

Battle Creek FD
Physical Ability Test
Candidate Guide
2019



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BCFD Physical Ability Test

Introduction

Congratulations on your successful completion of the written portion of the hiring process. The next step will be to complete the Physical Ability Test or PAT. The Battle Creek Fire Department PAT is based on the "Candidate Physical Agility Test" or "CPAT" developed by the International Association of Firefighters in partnership with the International Association of Fire Chiefs. Though there are minor differences between the two tests, please utilize the "CPAT Candidate Preparation Guide" found in Appendix B to assist you in preparing for the test.

It is strongly recommended that candidates attend one of several practice sessions in advance of their test date. Practice sessions are currently scheduled for April 22, 29, and 30, at Kellogg Arena located at 36 W. Hamblin, Battle Creek, MI 49017. **Practice times each day will be from 12 P.M. to 8 P.M.**

The PAT consists of 9 separate events and is a **PASS/FAIL test**. This test is a sequence of events that requires the candidate to progress along a predetermined path from event to event in a continuous manner. **To successfully complete the test, an applicant must complete all (9) evolutions in 8 minutes and 30 seconds.** The time starts at the beginning of the first evolution and ends at the completion of the last evolution. Applicants may take as many breaks as needed, however, the clock will continue to run and all evolutions must be completed in the allotted time.

Throughout all events candidate shall wear a 50- pound weighted vest to simulate the weight of self-contained breathing apparatus (SCBA) and Firefighter protective clothing. In addition, candidates shall also wear work gloves and helmet with chin strap. **Candidates should arrive wearing shirt, long pants, and closed-toe shoes. Gym attire is acceptable.** Watches and loose or restrictive jewelry are not permitted.

Physical Ability Test

Evolutions Summary

The evolutions of the physical agility test are:

Evolution 1- Nozzle and Hose Pull

Stand at the starting line, pick up the nozzle, and walk as rapidly as possible pulling the 2 ½" hose and nozzle for a distance of 150 feet to a designated point.

Evolution 2- Ladder Placement and Return to Ladder

Remove a 16 foot roof ladder from a stand, walk 10 feet to wall and place in box on floor. Bring out to climbing angle, move back to wall, lower ladder and return ladder to stand.

Evolution 3- Hose line and Dummy Drag

Drag a dry 1 ¾" fire hose (with nozzle attached) under a ladder simulating a 25 foot tunnel. The nozzle on the hose must pass the mark on the floor at the end. Then drag a dummy (approx. 165 lbs.) back through the tunnel until the head and shoulders have passed the mark on the floor at the other end.

Evolution 4- Ceiling Breach and Pull

Grasp pike pole and step back to mark on floor. Reach as high as possible and pull down until your highest hand is level with your chin. You must complete (30) pulls. Test proctor will count correct pulls aloud.

Evolution 5- Stair Climb

Pick up one 50 foot bundle of 2 ½" hose and climb approximately 2 flights of stairs and deposit bundle.

Evolution 6- Rope and Hose Hoist

Starting with a rope, pull 2 ½" hose line with nozzle over stair case railing until 50 feet of hose and coupling are on the floor at your level.

Evolution 7- Ladder Raise and Hoist

Descend stairs to arena floor and lift 28 foot extension ladder from floor to vertical position. Using halyard, raise fly section to top and lower back down while using a hand over hand type motion. **The halyard must not slip through your hands.** Lower ladder to ground.

Evolution 8- Vertical Ventilation

Move 50 lbs. of weight 1.5 feet utilizing sledgehammer and Kaiser Sled.

Evolution 9- Equipment Carry

Pick up one of 4 items and walk 22 feet to the 3 step box, walk over the box one step at a time, and walk 22 feet further to the traffic cone on the floor. Next, go around the cone, return to the starting location via the same path and place the item on the table. Repeat this procedure three additional times utilizing the following items: smoke ejector (fan), fire extinguisher, 50 foot roll of 1 ¾" hose, 50 foot roll of 2 ½" hose. **Items must be carried one at a time.**

Upon completion of the timed portion of the physical ability test, candidates shall have their blood pressure and heart rate documented by BCFD Personnel or a representative.

