITY WAIVER AND RELEASE

My desire to undergo the Fire Fighter Recruit Physical Ability Test (FRPAT) is voluntary. I am free to stop when I wish because of feelings of fatigue or any other discomfort. I understand though that if I do NOT complete all events as instructed within the required time limit, I will be marked as failing the test.

I acknowledge that I have read the Informed Consent & Liability Waiver and Release Agreement Form in its entirety or it has been read to me, and I understand it. I accept the risks, rules, and regulations set forth. I understand the test procedures that I will perform and the attendant risks and discomforts. Knowing these, and having had the opportunity to ask questions which have been answered to my satisfaction, I consent to undergo the FRPAT.

In addition, on behalf of myself and my estate, I hereby release and hold harmless, the Department of Administration and its staff, the Guam Fire Department and its staff, and any other government employee that may assist from any and all cost, claim liability, damage, or cause of action which may result from or out of this testing process, including but not limited to death, physical injury or monetary loss of any kind or nature. I promise to hold harmless and indemnify such agencies and their staff from any and all loss, claim, liability, damage, cause of action or cost of defense and/or liability arising out of the testing process, including the reasonable costs of defense by counsel of the candidate's choosing, provided however, this release and promise to indemnify shall not be interpreted to require me to release, and hold harmless or indemnify any party from the consequences of an intentionally harmful act which shall arise from, or out of such process.

Candidate Name (Print)

Candidate Signature

Date

PLEASE INDICATE BELOW TWO PEOPLE THAT WE CAN CONTACT IN CASE OF AN EMERGENCY

Name: _____
Home/Cell Telephone: _____
Work Telephone: _____

Name: _____
Home/Cell Telephone: _____
Work Telephone: _____

I, the undersigned, do hereby authorize Department of Administration personnel to contact directly the persons listed above, and do authorize the Department of Administration, and Guam Fire Department personnel to render such assistance and treatment as deemed necessary in an emergency.

Candidate Signature

Date

Again, please prepare yourself on the day of the FRPAT by properly eating and drinking before your report time. Be careful not to over eat. Please bring your own drinking liquids (such as water – no alcoholic beverages). Dispose of trash properly. Also, please show up at least 15 minutes before your report time. Thank you.