

Charged Hose Advance



Starting from an erect position facing forward, the participant bends and picks up a nozzle connected to 3 lengths of charged (full of water) 38 mm (1.5") hose that are flaked behind the start line. The test time starts when the applicant moves to pick up the hose.

Using both hands to hold the nozzle and hose securely over the preferred shoulder, the applicant advances the hose from the start line to the finish line. The hose is advanced a distance of 38.1 m (125') as quickly as possible (running is not permitted). The test time stops when the applicant has crossed the finish line.

This test assesses lower body strength and power. The test must be completed safely in less than 31 seconds.