



PAT EVENTS

To be completed in 9 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 designed 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. Candidate will then turn and strike the prop until it moves all the back across the track to the starting point. 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 50 feet to a marked point, makes a 180° turn and continues an additional 50 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.

EVENT 8: COGNITIVE MEASURE

The time will stop after Event 7. If the participant completes EVENT 7 before 9 minutes, the participant will be given a 1 minute rest period. The participant will then be given a piece of 13mm rescue rope, a piece of 8mm prussik cord, an extra large carabiner, and a piece of 1" tubular webbing. The participant will be asked to tie 3 knots. The participant will not know prior to the test which 3 knots will be asked. The knots will be from a bank of 8 knots that the participant will have prior knowledge of. The participant will be given 45 seconds per knot to tie the given knot. It will be the test proctor's decision whether the knot passes or fails. The participant may challenge a failed knot to another test proctor. The Special Operations Chief will have the final pass/fail decision.

EVENT 9: (SEPERATE DAY) 100 YARD/METER SWIM

The participant, dressed in swim suit and wearing a CVFD Rescue PFD, will swim 100 yards/meters (depending on pool length) without stopping in 6 minutes or less. Any swim stroke may be used.

Knots/Hitches for PAT Test

1. Overhand knot (Rope)
2. Figure Eight on a bight (Rope)
3. Figure Eight follow through on a bight (Rope)
4. Bowline (Rope)
5. Munter Hitch (Rope w/ extra large carabiner)
6. Square Knot (Rope)
7. Prussik Hitch (Prussik Cord and rope)
8. Overhand follow through bend "Water Knot" (Webbing)

The above knots/hitches are listed by their official names. Their working name is in quotations. The piece of equipment needed to tie the knot/hitch is listed in parentheses.

The tying of these knots/hitches can be found through several apps and search engines.

The basis for this evaluation is to measure cognitive abilities after strenuous physical activity, not just being able to tie a knot/hitch.