

Chino Valley Fire Explorer

Physical Agility

Name: _____

Age: _____

1. 100' 2 ½" hose drag 100' and hand jack past cone
2. Carry Chain Saw and Rotary Saw 40' around cone
3. Carry Bundle on shoulder to 3rd floor of tower
4. Hoist Hose roll up to the third floor and down
5. Dummy drag 15' past a cone
6. 15 push ups
7. Run past designated finish line

Overall performance: Poor __ Fair __ Good __ Excellent __

Total time: _____