



## ROCK SPRINGS FIRE DEPARTMENT

600 COLLEGE DRIVE  
ROCK SPRINGS, WY 82901  
(307) 352-1475 OFFICE

July 6, 2023

Dear Firefighter Applicant:

The Rock Springs Fire Civil Service Commission is pleased to provide you with an application packet for the Rock Springs Fire Department.

**Testing Process:**

National Testing Network (NTN) FireTEAM Exam & PSSA Testing Period July 7, 2023 - September 7, 2023 5PM MDT (See attachment document with steps on how to schedule and set up NTN account)\*

City of Rock Springs Application and Resume completed and emailed to [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net) by September 7, 2023 5PM MDT.

Rock Springs Fire Department Physical Evaluation (PAT test) or valid CPAT card. CPAT card will need to be emailed to [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net) by September 7, 2023 5PM MDT or take PAT Testing September 12, 2023

Oral Interviews & Fingerprinting September 13, 2023. You will receive interview time after the PAT test is completed and passed

Rock Springs Fire Department PHQ (Guardian Alliance) emailed on September 14, 2023 and due not later than September 30, 2023 NO EXTENSIONS

Each portion of the testing process needs to be passed to move to the next phase.

The written test will be available starting July 7, 2023 via National Testing Network [www.nationaltestingnetwork.com](http://www.nationaltestingnetwork.com). You are required to complete the Fireteam test and PSSA no later than September 7, 2023 5PM MDT. This is a pass/fail test and you will be emailed if you have passed the written test. The physical evaluation will be held at Fire Station 3, located at 145 Industrial Drive on September 12, 2023. Check in for PAT test will be at 8:00AM and testing will begin at 8:30AM. If you pass the physical evaluation (PAT test), you will then move on to the oral interview on September 13, 2023.



The oral interview will be held at Fire Station 3, located at 145 Industrial Drive. You must pass the written and physical to proceed to the oral interview. An interview time will be determined following the passing of the physical evaluation on September 12<sup>th</sup>.

If you have a valid CPAT card you do not have to take the Rock Springs Fire Department PAT test on September 12<sup>th</sup>. If you pass the written exam you can forward your valid CPAT card to [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net) by September 7, 2023. She will schedule you a time for the oral interview on September 13, 2023.

There will be two coaching practice days offered to candidates on August 19, 2023 starting at 9AM and August 31, 2023 starting at 5:30PM. These coaching/practice sessions are not mandatory but they are strongly encouraged for applicants to familiarize themselves with the process before the test date.

Applications must be completed and turned in at Fire Department Headquarters, 600 College Drive, or emailed to [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net) by September 5, 2023 by 5PM.

If you have any questions, please call Heather Aguayo at (307) 352-1475, or email [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net).

After successfully completing and passing all testing (FireTEAM & PSSA, PAT, and Oral Interview). Candidate will be emailed an invitation from Guardian Alliance for Personal History Questionnaire (PHQ). The PHQ will need to be completed no later than September 30, 2023. All documents requested in PHQ are to be uploaded to move forward with the background part of the application process. If you fail to upload required documents you will be disqualified as an applicant. NO EXCEPTIONS and NO EXTENSIONS!



## ROCK SPRINGS FIRE DEPARTMENT

*Headquarters*

600 College Drive  
Rock Springs, WY 82901

(307) 352-1475 phone

(307) 352-1481 fax

### Personal Information

The following information is requested of you for verification and contact purposes:  
(Please Print Legibly or Type)

Name: \_\_\_\_\_  
First Middle Last

Any Nicknames or Aliases: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Physical Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: Home ( ) \_\_\_\_\_ - \_\_\_\_\_

Cell ( ) \_\_\_\_\_ - \_\_\_\_\_

Driver's License #: \_\_\_\_\_ State: \_\_\_\_\_

Email Address: \_\_\_\_\_

High School Graduate (Circle One): Yes No N/A GED (Circle One): Yes No N/A

Citizen of United States (Circle One): Yes No

Veteran (Circle One): Yes No

If yes, which branch of military did you serve: \_\_\_\_\_

Did an employee with Rock Springs Fire Department recruit you to apply? (Circle One):

Yes No N/A

If yes, employee's name: \_\_\_\_\_

Submit Application and resume by September 7, 2023 to [heather\\_aguayo@rswy.net](mailto:heather_aguayo@rswy.net)





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# **PHYSICAL EVALUATION**

## **BACKGROUND**

The Physical Evaluation (PE) is a test of an individual's ability to physically perform essential functions required in the operation of firefighting.

