

# **Canton Fire Department**

## **Physical Ability Test**

Walk and work with purpose. All tasks are to be completed at a pace such as a walk to upwards of a jog. Running or sprinting is not allowed and will constitute disqualification. All Candidates will perform the PAT (Physical Ability Test) wearing the following required PPE; a turnout coat, an SCBA with bottle, and a helmet. Removal of this required PPE during the test will constitute failure. Gloves are recommended for safety, but not required. Type of footwear is optional.

Acceptable apparel is any type commonly worn for workout purposes that would promote a positive and professional image from the majority of citizens within our community and is not considered offensive. Shorts are allowed. No apparel which has offensive writing or pictures will be allowed.

This is a timed event. Each candidate will be given 12 minutes to complete a mile. This time is kept separate and is not added to the PAT time. Any time remaining on the 12 minutes after completion of the mile will be added to the 5 minute rest break. After a timed five minute rest break (plus any remaining time from the mile) the candidate will start the PAT.

The PAT time starts when a candidate touches the ladder and ends when the candidate finishes all listed tasks successfully, pulling the sled across the finish line. A candidate will have 15 minutes to pass the PAT, this is a pass fail event.

### **Mandatory Mile Warm-Up:**

Candidate shall run, jog, or walk a distance of one (1) mile within 12 minutes. This event will take place on the track located at the Canton High School stadium. Candidate will start from a designated starting point, upon the instruction of the examiner. Candidate must complete four (4) laps around the track and back to the original starting point within the allotted amount of time. This is a PASS / FAIL event. Inability to complete this task within 12 minutes will be considered failure and the candidate will not be allowed to continue onto the PAT. Upon successful completion of the mandatory mile, the candidate will be given a rest break prior to beginning the PAT. The amount of time allotted for the rest break is 5 minutes plus any time remaining from the original 12 minute limit. Thus, the candidate will have a total of 17 minutes from starting the mandatory mile to begin the PAT. Not beginning the PAT within this time frame will constitute failure of the PAT.

## **Physical Ability Test (PAT):**

**NOTE: The PAT must be completed within 15 minutes. Inability to complete the PAT within this time frame will constitute failure. Inability to complete any task listed below will be considered failure of the physical ability test and the candidate will not be allowed to continue to the following task.**

### **Ladder Climb, High-Rise Pack, and Hose Lift:**

This event is designed to simulate the duties a firefighter may expect to encounter such as climbing ladders, movement of hose loads, and negotiating stairs.

**NOTE: This event begins the PAT and a candidate's time will start when the candidate first touches the ladder.**

The candidate shall climb a fully extended 24 feet ladder, touch the top rung, and then descend. Candidate must step on every rung on their way up and down and keep at least one hand in contact with the ladder at all times. Once safely back on the ground, the candidate must go over to a designated area which contains a simulated high rise pack (5" hose filled with sand, approximately 50 lbs.). The candidate will then shoulder the simulated high-rise pack and carry it to a designated area at the top of the bleachers. After placing the simulated high-rise pack on the bleachers, utilizing a rope, the candidate will hoist a roll of fire hose (approximately 40 lbs.) up and over the top rail of the bleachers utilizing a "hand over hand" method. The candidate will then lift the section of hose back over the rail, and safely lower it onto the ground near the base of the bleachers utilizing a similar "hand over hand" method. Once the hose roll is safely lowered back onto the ground, the candidate will re-shoulder the simulated high-rise pack and return it to its original designated location.

### **Possible Failure Criteria:**

- Setting the simulated high-rise pack down in any location other than in the areas designated.
- Inability to control rope while hoisting the roll of hose; allowing the rope to slide through hands more than an approximate distance of 3 feet.

### **Resistance Sled**

This event is designed to simulate that of forcible entry striking or chopping. It provides an efficient and durable means of training or testing individuals such as firefighters who use axes and sledgehammers in their occupation.

To use the resistance sled, an individual stands on the foot walks, straddling the I-beam then strikes the I-beam using the specifically designed 9 lb. dead-blow sledgehammer. The candidate will strike the end of the center I-beam until it has moved the length of the sled tray.

### **Foam Bucket Carry Part 1:**

This event is designed to simulate a firefighter's ability to carry common firefighting equipment or supplies a reasonable distance without delay.

The candidate must pick up two foam buckets, which are full (approximately 45 lbs. each), off the tailboard of a designated engine, then carry them a distance of 100' and set them down in a designated area near the start of the "hose couple and pull".

### **Possible Failure Criteria:**

- Setting a bucket down in any location other than in the area designated.
- Dropping a bucket, regardless of location.

### **Hose Couple and Pull:**

The hose couple has three (3) parts. They are to be performed in the following manner using dry 3 inch hose. All candidates will carry out this task from a designated starting point, to a designated ending point, and then returning to the starting point. This event is designed to simulate a firefighter's ability to multitask while setting up and maneuvering dry hose lays on the fire ground.

- From the designated starting point, the candidate shall walk to the point where the first and second sections meet, and couple the first and second sections together. Then they shall walk to the point where the second and third sections meet, and couple the second and third section together. Couplings should be tightened so that they do not come apart while dragging the hose.
- Pick up the open end of the third section of hose and drag all three connected sections in a straight line for 50 feet. The ending point will be indicated on the ground. Then place the end of the hose on the ground. **(DO NOT DROP COUPLINGS)**
- Walk to the open end of the first section of hose. Pick up the end of the hose and drag the three connected sections 50 feet back to the original starting point. **(DO NOT DROP COUPLINGS OR ATTEMPT TO UNCOUPLE THE HOSE)**

**NOTE:** If a coupling comes apart while dragging the hose, the candidate must return to it and reconnect it. Then the candidate must resume dragging the hose in the appropriate direction until the above task is completed.

**Foam Bucket Carry Part 2:**

The candidate must pick up the two foam buckets, which are full (approximately 45 lbs. each), from the designated area near the start of the “hose couple and pull”, then carry them a distance of 100’ and set them back onto the tailboard of a designated engine.

**Possible Failure Criteria:**

- Setting a bucket down in any location other than the tailboard of the designated engine.
- Dropping a bucket, regardless of location.

**Ladder Removal and Replacement:**

This event is designed to simulate the function of ladder removal and replacement by firefighters. This will display the candidate’s ability to safely mimic a common fire ground task while maintaining control of the ladder.

The candidate will walk to the designated engine and remove a 14 foot roof ladder. Carefully place the ladder flat on the ground (with both beams resting on the ground). Once it has been placed on the ground, the candidate must stand up right (fully) and raise their hands. When the candidate is acknowledged by their examiner to be fully upright and with hands raised, they will be signaled to carefully replace the ladder onto the engine and continue.

**Possible Failure Criteria:**

- Failure to maintain control of the ladder, bumping or striking the engine with the ladder.

**Hose Drag:**

This event is designed to simulate deployment of charged hose lines.

The candidate will walk to the nozzle end of a 2 ½” charged line. The charge line consists of two (2) fifty foot sections of hose. The candidate is to pull a 50-foot section of (water filled) hose back past the discharge point. A designated starting point and a designated finish point will be clearly marked. At least one of the candidate’s hands shall remain on the nozzle at all times during the pull.

**Sled Drag:**

This event is designed to simulate the dragging or removal of a victim.

The candidate shall drag a sled weighing approximately 175 lbs. a distance of 100’ from a designated starting point to a designated ending point. It does not matter what technique a candidate utilizes to perform this task so long as it is done in a safe and effective manner.

Completing this event concludes the PAT and marks the end time for the candidate.