

## Ladder Climb



Starting from an erect position facing the ladder, the applicant climbs 10 rungs (3.45 m) up and down a 7.2 m ladder. This is repeated 5 times as quickly as possible.

A repetition begins with both feet on the floor at the base of the ladder. The applicant climbs and places two feet on the 10<sup>th</sup> rung, reverses direction and climbs down until both feet are again on the floor to complete the repetition.

The test time starts when the applicant moves to start climbing and ends when both feet are on the floor after the 5<sup>th</sup> repetition.

The applicant must maintain three points of contact on the ladder at all times, and must climb the ladder rung by rung, without missing any of the rungs. The test must be completed safely in less than 109 seconds.