NFPA 1583 recommends a physical performance assessment be administered for applicants for employment. This document addresses a physical performance assessment for applicants for employment.

## **OVERVIEW**

The Physical Evaluation consists of six (6) events designed to measure the physical ability of an applicant to perform tasks that may be encountered on an incident scene.

1. Climb Stairs Carrying Hose Pack.
2. Equipment Carry
3. Ventilation Simulation
4. Walking
5. Advance Hand Line
6. Victim Rescue

All events in the evaluation are timed as one continuous event and individuals are encouraged to continually move as safely as possible through, and on to the next event. No running is allowed except while advancing the hand line.

Successful completion of the physical evaluation is defined as meeting or exceeding the minimum required performance level. That level has been determined to be the completion of all events in less than six minutes and 30 seconds (6:30).

## **SAFETY PRECAUTIONS**

Safety of the applicant is the top priority during the administration of the evaluation. The arduous nature of the assessment requires applicants to be monitored closely throughout the process. Weather conditions will also be monitored closely.

Applicants will be apprised of all aspects of the assessment process prior to performing the evaluation. This includes a description of each of the tasks to be performed, an explanation of the time allotted for successful completion of the assessment and an explanation of any performance techniques that are unacceptable.





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A rehabilitation area will be set-up when the physical evaluation is conducted. In addition:

- Each applicant will sign a waiver before attempting the evaluation;
- Prior to beginning, each individual is advised to complete a minimum of 10 minutes of stretching and warm-up exercises;
- Throughout the evaluation process, the evaluator will monitor each individual "potential for injury". The evaluator will monitor individuals for: lifting and carrying techniques (potential for back injury); striking techniques (potential for hand/arm injury); or, exhaustion (potential for multiple injuries).

If, in the evaluator's opinion, any individual exhibits signs indicating he/she could be at risk for an injury, the test will be stopped. Because this is subjective, the evaluator must make notations throughout the evaluation process (in the comments section of each event), of any "potential for injury" action(s), whenever it is observed.

- Following the individual's completion of the evaluation, they will enter and remain in a rehabilitation area until released by the person in charge of that area.

### PERSONAL PROTECTIVE EQUIPMENT

During the evaluation, all applicants will wear a 50 lb weighted vest to simulate the weight of a self contained breathing apparatus and bunker gear for this evaluation. **Applicants will also be required to wear long pants, a long sleeved shirt or jacket, or long sleeved coveralls, closed toe shoes or boots, and full fingered gloves. If the applicant does not have these items, Rock Springs Fire Department will provide bunker coat, leather firefighting gloves, and fire boots.**





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### **DESCRIPTION OF EVENTS**

#### **Event 1: Climb Stairs Carrying Hose Pack**

This event simulates the applicant's ability to carry a load to an upper story location. Applicant will move to a position that places them at the proper lifting point of the hose pack; lift the hose pack onto either shoulder; carry the hose pack up four (4) flights of stairs and place it on the platform. Every stair step must be touched up and down and at least one hand must be on a rail at all times. MOVE TO NEXT EVENT.

#### **Event 2: Equipment Carry**

This event simulates the applicant's ability to carry equipment from point to point and place it in position for operation.

Applicant will move to a position that places them at the proper lifting point of the smoke fan to be moved; pick up the smoke fan and carry it 75 feet and place it on the window sill on the north side of fire tower. Smoke fan must stay on the window sill. MOVE TO NEXT EVENT.