Analysis of Test Evolutions

Evolution 1- Nozzle and Hose Pull

Tests leg, arm, and back strength. The load or drag increases as you pull more of the hose.

Evolution 2- Ladder Placement and Return to Bracket

Tests upper body strength and grip strength, especially when lifting ladder off and onto the brackets by gripping the rungs. Hand, arm, back, and some leg strength are involved.

Evolution 3- Hose Line and Dummy Drag

Tests leg, arm, back, and grip strength as well as agility in being able to move effectively in confined spaces.

Evolution 4- Ceiling Breach and Pull

Tests arm, back strength, and stamina as well as grip strength.

Evolution 5- Stair climb

Tests leg strength and endurance.

Evolution 6- Rope and Hose Hoist

Tests back, arm, and grip strength.

Evolution 7- Ladder Raise and Hoist

Tests upper body strength. Arm, shoulder, back, abdominal, and grip strength are involved.

Evolution 8- Vertical Ventilation

Tests back, arm, abdominal, and grip strength as well as coordination.

Evolution 9- Equipment Carry

Tests arm, leg, back, and grip strength as well as coordination and endurance.

PAT Evolution Guide

Evolution 1- Nozzle and Hose Pull

Summary: Stand at the starting line, pick up the nozzle, and walk as rapidly as possible pulling the 2 ½" hose and nozzle for a distance of 150 feet. The evolution is complete once the nozzle has completely passed over the designated stopping point.

The following practices are allowed:

- Candidate may place nozzle and/or hose over shoulder or across chest not to exceed 8' mark as measured from the tip of the nozzle
- The candidate receives one warning to stop running

The following practices constitute a failure:

- The candidate commits a second infraction for running

Evolution 2- Ladder Placement and Return to Bracket

Summary: Remove a 16 foot roof ladder from a bracket approximately 6' 6" high, walk 10 feet to wall and place ladder spurs in box outlined on floor. Next, raise ladder to vertical position. Once vertical, move butt of ladder out and set to proper climbing angle, move back to vertical against wall, lower ladder and return ladder to stand. Please note that candidates shall move bottom of ladder to set climbing angle by moving both spurs of ladder out away from wall and placing into a second box that will be outlined on the floor. Once both spurs have been placed in the box and proper climbing angle verified, Proctor shall notify candidate they may proceed with returning ladder to vertical position prior to lowering and returning to bracket.

The following practices are allowed:

- Candidates may use any grip on the ladder they deem appropriate

The following practices constitute a failure:

- The candidate loses control of the ladder and allows it to fall to the ground
- The candidate is unable to return the ladder to the bracket

Evolution 3- Hose Line and Dummy Drag

Summary: Drag a dry 1 ¾" fire hose (with nozzle attached) under a ladder simulating a 25 foot tunnel. The nozzle on the hose must completely pass the mark on the floor at the end. Once

the nozzle has crossed the designated line, the candidate will drop the nozzle and move on to the rescue drag portion. While remaining under the ladder, the candidate will position their hands on the harness (either handle or both) and begin to drag a mannequin (approx. 165 lbs.) back through the tunnel until the head and shoulders have passed the mark on the floor at the other end. Once the head and shoulders have passed the mark the test proctor shall indicate the candidate is clear to move on to the next event.

The following practices are allowed:

- The candidate receives one warning to remain under the ladder
- Candidate shall use either one or both handles on the harness while dragging the mannequin
- Candidate is allowed to lower mannequin back to ground to reposition grip
- The candidate receives one warning for grabbing onto/pulling on parts of the ladder or prop for additional leverage.

The following practices constitute a failure:

- The candidate commits a second infraction for not remaining under ladder
- The candidate commits a second infraction for grabbing onto/pulling on parts of ladder or prop for leverage

Evolution 4- Ceiling Breach and Pull

Summary: Grasp pike pole and step back to mark on floor. Reach as high as possible and pull down until your highest hand is level with your chin. You must complete (30) pulls. Test proctor will count correct pulls aloud. The candidate is permitted to stop and, if needed, adjust their grip. Releasing the grip or slipping from pike pole handle, without the pike pole falling to the ground, does not result in a warning or constitute a failure. If the candidate does not successfully complete a repetition (i.e. complete the up and down motion), the proctor calls out "MISS" and the candidate must repeat the repetition.

