

Plains Township Civil Service Commission

Municipal Building + 126 North Main Street + Plains, Pennsylvania 18705

JOHN A. KELLY
CHAIR

GERALD J. YOZWIAK
VICE-CHAIR

LISA GIOVANNINI
SECRETARY



To: Plains Township Civil Service Fire Applicant
Re: Testing Cycle 2025

The Plains Township Civil Service Commission will be holding the Firefighter Agility Test on Saturday May 10th at 9AM. The test will be held at the Plains Township Municipal Park, 200 Clarks Lane, Plains PA 18705 regardless of the weather.

In the event severe weather conditions render the grounds unusable, the make-up date will be scheduled. You will still be required to report on May 10th, as the decision to conduct the testing or postpone it will be made that morning.

The requirements for the agility test were identified in that section of the application which required a doctor's signature certifying that you are medically able to participate in this testing. Please make sure that you are wearing comfortable clothing and shoes for running.

You must bring a photo ID with you to be eligible to take the test.

We thank you for your interest in the Plains Township Fire Department

Respectfully,

Mark Ritsick
Fire Chief

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RELEASE AND SAVE HARMLESS

I, _____ (Applicant)
(Print)

of, _____
(Address)

being desirous of participating in the Physical Agility Test for the Plains Township Fire Department on Saturday, May 10, 2025 and in consideration for the Township allowing me this privilege, I hereby assume all risks incidental to the above-mentioned test of any type or nature either foreseen or unforeseen.

FURTHER, I release the Township of Plains from all liability of any type, nature or manner, in connection with any incident occurring while I am participating in the Physical Agility Test.

I have read all the terms of this release and hereby agree to be legally bound thereby.

Applicant Signature

Date

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FIRE FIGHTER PHYSICAL AGILITY TEST

Each applicant for an initial appointment to the position of Fire Fighter must meet the following requirements:

QUARTER MILE RUN: An applicant is required to run a distance of one quarter mile on a pre-measured course in less than 110 seconds.

STRETCHER CARRY: Applicants will be paired off and required to carry a stretcher with a simulated patient weighing approximately 180 lbs. over a distance of one hundred (100) feet. Those applicants failing on the first attempt will be allowed to retake the exercise with a person who has successfully completed the exercise.

BODY DRAG: An applicant is required to remove a simulated motor vehicle operator weighing approximately 180 lbs. from behind the steering wheel of a motor vehicle and drag the simulated operator to a point fifty (50) feet from the motor vehicle.

LADDER RAISE: Applicant shall remove a twenty-four (24) foot extension ladder from a pumper. Applicant will carry the ladder a distance of fifty (50) feet to a building and raise the ladder to full extension. Applicant shall carry a bundle consisting of one hundred (100) feet of 1 ½ or 1 ¾ inch hose to the roofline and back down to the ground.

AERIAL CLIMB: Applicant shall climb the aerial ladder, extended 70 feet, at a 70 degree climbing angle and touch the top rung of the ladder.

PHYSICIAN'S CERTIFICATION

I have read the physical agility test requirements and understand that the applicant will undergo vigorous physical exercise while taking this physical agility test. In my opinion, the applicant.

(Name) _____

Is ABLE _____ IS NOT ABLE _____ to take this physical agility test.

Physician's Printed Name

Physician's Signature

Date Signed

Physician's Address and Telephone Number

