

CPAT Instructions to Candidate

Don't forget!

To register and make payment at <https://degrees.lsc.edu/regional-fire-department-testing-cpat/> and visit the Individual Fire Department website to make application.

All candidates will attend at least two mandatory orientation sessions commencing within eight weeks before the actual official CPAT test date, during which they will receive “hands on” familiarity with the actual CPAT apparatus. Candidates may voluntarily attend up to one additional orientation session. Candidates should wear clothing and footwear appropriate for the test. If you do not attend both orientations you must sign a waiver at the time of test.

Within 30 days prior to the actual CPAT test date, all candidates will perform at least 2 timed practice runs, using actual CPAT apparatus, and in which the candidate is allowed to take as much time as necessary to complete the entire course. If you do not attend both orientations you must sign a waiver at the time of test.

A candidate may waive all of the fore-mentioned program components and be eligible to participate in a CPAT test. Such a waiver shall only be acceptable if it is in writing, and is made on a wholly knowing and voluntary basis at the time of test.

During the orientations and practice runs certified Peer Fitness Trainers, fitness professionals and/or CPAT trained fire fighters (proctors) will be present to help all candidates understand the test elements and how they can improve their physical performance and conditioning prior to taking the test.

Further, the WFI Task Force now requires that all those that are licensed to use the CPAT must fully implement these orientation and pre-test procedures. For those fire departments that are utilizing another Licensee to conduct their CPAT, the fire department, as the employer, must ensure that these changes are incorporated.

After a municipality has completed all aspects of recruiting and mentoring candidates they may administer the actual eight-event test. During the entire test the candidate must wear a 50 lb. weighted vest (simulating the weight of a fire fighters protective clothing and equipment). The eight events are:

- Stair Climb (climbing stairs while carrying an additional 25 lb. simulated hose pack),
- Ladder Raise and Extension (placing a ground ladder at the fire scene and extending the ladder to the roof or a window),
- Hose Drag (stretching uncharged hoselines, advancing lines),
- Equipment Carry (removing and carrying equipment from fire apparatus to fireground),
- Forcible Entry (penetrating a locked door, breaching a wall) and
- Search (crawling through dark unpredictable areas to search for victims).
- Rescue Drag (removing victim or partner from a fire building),
- Ceiling Pull (locating fire and checking for fire extension),

A successful CPAT Certification comes from fully completing the entire 8 station exam within the cut-off time of 10 minutes and 20 seconds.

The Wellness/Fitness Initiative and the Candidate Physical Ability Test Program have been reviewed and utilized by fire departments throughout the U.S. and Canada. Each of the Task Force jurisdictions has also served as a resource and has assisted fire departments in their region with the adoption of these programs. An updated Wellness/Fitness Initiative and the Candidate Physical Ability Test is available through the IAFF and the IAFC and you can view a video at <http://www.youtube.com/watch?v=oS-YywTWZH0>