



"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:

The EPAT is a mandatory requirement and specifically designed for CSRIPS. 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 only valid for 6 months and does not guarantee entry in the class.

Part I

The timed section consists of eight (8) evolutions (listed below), that will be done in order and must be completed in less than eight (8) 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!

When called, place your water bottle in the designated area and report to the starting point which is located by the bay doors.

Evolution # 1- Pushups

Average time 30 seconds

- Candidates will be advised to take push-up position at the base of the stairs, the candidate will perform twenty (20) pushups, and the chest will touch the marker for each pushup to count.
- If a candidate fails to perform a pushup 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 twenty (20) pushups in 1:00 will end the assessment.
- Once the twenty (20) pushups are completed, the candidate will don a twenty-two (22) lb air pack, secure it properly, and 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 touch the marker.
- 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 seventy-five (75) sled seventy-five (75) ft.
- They must keep their feet planted on the platform 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. using the 1³/₄ nozzle.

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 to the next evolution.

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

Evolution #6- Pike Pole Simulation / Push & Pull

Average time 30 seconds

- Pick up the pike pole, stand in designated area and raise the pole upward to contact the designated mark ten (10) times.
- Grab the D-Ring with the Pike pole and pull down to the designated mark ten (10) times.
- Place bar back in designated location, do not drop bar.



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Evolution #7 – Tool Carry

Average time 30 seconds

- Pick up the tools off the table (K12 saw & Vent saw).
 - o the candidate may take the tool(s) off the table and place on floor to adjust grip prior to walking.
- 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 back on the table without slamming or dropping.
- If a candidate chooses to stop, they must put the tools down safely, readjust and continue (clock will not stop).
- Do not drop the tools, dropping is immediate failure.
- Time stops when both tools are placed back in the designated area.

Remove air pack 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 6 months to the day and must be valid on the first day of class.