Wooster Division of Fire

CPAT Orientation Guide

The Wooster Division of Fire is pleased to welcome you as a test candidate and has provided this information to assist in your preparation for the candidate physical ability test. The Candidate physical ability test administered by the Wooster Division of Fire is a hybrid of the national CPAT and our previous ability format, producing a test environment that is standardized, non-competitive, and is an excellent indicator of the candidate's ability to perform in the position of Firefighter/Paramedic.

Test Components

The candidate physical ability test is a timed event, consisting of 7 consecutive stations. The candidate will be supplied with a full set of protective clothing and an aluminum bottle SCBA, to be worn throughout the test event. The candidate will be permitted to don athletic shoes (not supplied). The candidate will be required to complete the test in order, walking a distance between 85' to 100' between areas. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows you approximately 20 seconds to recover and regroup before each event.

This is a pass / fail test based on a maximum time of 11 minutes and 30 seconds.

Warm up Area

A designated area apart from the test site will be made available to candidates to stretch and warm up before engaging in the candidate physical ability test. The acquisition of a base set of vitals prior to effort will be obtained. This area will be proctored and hydration supplies will be made available.

Event 1 Forcible Entry

Equipment

This event uses a mechanized device located 39 inches (1 m) off the ground that measures cumulative force and a 10-pound (4.54-kg) sledgehammer.

Purpose of Evaluation

This event is designed to simulate the critical tasks of using force to open a locked door or to breach a wall. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and

anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event
For this event, you will walk 100' to the forcible entry machine. You must use a 10-pound (4.54-kg) sledgehammer to strike the measuring device in the target area, moving the beam, until the stop is reached. During this event, you must keep your feet outside the toe-box at all times. After the stop is reached, place the sledgehammer on the ground. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you step inside the toe-box, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 2 Exhaust Fan Carry/Hang

Equipment
Electric Exhaust fan, support bar located 6'6" from ground level

Purpose of Evaluation
This event is designed to simulate the critical task of carrying an electric exhaust fan from the truck to the structure, hanging it in the doorway, and then reversing the process. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, biceps, deltoids, upper back, trapezius, abdominals, and muscles of the forearm and hand (grip).

Event
The candidate will be required to lift an electric exhaust fan from a table located the height of a truck compartment. The candidate will then carry the fan 100' to a pre-positioned support located in a doorway at a height of 6'6". The candidate will set the fan down in the doorway, lift the fan by the hooks and place the hooks over the fan support. The candidate will step away from the fan, return, and lift the fan by the hooks, placing it on the ground. The candidate will then be required to lift the fan and

carry it back 100′ to its original position. This concludes this event. Walk 85′ within the established walkway to the next event.

Failures
If you lose control and drop the fan at any time during the event, you fail the test. If your feet leave the ground at any time during the lifting of the fan to or from the support, you fail the test. The test time is recorded and the test concluded.

Event 3 Ladder Raise and Extension

Equipment
This event uses one 24-foot (7.32-m) fire department ladder and a 60 pound halyard pull (weight required to raise a 24′ extension ladder). For your safety, a retractable lanyard is attached to the ladder that you raise.

Purpose of Evaluation
This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event
For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately proceed to the pre-positioned halyard pull, stand with both feet within the marked box of 36 inches x 36 inches (91.44 cm x 91.44 cm), and pull the halyard rope hand over hand until it hits the stop. Then, lower the halyard rope hand over hand in a controlled fashion to the starting position. This concludes the event. Walk 100 feet (25.91 m) within the established walkway to the next event.

Failures

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground or the safety lanyard is activated because you released your grip on the ladder, the test time is concluded and you fail the test. If during the halyard pull, your feet do not remain within marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you do not maintain control of the rope in a hand over hand manner, or let the rope halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

Event 4 Hose Drag

Equipment
This event uses an uncharged fire hose with a hoseline nozzle. The hoseline is marked at 8 feet (2.24 m) past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hoseline is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hoseline that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation
This event is designed to simulate the critical tasks of dragging an uncharged hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event
For this event, you must grasp a hoseline nozzle attached to 200 feet (60 m) of 1 3/4-inch (44-mm) hose. Place the hoseline over your shoulder or across your chest, not exceeding the 8-foot (2.24-m) mark. You are permitted to run during the hose drag. Drag the hose 75 feet (22.86 m) to a pre-positioned drum, make a 90° turn around the drum, and continue an additional 25 feet (7.62 m). Stop within the marked 5 foot x 7 foot (1.52 m x 2.13 m) box, drop to at least one knee and pull the hoseline until the hoseline's 50-foot (15.24-m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary

lines. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 5 Search

Equipment
This event uses an enclosed search maze that has obstacles and narrowed spaces.

Purpose of Evaluation
This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event
For this event, you must crawl through a tunnel maze that varies in height from 48" to 28", varies in width from 48" to 16", and is 32' in length. At a number of locations in the tunnel, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions of the tunnel are reduced. Your movement is monitored through the maze. If for any reason, you choose to end the event, call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the event is concluded. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
A request for assistance that requires assistance out of the maze constitutes a failure, the test time is concluded and you fail the test.

Event 6 Rescue

Equipment
This event uses a weighted mannequin.

Purpose of Evaluation
This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event
For this event, you must grasp a 165-pound (74.84-kg), drag it 35 feet (10.67 m) to a pre-positioned drum, make a 180° turn around the drum, and continue an additional 35 feet (10.67 m) to the finish line. You are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 7 Stair Climb

Equipment
This event uses a single flight of 12 steps.

Purpose of Evaluation
This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle) and climbing stairs in full protective clothing carrying fire fighter equipment. This event challenges your aerobic

capacity, lower body muscular endurance and ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event
For this event, you must wear two 12.5-pound (5.67-kg) weights on your shoulders to simulate the weight of a high-rise pack. The candidate will be required to walk up and down a flight of twelve steps for a total of ten repetitions. The candidate will not be permitted to utilize the handrail for propulsion, only briefly as needed for balance and support. At the completion of ten repetitions the test is completed and the time recorded. The candidate will then be directed to the rehabilitation area.

Failures
If you fall, grasp any of the handrails for propulsion or prolonged support, one warning will be issued. The second infraction will constitute failure and the test is concluded. During the test, you are permitted to touch the wall or handrail for balance only momentarily.

Rehabilitation Area

The candidate will be instructed to remove all protective clothing. Post-test vitals will be obtained by the proctor and recorded on the test sheet. Hydration supplies and an area for cool down will be available.