The following practices are allowed:

- The candidate receives one warning for dropping the pike pole on the ground
- The candidate receives one warning for stepping off the mark
- The candidate is permitted to stop and re-establish grip

The following practices constitute a failure:

- The candidate commits a second infraction for dropping the pike pole
- The candidate commits a second infraction for stepping off the mark

Evolution 5- Stair Climb

Summary: Pick up one 50' bundle of 2 ½" fire hose and carry bundle along a predetermined path up 2 flights of stairs and deposit bundle on ground in designated location. The candidate must make contact with each step as they ascend and will not be allowed to skip steps or "double up."

The following practices are allowed:

- The candidate may carry bundle in whatever manner they choose
- The candidate may set bundle down (1) time to readjust grip
- The candidate receives one warning for skipping steps

The following practices constitute a failure:

- The candidate drops bundle during carry
- The candidate commits a second infraction for skipping steps

Evolution 6- Rope and Hose Hoist

Summary: Starting with a rope, pull a dry 2 ½" hose line with nozzle over stair case railing in a hand over hand motion until 50' of hose and coupling are on the floor at your level.

The following practices are allowed:

- The candidate receives one warning for not hoisting hose in a hand over hand motion

The following practices constitute a failure:

- The candidate commits a second infraction for not hoisting hose in a hand over hand motion

Evolution 7- Ladder Raise and Hoist

Summary: During this event, the candidate walks to the top rung of a 24' aluminum extension ladder, lifts the ladder overhead and begins walking toward the base of the ladder raising the ladder along the way. The candidate must use each rung in a hand over hand fashion. Skipping rungs or using the beams is not permitted. Once the ladder is vertical, a representative from BCFD will secure the ladder in that position. The candidate will then extend the fly section of the ladder utilizing the halyard in a hand over hand fashion. The ladder shall be raised until it hits the stop. The candidate then lowers the fly section hand over hand in a controlled fashion to the starting position. Once the fly has been lowered, candidate will then lower the ladder to the ground using a hand over hand motion utilizing all rungs. Once the candidate has reached the top rung, the ladder shall be lowered to the ground.

The following practices are allowed:

- The candidate receives one warning for failing to use all rungs during raise/lower of ladder

The following practices constitute a failure:

- The candidate commits a second infraction for failing to use all rungs during raise/lower
- The candidate allows the ladder to fall to the ground during the raise/lower
- The candidate does not control the halyard in a hand over hand manner
- The candidate allows the halyard to slip in an uncontrolled manner

Evolution 8- Vertical Ventilation

Summary: During this event the candidate will straddle an I-beam by standing on the foot walks and swing a 9-pound sledgehammer between their legs striking the I-beam. The candidate will continue striking the I-beam until it moves 1.5 feet.

The following practices are allowed:

- The candidate will be allowed as many hits as necessary to move the i-beam the specified distance

The following practices constitute a failure:

- The candidate fails to maintain control of the sledge hammer while swinging
- The candidate steps off the foot walks prior to completing the evolution

Evolution 9- Equipment Carry

Summary: During this event, the candidate will select 1 of 4 pieces of equipment from the ground and pick it up. The candidate will then carry the item 22 feet to the 3 step box, walk over the box one step at a time, and continue an additional 22 feet to a traffic cone on the floor. The candidate will then go around the traffic cone and return to the starting location via the same path and place the item on the table. Repeat this procedure three additional times utilizing the following equipment: smoke ejector (fan), fire extinguisher, 50' roll of 1 ¾" hose, and 50' roll of 2 ½" hose. Items must be carried one at a time. The event and total test time end when the candidate has placed all 4 items on the table.

The following practices are allowed:

- The candidate receives one warning for running
- The candidate is allowed to set the equipment on the ground to readjust their grip

The following constitutes a failure:

- The candidate commits a second infraction for running
- The candidate drops a piece of equipment during the carry