

Physical Ability Test

Community Volunteer Fire Department

The PAT is a sequence of events requiring the candidate to progress along a predetermined path from event to event in a continuous manner. This test was developed to allow the department a means for obtaining trainable candidates who are physically able to perform essential job tasks at fire scenes. The test is comprised of multiple events and is pass/fail based on completion of the course. In all events, candidates will wear a weighted vest. The participant must also wear proper athletic shoes with no open heel or toe. Watches and loose or restrictive jewelry are not permitted.

The Firefighter PAT is very strenuous. If you have had a recent illness, surgery or are under medication, verify with your healthcare provider whether or not it is safe for you to take the test.

TEST CRITERIA

- A release form shall be required before candidates may attempt the test. The form must be turned in at the time of the test.
- Any candidate, who fails to satisfactorily complete the entire exercise, may be disqualified from consideration.
- Failure to perform any single exercise, in the manner instructed, will result in a penalty and you may be required to start over. An orientation and walk-through will be given to all candidates, by an administrator, prior to the exercise.
- All participants must wear footwear with no open heel or toe. Watches and loose or restrictive jewelry are not allowed. A weighted vest will be worn during all of the stations.

TEST PREPARATION

- Begin a progressive exercise program including as a minimum: push-ups, pull-ups, and leg-presses weeks prior to the test.
- Also begin a progressive cardiovascular program of running, biking, or swimming weeks prior to the test. However, please consult your doctor prior to beginning an exercise program.
- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid caffeinated beverages, especially on the day of the test.
- Get a good night sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

PAT EVENTS

To be completed in 12 minutes

EVENT 1: HOSE DRAG

A supply hose is grasped and placed over the shoulder and dragged 100 feet to the designated drop point. After reaching the drop point, the candidate will pick up two 10lb kettle bells and carry them 100 feet to the next event and place them in the designated area.

EVENT 2: SIMULATED FORCIBLE ENTRY DEVICE

Using the “punisher” prop, the candidate will strike a box with a sledgehammer, simulating the aiming, swinging, and striking of objects until it moves all way across the track. Once complete, the candidate will pick up two 10lb kettle bells and carry them to the third floor of the drill tower and place them in the designated area.

EVENT 3: HOSE RAISE

The candidate grasps a rope attached to a rolled 50-foot section of hose, pulls hand over hand until the hose reaches the top section of railing. The candidate will leave the hose on the balcony then pick up two 10lb kettle bells and carry them down the stairs and place them in the designated area.

EVENT 4: HIGH RISE HOSE CARRY UPSTAIRS

The candidate will pick up the high-rise hose pack and carry it to the third floor of the drill tower and place it in the designated area.

EVENT 5: HOSE LOWER

The candidate will slowly lower the rolled 50-foot section of hose back to the ground hand over hand in a controlled fashion. Dropping the hose to the ground constitutes a failure.

EVENT 6: HIGH RISE HOSE CARRY DOWNSTAIRS

The candidate will pick up the high-rise hose pack and carry it down the stairs and place it in the designated area. Once complete, the candidate will pick up two 10lb kettle bells and carry them 25 feet to the next event and place them in the designated area.

EVENT 7: SIMULATED VICTIM RESCUE

The participant grasps a 165-pound mannequin by any means necessary, except by the feet, then drags it 25 feet to a marked point, makes a 180° turn and continues an additional 25 feet to the starting point. The entire mannequin must be dragged across the line. The candidate will then pick up two 10lb kettle bells and carry them 200 feet to the finish line.