

# CORAL SPRINGS REGIONAL INSTITUTE OF PUBLIC SAFETY



*"Commitment to Excellence"*

## Entrance Physical Ability Test (EPAT)

### Introduction:

The Coral Springs Regional Institute of Public Safety Entrance Physical Ability Test (EPAT) is based on the fundamental skills of a firefighter that will test a candidate's strength and cardiovascular endurance. These elements will ensure a candidate has the core, lower and upper body strength with the overall endurance to facilitate key functions over a pre-determined time frame.

\*\*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 Firefighter I & II program.

### Equipment

Appropriate workout clothing

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

Gloves (Extrication, Mechanics or Workout) are recommended

Appropriate food and water

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## **Testing:**

All areas are timed and have minimum requirements that a candidate must meet to qualify to register for the Firefighter I & II program. The EPAT is a mandatory requirement and specifically designed for CSRIPS. The EPAT is only valid for the specific class and does not guarantee entry in the class.

## **Part I**

The timed section consists of eight (8) 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 any way.

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!

When called place your water bottle in the designated area and report to the starting point which is the base of the tower, at that time the candidate is responsible to put on the twenty-two (22) lb. weighted vest and secure it properly.

### **Evolution # 1- Pushups**

**Average time 40 seconds**

- Candidates will be advised to take push-up position at the base of the stairs. The candidate will perform ten (10) pushups and the chest will touch the marker for each push-up to count.
- If a candidate fails to perform a push-up correctly (flat back and chest touching marker) it will not be counted. Candidate cannot lay on floor or place knees on the ground at any time or the assessment will end.
- Failure to complete ten 10 push-ups in 1:30 will end the assessment.
- Once the ten (10) push-ups are completed the candidate will move on to evolution #2.

### **Evolution # 2- High Rise / Stair Climb**

**Average time 40 seconds going up/down**

- Candidates will be advised to place a forty (40) lb. hose pack on their right shoulder for ascending the stairs.
- Candidates must keep their hand on the rail at all times (for balance only).
- Time starts as soon as they touch the first step.
- Candidate will climb to the top of the tower and enter the interior stairwell.
- Switch the forty (40) lb. hose pack to their left shoulder for descending the stairs.
- Candidates will do two (2) full rotations which equals 8 stories.

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## **Evolution #3 – Rope Pull / Sled drag**

**Average time 45 seconds**

- Standing behind the threshold, the candidate will pull the sled with 1 ¾" hose seventy-five (75) ft.
- Students must keep their feet planted and pull hand over hand and maintain control of the rope at all times.
- Once the sled has reached the wall, the candidate will step down and drag the sled back seventy-five (75) ft.

## **Evolution #4 - 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 slightly over 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 sixty (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 #5 – Tool Carry**

**Average time 30 seconds**

- Pick up the tools off the table (K12 saw & Vent saw).
- Carry both pieces of equipment simultaneously; one in each hand and walk fifty (50) ft. around the cone and walk back another fifty (50) ft. placing the tools on the designated mark.
- Candidate may not stop once the tools are picked up
- Do not drop the tools. Dropping is immediate failure.

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## **Evolution #6- Pike Pole Simulation**

**Average time 30 seconds**

- Pick up the weighted bar at the designated tape marks left hand on top, stand in designated area with left foot forward and raise the bar upward to contact the designated mark five (5) times.
- Switch hands and place the right on top and switch feet with right foot forward, raise the bar to contact the designated mark five (5) more times.
- Place bar back in designated location, do not drop bar

## **Evolution # 7 - 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 assistance regardless if the dummy has fallen on candidate.
- Time will stop when the dummy's legs completely cross the finish line.

**Remove weighted vest in designated area**

**Grab water (drink some while walking)**

**Immediately walk to designated area for next event... without delay!!!**

**Not reporting directly can and will dismiss you from the process**

**Check - in at table**

## **PART II**

### **Evolution # 8 – 1 mile jog**

**Average time 10 minutes**

- Candidate must follow the designated track and complete 1 mile which equates to 5 laps.
- Candidate may walk, run, jog, pause and rest if needed.
- Candidates **MUST** complete this evolution under 12 minutes.

The testing must be completed safely and efficiently to have successfully passed the EPAT. The EPAT is valid for the term being applied for.