

# Shoreline Fire Department

## Cadet Physical Ability Test (C-PAT)

The Cadet Physical Ability Test (C-PAT) is designed for the applicant to demonstrate that they have the minimum physical ability (strength, coordination, and balance) to perform basic tasks. If an applicant fails the C-PAT they will not be cleared to participate in the Cadet Program. This is an assessment tool used to make sure the candidate is physically able to perform the skills that will be taught throughout the Cadet Program.

Each candidate will be accompanied by a Cadet Advisor who will help instruct and guide the applicant through the physical ability course.

*The C-PAT is **not the same test** as the Shoreline Fire Department Firefighter Candidate Physical Ability Test (SFD – CPAT). Information on the SFD – CPAT can be found on the Shoreline Fire Department website.*

### Event 1      **Hose Lift**

Using proper lifting technique, the applicant will move two rolled sections of 2 1/2" hose (100', 70 lbs. each) one at a time from the ground and walk 10' to the tailboard of the fire engine. The applicant will place the rolled section of the hose on the tailboard of the fire engine. The rolled hose must remain on the tailboard. If a hose roll falls to the ground, it must be replaced on tailboard. **If a candidate cannot complete the task it is an automatic fail of the test.**

### Event 2      **Ladder Carry**

The applicant will lift a 24' extension ladder (weight 95lbs.) from the sawhorse prop and carry it around the perimeter of an outline course then return the ladder to the sawhorse prop. The outline course (in the shape of a square) shall be marked by traffic cones that are 25' apart from one another. The ladder shall at no time touch the ground until after walking around the coned course and returning the ladder to the saw horse. **If the ladder touches the ground while walking around the course it is an automatic fail of the test.**

### Event 3      **Tower Climb**

The applicant will start from the cone in drill ground with a 100' section of 1 3/4" hose (100', 55 lbs.) with a 1 1/2" nozzle attached to the bundle on their right shoulder and wearing a SCBA (23 lbs.). The applicant will climb to the top of the training tower (4 floors). Applicant will touch each step on the way up the tower (no skipping steps) and is encouraged to use the handrail. **Failure to climb up the 4 stories of stairs is an automatic fail of the test.**

### Event 4      **Equipment Hoist**

**After 1 minute of recovery time** (from tower climb), the applicant will hoist a rolled 50' section of 1 3/4" hose weighing 30 pounds to the top of the tower (4 floors) **in less than 2:00 minutes**. The hose roll must touch the sill of the window and then be returned back to the ground. The applicant will use a hand over hand method for raising and lowering the rolled hose. **If the hose is dropped at any time or takes longer than 2:00 minutes it is an automatic fail of the test.**

### REHAB

Following completion of the C-PAT, the applicant is required to go to the rehab station and rehydrate. Vital signs will be checked if Cadet Advisors feel it is necessary.