#### **Event 3: Ventilation**

This event simulates the applicant's ability to create an opening for ventilation. Applicant will move to a position that places them at the proper lifting point of the equipment hammer; pick up the equipment hammer; step on to the Keiser sled; repetitively strike the beam (striking point) of the Keiser sled until it moves a distance of five (5) feet (repositioning the feet when necessary to maintain proper striking angle and to prevent striking the beam with the handle); dismount the Keiser sled and replace the equipment hammer at the start point. MOVE TO NEXT EVENT.

#### **Event 4: Walking**

This event simulates the applicant's ability to walk around objects as may be encountered moving from the apparatus to the scene or back to the apparatus to get equipment. Applicant will walk the marked course, a distance of 140 feet around traffic cones without knocking them over or moving them out of position (5 second penalty for moving each cone). MOVE TO NEXT EVENT.





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### **Event 5:     Advance Hand Line**

This event simulates the applicant's ability to advance and position a charged 1-3/4" hose line. Applicant will move to a position that places them at the proper lifting point of the charged hand line; pick up hand line; advance hand line 75 feet to the marked area; after the nozzle has crossed the line the valve will be opened and closed; place nozzle on ground. **MOVE TO NEXT EVENT.**  
6

### **Event 6:     Victim Rescue**

This event simulates the applicant's ability to perform a rescue by dragging a victim from a hazardous area, and to access the ability to move or drag a load backward, such as a wet mattress or a tarp loaded with debris.

Applicant will move to a position that places them at the proper lifting point of the 175-pound rescue dummy; lift/move/drag the rescue dummy a distance of 85 feet (do not use dummy's clothing to lift or drag, a strap is available behind the dummy's head for this purpose). When the applicant and the rescue dummy have both crossed the finish line, the clock will stop and the physical evaluation is over. **MOVE TO REHABILITATION AREA.**

### **WEIGHTS**

Dummy	175 pounds
Keiser Sledge Hammer	9 pounds
Hose Pack	42 pounds
Ventilation Fan	50 pounds
Weighted Vest	50 pounds

### **DIMENSIONS**

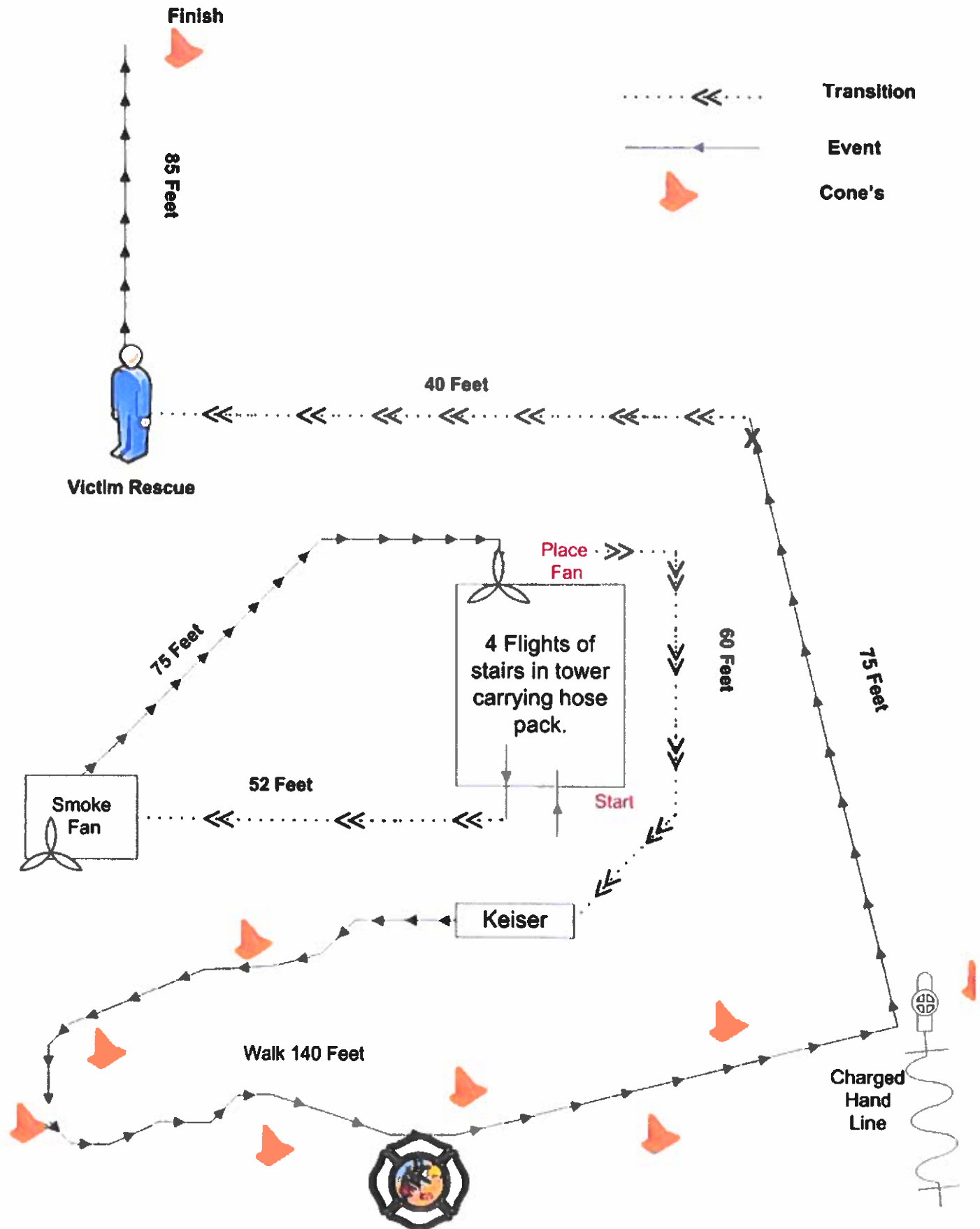
Keiser Beam	10" W x 9" H x 36" L
Keiser Sledge Hammer	30" Long
Hose Pack	22" W x 74" L
Ventilation Fan	19" W x 19" H x 13" Deep





