

## **COMMUNITY VOLUNTEER FIRE DEPARTMENT PHYSICAL ABILITY TEST**

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 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 cardio vascular 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.

## **PHYSICAL ABILITY TEST (PAT)**

*To be completed in **6 minutes or less***

### **EVENT 1: CHARGED HOSE DRAG (100 FT)**

The Candidate will start by picking up the hose just behind the nozzle with both feet behind the front bumper of the fire engine. Next, the Candidate will completely stretch out a 100-foot section of 1 ¾" hose connected to a fire engine and charged with water. The Candidate will pull the 100-foot section of 1 ¾" hose until the hose is in a straight line. Time will start once the candidate steps passed the front bumper. And the time will stop once the Candidate pulls the hose completely straight.

**Purpose:** To assess lower body strength and explosive power

#### **FAILING CRITERIA**

- Putting the hose down at any point during the event
- Failing to drag the hose past the designated finish line
- Dragging the hose by the nozzle

### **EVENT 2: SIMULATED FORCIBLE ENTRY DEVICE (PUNISHER)**

The Candidate will approach the forcible entry prop simulator and remove the sledgehammer from the side mount. Next, the Candidate will strike the metal block with the sledgehammer until the box travels to the opposite end. Then, while remaining on the same side of the prop, the Candidate will strike the metal block until it returns to its original starting point.

**Purpose:** To assess rotational core strength, endurance, and grip strength

#### **FAILING CRITERIA**

- Failing to maintain control of the sledgehammer while swinging it
- Using the sledgehammer to push the metal block instead of striking it

### **EVENT 3: LADDER EXTENSION**

The Candidate will approach an extension ladder that is secured to the second-floor landing of the burn building. Using a hand-over-hand pull, the Candidate will extend the fly section of the ladder until the ladder is fully extended. Once the Candidate has been given the 'OK' by the event instructor, they will use the same hand-over-hand method to bring the extension ladder back to the starting position.

**Purpose:** To assess upper body strength and muscle control

#### **FAILING CRITERIA**

- Allowing the rope to slip through the Candidates' hands and letting the ladder hit the ground
- Using body weight to assist in pulling the ladder
- Failure to stay within the marked boundaries

### **EVENT 4: STAIR CLIMB**

Two 20 lbs. kettlebells will be positioned at the base of the outer staircase. The Candidate will grasp both kettlebells and proceed to make their way to the third floor as quickly and safely as possible. The candidates' feet must touch every step up the tower. The Candidate will be allowed to put the kettlebells down in a controlled manner only once before reaching the third floor for no more than 15 seconds. Once the Candidate has reached the third floor, the kettlebells will be placed in a pre-designated area.

**Purpose:** To assess lower body strength, grip strength, and endurance

#### **FAILING CRITERIA**

- Dropping the kettlebells
- Sitting down on the stairs at any point during the event
- Putting down the kettlebells for a period longer than the allowed 15 seconds

## **PHYSICAL ABILITY TEST (PAT)**

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### **EVENT 5: 2.5" HOSE PULL**

A rope will be secured to the third-floor landing. Attached to the rope at the ground level will be a 2.5" hose roll. With the Candidates feet placed within the marked boundary, the Candidate will lean over the rail and raise the hose roll using a hand-over-hand pulling method until the 2.5" hose roll reaches the third-floor railing. The Candidate will then pull the hose roll over the rail and touch the landing before throwing the hose roll back over the rail. Next, using the same hand-over-hand method, the Candidate will lower the rope in a controlled manner until the hose roll touches the ground.

**Purpose:** To assess upper body pulling strength

#### **FAILING CRITERIA**

- Allowing the rope to slide over the railing
- Failure to maintain a controlled hand-over-hand pull
- Allowing the rope to slide through the Candidates' hands

### **EVENT 6: STAIRS DESCEND**

Two 20 lbs. kettlebells will be positioned in a designated spot on the third-floor landing. The Candidate will grasp both kettlebells and proceed to make their way down to the first floor as quickly and safely as possible. The Candidate's feet must touch every step on their way down the tower. The Candidate will be allowed to put the kettlebells down in a controlled manner only once before reaching the first floor for no more than 15 seconds. Once the Candidate has reached the third floor, the kettlebells will be placed in a pre-designated area at the tower's base.

**Purpose:** To assess lower body strength, grip strength, and endurance

#### **FAILING CRITERIA**

- Dropping the kettlebells
- Sitting down on the stairs at any point during the event
- Putting down the kettlebells for a period longer than the allowed 15 seconds

### **EVENT 7: SANDBAG KEG LIFTS (10 REPS)**

A 50 lbs. sandbag will be placed on the ground next to a Platform. The Candidate will stand between the platform and the sandbag, kneel, grab onto the sandbag, and hoist it to the platform next to them using their legs and arms to lift. This action will be repeated for ten repetitions.

**Purpose:** To assess twisting under load, rotational core strength, and grip strength

#### **FAILING CRITERIA**

- Unable to complete all ten repetitions

### **EVENT 8: RESCUE DRAG (50 FT)**

The Candidate will stand at the head of the rescue dummy and bring the rescue dummy to a sitting position. The Candidate will then grasp the rescue dummy from the rear, with arms around the torso, and bring it up from the ground. Once both the Candidate and the rescue dummy are at an upright position, the Candidate will drag the rescue dummy 25 ft to a marked point, make a 180-degree turn and continue an additional 25 ft back to the starting point.

**Purpose:** To assess lower body strength, upper body strength, and core strength

#### **FAILING CRITERIA**

- Dropping the rescue dummy
- Stopping to rest for more than 30 seconds during the event

### **RUNNING EVENT: 1-MILE RUN**

The Candidate will have 12 minutes to complete a 1-mile run (4 laps) around the Training Center. A 12-minute rest period will be given to Candidates who complete the prior events of the PAT before the start of the run

**Purpose:** To assess cardio and endurance

#### **FAILING CRITERIA**

- Unable to complete the 1-mile run in 12 minutes