



PUNTA GORDA FIRE DEPARTMENT

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"Serving our community with pride, honor, and respect"

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Medical Approval: Punta Gorda Fire Department Candidate Physical Agility Test

Applicants will NOT be permitted to take the CPAT without bringing this form, signed by their physician, to the test appointment.

I have examined _____ and found him/her to be medically competent to perform the Punta Gorda Fire Department Candidate Agility Test.

Doctor's Name: _____ Telephone: _____ Date: ____ / ____ / ____

Doctor's Signature: _____ Doctor's ID Number: _____

Test Description:

The CPAT consists of several events designed to simulate some of the more physically demanding tasks of firefighting. Applicants may experience extreme fatigue, elevated heart rate and blood pressure, and difficulty in breathing. We strongly suggest that applicants begin preparation for the test in the form of walking, jogging, bicycling, etc.

Aerobic Activity: 100 yard swim test. Candidate may utilize a freestyle, breaststroke or combination of strokes to complete. Candidate must also free dive to the bottom of the dive well and retrieve a weighted object and place it on one side of the pool (outside the pool) and then free dive to the bottom again to pick up a second weighted object and place it on the opposite side of the pool wall (outside the pool)

** All events listed below will be performed while wearing Turn-out coat, helmet, gloves, and breathing apparatus without facepiece**

Ladder Climb: A 50-foot aerial laddermill simulator will be set at an approximate 70 degree angle. The candidate will step onto the laddermill and once they begin climbing they must not stop until they have reached the equivalent of 50 feet which will be measured by a computer on the machine.

Hand-Over -Hand Exercise: Candidate, while standing at ground level, will pull one section of 2 ½ inch fire hose using a hand-over-hand technique through a pulley system to designated stopping point, approximately 50 feet.

Ventilation/Forcible Entry: Candidate, utilizing the weight transfer device, will reposition sliding weight (approximately 3 feet) using an 8lb dead blow hammer down and back switching from dominate side to non-dominate side.

Salvage/Overhaul Ceiling Pull: Candidate will simulate pulling a ceiling for salvage and overhaul operations utilizing a prop design to imitate utilizing a pike pole. The candidate will stand on a platform and will perform 10 up/down motions and then

switch hands and perform another 10 up/down motions ensuring the pole is pushed to the furthest point and then pulled back down to the furthest point. The prop utilizes a hydraulic shock to for resistance.

Hose Drag: Candidate shall reposition 150 feet of 1 ¾ charged hose line a total of 100 feet.

Ladder Carry: Candidate shall remove a 60 pound ladder simulator (small portion of ladder made from heavy steel) and walk around the departments training facility (approximately 300 feet).

Rescue: Candidate must grasp a 165lb mannequin and drag it a total of 100 feet the use of shoulder straps/rescue webbing permitted.