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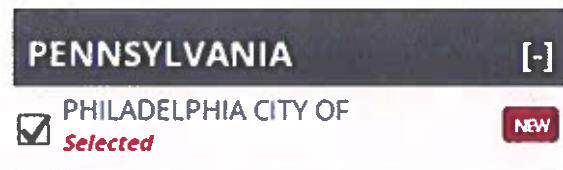
## Step by step guide to scheduling a test with National Testing Network

Go to [www.nationaltestingnetwork.com](http://www.nationaltestingnetwork.com) on a computer or tablet.

Hover, over the “Find Jobs” link at the top of the page. Click on “Firefighter Jobs”



Scroll down to the state (listed alphabetically) and check the box next to the job you wish to select.



### Currently Selected (1)

Positions you wish to apply for



Continue >

The job will appear in your cart on the left of the screen. Click the red “Continue >” button.

A pop up will appear asking for confirmation that you have selected the correct job(s).

Cancel to change selection(s) or continue with the one(s) that are listed.



Next will be presented with a "Do You Qualify" page, for each job selected. Review the job information and requirements carefully. Scroll to the bottom and select "I qualify. Continue." to confirm your qualification; followed by the red "Continue >" button.

Now you will be asked to select where you would like to test. NTN offers two types of testing;

1. Virtual testing, and
2. at a physical location nearest you.

**Choose your location** and then scroll to the bottom and click "Continue".

#### Currently Selected (1)

PHILADELPHIA CITY OF  
FIREFIGHTER

Find testing opportunities near me

#### Testing locations near you

Please note that mapped locations are not exact

#### Where Would You Like to Test?

You can choose Virtual Testing and take your test from home...

##### VIRTUAL TESTING

☐ Virtual Testing

ALL VIRTUAL EXAM TIMES ARE IN PACIFIC TIME!

Click here before registering for requirements and more information (opens in new tab)!

Continue >

...or choose a physical testing center and test in person.

ALASKA

(+)

ARIZONA

(+)

ARKANSAS

(+)

**VIRTUAL TESTING** means you are testing from a computer at your home or other secure location. Do not choose this testing location if you cannot meet the [technical requirements](#). To confirm if you meet these requirements, select the red text that says "Click here before registering for requirements and more information."

