

CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY



"Commitment to Excellence"

Physical Ability Test (Entrance)

Introduction:

The Coral Springs Regional Institute of Public Safety Physical Ability Test (PAT) is based on the Firefighter Combat Challenge. The Firefighter Combat Challenge was first conceived when the US Fire Administration gave a grant to The Sports Medicine Center of the University of Maryland in 1974. The focus of their research was to simulate five essential tasks commonly found on the fire ground and was called Criterion Task Test.

These tasks were designed to duplicate the cardiopulmonary performance and muscular strength needed for common fire ground activities. Since the first Combat Challenge first took place in 1991 it has been adapted into the Physical Ability Test that we use today. Most fire departments in the nation use this PAT or a variation of it as part of their entrance exam.

****Please note that this test is a minimum and does not accurately depict the overall strength and endurance required to successfully perform the tasks of a firefighter throughout the minimum standards class.**

Equipment

Appropriate workout clothing

- T-shirts
- Shorts / Sweats
- Sneakers with good ankle support

Gloves (Extrication, Mechanics or Workout) are recommended

Appropriate food and water

CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY



"Commitment to Excellence"

Testing:

There are two parts to the testing process with the first physical endurance section being timed and the second untimed section showing skill and competency.

Part I

The timed section consists of five (5) evolutions (listed below) will be done in order and must be completed in less than seven (7) minutes. There is no stopping time and once time has started the instructor cannot aid the candidate in anyway.

You will hustle through the test as swiftly and safely as you feel necessary to challenge yourself without running. There is absolutely no RUNNING at any time on the fire ground!

The candidate will be called to the starting point which is the base of the tower, at that time the candidate is responsible to put on the forty-five (45) lb. weighted vest and secure it properly.

Completion times:

- 2:00 – 4:00 minutes / Excellent shape
- 4:00 – 5:00 minutes / Good shape
- 5:00 – 6:00 minutes / Need work
- 6:00 – 7:00 minutes / Passed (but NOT ready!)

Evolution # 1- High Rise / Stair Climb

Average time 20 seconds going up

- Candidates will be advised to place a twenty-two (22) lb. hose pack on there right shoulder for ascending the stairs and there left shoulder for descending the stair.
- Candidates must keep their hand on the inside rail at all times (for balance only)
- Time starts as soon as they touch the first step.
- Once you have reached the fourth (4th) floor place the hose pack inside the door way against the wall.

Evolution #2 - Hose Hoist

Average time 45 seconds

- Standing behind the threshold of the door the candidate will pull the forty-two (42) lb. hose pack attached to a rope up to the fourth (4th) floor.
- They must keep their feet planted and maintain control of the rope at all times.
- Once the knot of the hose pack has reached the top ledge of the balcony the candidate will walk up to the edge and pull the hose pack up and over the railing and place it on the ground.

CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY



"Commitment to Excellence"

- Picking up the twenty-two (22) lb. hose pack they brought up the stairs with them and placing it on their left shoulder they will descend the stairs in the same manor they ascended.

Evolution #3 - Forcible Entry

Average time 40 seconds

- Once you are back on ground level place the twenty-two (22) lb. hose pack back against the building.
- Take a nine (9) lb. dead blow mallet from the bucket of ice.
- Position yourself on the Keiser Sled with both feet on the diamond plate so your toes are even with the edge of the slide.
- Bend forward so you can see the end of the slide at all times.
- With the mallet, using short hard strokes (not raising the mallet above your head or the 10 o'clock position) hit the one hundred (160) lb. steel block until the far end of it reaches the end of the sled and you are told to stop by your proctor.
- Place the mallet back into the bucket and continue on to the next evolution.

Evolution #4 - Hose Drag

Average time 30 seconds

- Pick up the inch and three quarter (1 ¾") hose and place the nozzle over either shoulder.
- Drag the hose seventy-five (75) feet to the designated line, the nozzle must cross the line for you to finish this event.

*Dropping the nozzle is an **AUTOMATIC FAILURE.***

Evolution # 5 - Victim Rescue

Average time 45 seconds

- A one hundred seventy-five (175) lb. mannequin will be used as the victim and is to be dragged one-hundred (100) feet going backwards for the duration of this event.
- If the candidate falls backwards the proctor will attempt to keep their head from striking the ground but can offer no assistant regardless if the dummy has fallen on candidate.
- Time will stop when the dummy's legs completely cross the finish line.

This concludes the timed portion of the PAT

CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY



"Commitment to Excellence"

Part II Skills & Competency

Each skill is assessed separately and has no time limit however freezing, becoming stuck or utilizing an absorbent amount of time based on the discretion of the proctor will be grounds for failure.

Evolution # 1 – Ladder Climb

- A thirty-five (35) ft. extension ladder will be fully extended and positioned on an exterior balcony
- The candidate will have a safety harness and belay line attached during the evolution
- The candidate must climb the entire length of the ladder and touch the top rail
- The proctor will advise when the candidate can descend
- Evolution is complete when both feet touch the ground

Evolution # 2 – Strength & Dexterity

- Candidate must pick up a forty-five (45) lb. piece of extrication equipment safely
- Candidate must be able to hold and maneuver the equipment by placing/touching the predetermined locations based on proctors directions.
- Candidate must place the equipment back down safely

Evolution # 3 – Confined Space Crawl

- Candidate must navigate him/herself through the twenty (20) ft. confined space tube.
- The tube is clear of obstructions or obstacles and is completely visible

Each part (I & II) of the testing must be completed safely and efficiently to have successfully passed the PAT. Scores/times will be given upon completion allowing you to fulfill the registration process for entrance to a minimum standards class. The PAT is valid for one (1) year from the date and can be used for no additional cost to any class in that time frame.