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Sub-Division:	CPAT Testing – Instructions and Diagram for CPAT Test	Revision Date:	October 9, 2015

CPAT Testing

Instructions & Diagram for Agility Circuit

Instructions:

Station 1 – Search & Rescue

- This is to test for claustrophobia
- Participant is to start at the South entrance to the gear room and do a search for the victim.
- Room is to be as dark as possible
- Participant is to be blacked out
- No tools allowed

Station 2 – Ladder Lift, Carry, and Raise

- This is to test the candidates ability to carry a heavy object a longer distance to simulate from the truck to the structure on a call
- Participant is to lift the ladder using proper safe lifting techniques and carry it around the marked pylons and at the last pylon, stand the ladder upright and raise it 3-5 rungs. This will be done with the Instructor assisting in the stand and raise of the ladder.
- There will be a second person at all times to ensure ladder doesn't fall/slip

Station 3 – Hose Pack Walk

- This is to test the base cardio of the candidate in lieu of the stair climb
- Participant is to shoulder carry a 15m length of 65mm hose out the north man door of the apparatus bay around the west side of the building (past the EMS bays) and back in the south man door to the apparatus bay back to the starting point
- No Stopping for a break
- A Failure will occur if the walk is not completed

Station 4 – Tool Carry

- This is to measure the participants ability to carry firefighting equipment over a distance
- The participant will pick up two designated tools, one will be held in the left hand and the other in the right hand.
- The participant will carry the tools around a pylon 30m away and then return back to the start location placing the tools back down on the ground

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Station 5 – Victim Drag

- This is to test the candidate's ability to remove a patient/victim to safety.
- Participant shall grab the dummy using proper grip
- Participant shall lift the dummy using proper safe lifting techniques
- Participant shall drag the dummy backwards 30m
- No stopping or re-gripping allowed, and must remain in the designated lane

Station 6 – Advancing a Charged Hose Line

- This is to simulate the moving of a charged cross lay to reposition or to provide an initial attack
- Participant shall grab the 38mm nozzle of the charged hose line and drag it 30m towards the settling pond, stop, open the bail and hit the target pylon
- No stopping until at the 30m mark ready to hit the target

Station 7 – Forcible Entry

- This is to simulate the physical requirement of performing forcible entry on a door
- Participant using the provided sledge hammer shall hit the prop (Kaiser) 1m across the apparatus floor
- There are no limitations on re-positioning

Station 8 – Equipment Haul

- This is to simulate the physical requirement of hauling material to a roof or using a 1:1 hauling system hand over hand
- From a seated position, the participant will pull the weighted hose into the marked box

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