If you cannot meet these, choose a physical location in your area instead.



**Next, choose your test date and time.** Any gray time box is available for testing. Use the arrows at the top of the calendar to choose a different month, if desired.



<< August 2021 >>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 09:00 AM 12:00 PM	4	5 09:00 AM 12:30 PM	6	7 09:00 AM 01:00 PM
8	9	10 09:00 AM 12:00 PM	11	12 09:00 AM 12:30 PM	13	14 09:00 AM 01:00 PM
15	16 09:00 AM 01:00 PM	17 09:00 AM 12:00 PM	18	19 09:00 AM 12:30 PM	20 09:00 AM 01:00 PM	21 09:00 AM 01:00 PM
22	23 09:00 AM 01:00 PM	24 09:00 AM 12:00 PM	25 09:00 AM 01:00 PM	26 09:00 AM 12:30 PM	27 09:00 AM 01:00 PM	28 09:00 AM 01:00 PM
29	30 09:00 AM 01:00 PM	31 09:00 AM 12:00 PM FULL				

### Consider other test centers nearby

Philadelphia - Courtyard Philadelphia  
South at the Navy Yard  
1001 Intrepid Avenue  
Philadelphia, PA  
Available timeslots:

08/13/2021 at 08:00 AM

08/13/2021 at 01:00 PM

Jersey City - AVNA Learning Center  
26 Journal Square - Suite 803  
Jersey City, NJ  
Available timeslots:

08/01/2021 at 10:00 AM

08/01/2021 at 01:00 PM

For your convenience, the left side of the schedule calendar screen shows different testing options available nearest to the location you have currently selected.

After selecting the desired testing location and time, you will see a confirmation page.

Please read the confirmation screen carefully reviewing the department(s), testing location, and



testing date and time. If it looks good, click the red **“Continue.”**

**Currently Selected (1)**  
PHILADELPHIA CITY OF  
FIREFIGHTER  
**FIREFIGHTER**  
Date/Time:  
2021-07-16  
1:00 PM  
Testing Location  
Ambler - Temple University  
Ambler Campus - Learning Center, Room 210  
580 Meetinghouse Road  
Ambler, PA  
**Check for New Departments  
before you test!**

**Confirm Test Information**  
**Schedule**

Test	Date	Time	Test Location	Cost
FIREFIGHTER	Jul 16, 2021	1:00 PM	Ambler - Temple University	\$55.00

**Selected Jobs**

Job Name	Cost
PHILADELPHIA CITY OF - FIREFIGHTER	\$0.00

Additional discounts may apply. If applicable, these will be applied at checkout.

Total Cost: \$55.00

**Continue**

If paying with a voucher, you will have the opportunity to enter it later in the process.

**Before your test, check NTN for any new department jobs you want. You can only add existing department jobs before you test.**  
**You will NOT be able to add any existing job postings after your test is completed. You will be able to add any new job postings as they become available.**

If you do not have an existing account with NTN, click the blue **“Register for a New Account,”** otherwise log in as a returning user.

**Currently Selected (1)**  
PHILADELPHIA CITY OF  
FIREFIGHTER  
**FIREFIGHTER**  
Date/Time:  
2021-07-16  
1:00 PM  
Testing Location  
Ambler - Temple University  
Ambler Campus - Learning Center, Room 210  
580 Meetinghouse Road  
Ambler, PA  
**Check for New Departments  
before you test!**

**Login to Your Candidate Account**

If you are new to National Testing Network, create a new account.

**Register for a New Account**

If you are a returning user, please log in.

Email

Password

**Login**

[Forgot your password?](#)

To create a new account, fill out the blank fields and select the blue **“Create Account”** button.



## Candidates

### Your Account

[Log In](#)

## Create Account

All the personal data is collected on a secure page and is encrypted before it is sent over the internet. NTN does not share your information with third parties except as directed by you. [Read our Privacy Policy](#)

Fields marked with a \* are required

First Name \*

Middle Name

Last Name \*

Maiden Name

Present Address \*

City \*

State/Province \*

Zip \*

SSN not required for Canadian candidates.

