



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 an SCBA. 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. An SCBA 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 *13 minutes or less*

EVENT 1: MEDICINE BALL ARM THRUSTERS (20 REPS)

The candidate will start by picking up a 30lb medicine ball up to their chest. Next, the candidate will start by raising the medicine ball above their head 20 times. The event will finish once the 20 arm thrusters have been completed.

Purpose: To assess upper body strength and muscle control

FAILING CRITERIA

- Failing to complete the 20

EVENT 2: ½ MILE RUN (2 LAPS)

The Candidate will complete a ½ mile run (2 laps) around the Training Center.

Purpose: To assess cardio and endurance

FAILING CRITERIA

- Unable to complete the ½ mile run (2 laps)

EVENT 3: 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

EVENT 4: SIMULATED VENTILATION DEVICE (KEISER SLED)

The Candidate will approach the ventilation prop simulator and pick up the sledgehammer. Next, the Candidate will strike the metal sled with the sledgehammer until the sled travels to the opposite end.

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

FAILING CRITERIA

- Stopping to rest for more than 30 seconds during the event
- Using the sledgehammer to push the metal sled instead of striking it

EVENT 5: 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

PHYSICAL ABILITY TEST (PAT)
To be completed in *13 minutes or less*

EVENT 6: STAIR CLIMB / STAIR DESCEND WITH KETTLEBELL

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 candidate will 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.

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: 5" SUPPLY LINE DRAG AND PULL (75 FT)

The candidate will start by picking up the hose behind the coupling. Next, the candidate will stretch out the 5" to the designated location. Once the candidate has stretch out the 5", candidate will run or walk back to the starting point and begin pulling the supply line hand over hand until all section of the hose has been brought back to starting point.

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

FAILING CRITERIA

- Stopping to rest for more than 10 seconds during the event

EVENT 9: RESCUE DRAG (50 FT)

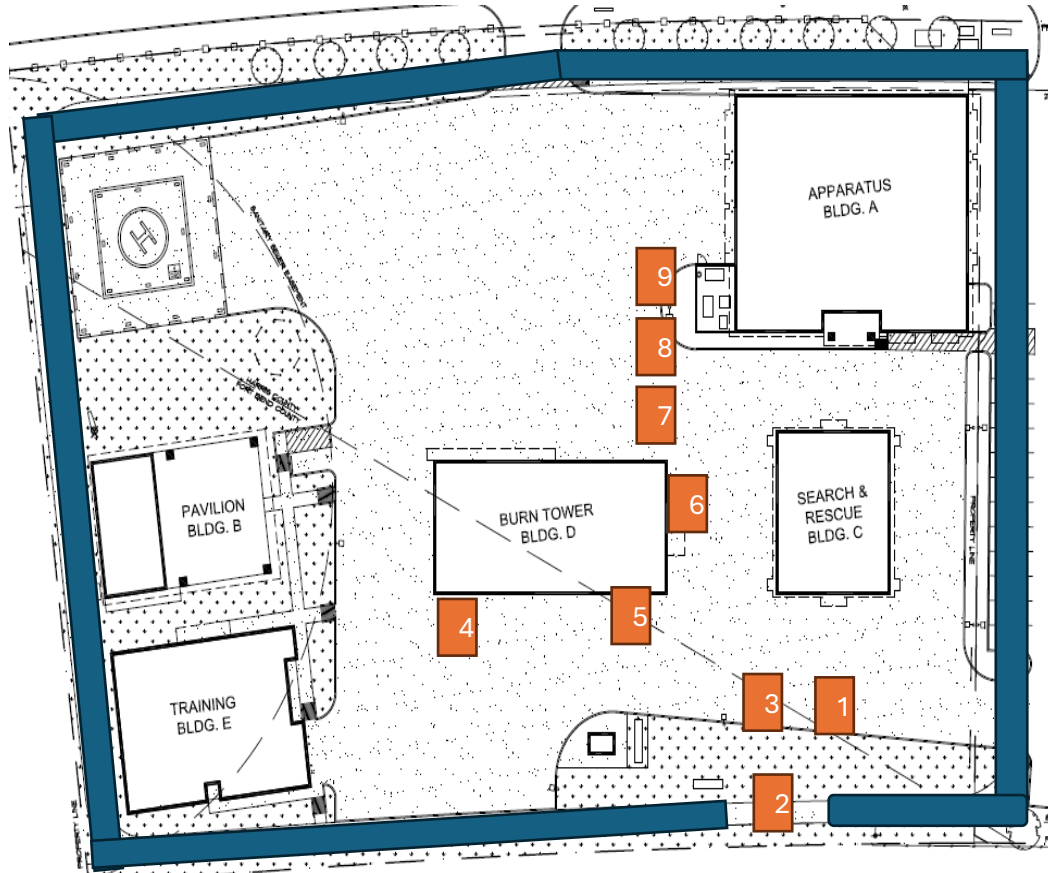
The Candidate will stand at the head of the 185lb rescue dummy and bring the rescue dummy to a sitting position. The Candidate will then grasp the rescue dummy from the rear, with arms around the torso, and bring it up from the ground. Once both the Candidate and the rescue dummy are at an upright position, 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

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

PHYSICAL ABILITY TEST (PAT)
To be completed in 13 minutes or less



- 1.Event 1: Medicine Ball Arm Thrusters (20 Reps)
- 2.Event 2: ½ Mile Run (2 Laps)
- 3.Event 3: Charged Hose Drag (100 Ft)
- 4.Event 4: Simulated Ventilation Device (Keiser Sled)
- 5.Event 5: Ladder Extension

- 6.Event 6: Stair Climb / Stair Descend with kettlebell
- 7.Event 7: Sandbag Keg Lifts (10 Reps)
- 8.Event 8: 5" Supply Line Drag and Pull (75 Ft)
- 9.Event 9: Rescue Drag 185lb Dummy (50 Ft)