Social Security Number \*

Social Security Number Confirm \*

## Ethnicity \*

- ☐ American Indian or Alaskan Native
- ☐ Asian
- ☐ Black / African American
- ☐ Pacific Islander / Hawaiian
- ☐ White
- ☐ Hispanic or Latino
- ☐ Undisclosed

Create Account

On the payment screen, you will also be asked if you want to purchase a practice test.

Take a Practice run!

### Add FireTEAM Practice Test to Your Current Order

- \$38.99 for the Extended FireTEAM Practice Test
- \$24.99 for the Basic FireTEAM Practice Test

The FireTEAM Practice Test has example questions from all four components of the FireTEAM test and gives feedback on your answer choices. When taking the FireTEAM Practice Test you will be

- Able to answer sample test items.
- Shown the correct answer for each sample question
- Told WHY each correct answer is the best answer.
- Given a total score at the end of the practice test
- Able to go through the practice test twice.

#### The Extended FireTEAM Practice Test

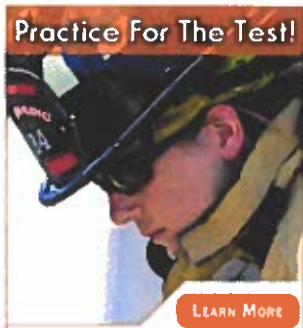
- 20 Human Relations video items and explanations
- 12-item Mechanical Aptitude Test and explanations
- 30-item Reading Test
- 14-item Math Test

The Extended Practice Test is only \$38.99 (plus state tax, if applicable) and includes two run-throughs of the same test

#### The Basic FireTEAM Practice Test

- 5 Human Relations video items and explanations
- 12-item Mechanical Aptitude Test and explanations
- 15-item Reading Test
- 7-item Math Test

The Basic Practice Test is only \$24.99 (plus state tax, if applicable) and includes two run-throughs of the same test



**Practice For The Test!**

LEARN MORE

[www.FIRETEAMTest.COM](http://www.FIRETEAMTest.COM)

**Extended Practice Test  
to my order for \$38.99**

**Basic Practice Test  
to my order for \$24.99**

**No Thank You**

Next, please make sure everything looks correct and **"Complete Order"** to finalize and schedule your exam. **\*If you are using a phone for this process, please make sure to complete this step. You may need to resize the screen or scroll to find the "Complete Order" button.**



## Confirm Order

### Schedule

Test	Date	Time	Test Location	Cost
FIREFIGHTER				\$55.00

### Selected Jobs

Job Name	Cost
	\$0.00
Exam Discount	-\$55.00
<b>Total Cost</b>	<b>\$0.00 USD</b>

All amounts are in US dollars.

Receipts will be sent to the following email address:

**Complete Order**

A receipt will be emailed to you at the email address that was used to create your account. You will, lastly, see an **"Order Completed!"** screen.

**If you do not see the below screen, you have not completed the registration process.**





**Please Note:**

Before your test, check NTN for any new department jobs you want. You can only add existing department jobs before you test. You will NOT be able to add any existing job postings after your test is completed. You will be able to add any new job postings as they become available.

## Order Completed!

[Print This Page](#)

Invoice Number:

Name:

Transaction Date:

Transaction Number:

Amount Paid:

Test Schedule:

#FIREFIGHTER

\*\*\*\*\* Important Information \*\*\*\*\*

Be sure to log in at least 30 minutes prior to your exam start time. You must make it through check in steps PRIOR to your exam start time.

0

## Schedule

Test	Date	Time	Test Location	Cost
FIREFIGHTER				\$55.00

## Selected Jobs

Job Name	Cost
	\$0.00
Exam Discount	-\$55.00
Total Cost	\$0.00

## Important Information

Your Test is now scheduled. You must bring your email address and National Testing Network account password in order to log into your exam.

## Candidate Support

NTN's candidate support representatives are available to help walk through any parts of the practice test and test registration process. [Click on this link](#) or visit:

[https://www.nationaltestingnetwork.com/publicsafetyjobs/contact\\_candidate.cfm](https://www.nationaltestingnetwork.com/publicsafetyjobs/contact_candidate.cfm)