

City of Bastrop Fire Department Candidate Physical Ability Test



Orientation Guide

This guide has been developed to introduce prospective applicants to the Bastrop Fire Department's Physical Ability Test. This test contains a series of tasks designed to assess the necessary physical abilities of the applicant to perform essential job tasks of fire personnel. The following information will provide the applicant with detailed instructions on the order of the course, as well as instructions for each station.

This is a pass/fail test based on a validated maximum total time of 6 minutes and 30 seconds.

In these events, the applicant will wear a 30-pound vest to simulate the weight of self-contained breathing apparatus (SCBA), gloves, pants/shorts, close toed shoes or boots and a structure helmet. The following will be provided by the department for testing purposes: structure helmet, and weighted vest.

The candidate will be required to provide their own set of work gloves.

To ensure scoring accuracy by eliminating timer failure, two stopwatches are used to time the CPAT. One stopwatch is designated as the official test time stopwatch, the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. If time elapses prior to the completion of the test, the time will be tracked until the test is completed.

Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. Applicants will be performing physical acts that demonstrate strength, agility, and endurance. It is important to be outfitted in attire that does not hinder performance. During the Physical Ability Test, the candidate may get dirty and/or wet from maneuvering through the exercises. Examples of proper clothing can be station wear with station boots, or athletic shorts with sneakers. Plan your dress accordingly.

Candidates shall not run during the test. Running is not permitted on a working fire ground; therefore, it will not be allowed during this test. Failure to heed a first warning to not run, may result in disqualification or a time penalty. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe.

Below are the steps and instructions how to complete this evaluation. You will always have a proctor with you and they will be able to give you step by step instructions. At any point you feel sick, dizzy, or any other medical conditions, symptoms, you must notify the proctor and the test will cease. At any point you are injured, you are required to tell your proctor. An initial set of vitals will be taken before you start and when you complete your test. If the proctor feels at any point your safety or health is at risk, he/she may stop the evaluation. You can not move to the next station until the proctor states that you have completed the task correctly.

The test will begin at the first station when all PPE is properly donned and the proctor has given the command to start. It will end when the last task has been given the all cleared by proctor or the candidate has failed to complete due to medical or failure to complete all the stations correctly.

The seven (7) stations will be completed in the following order:

1. 100 foot 2 1/2 inch Charged Hose Drag
2. Tire Hit
3. Tower Climb
4. Hose Bundle Raise / Lower
5. Dummy Drag
6. Pike Pole Simulator
7. Simulated Tool Carry

100' 2 ½" CHARGED HOSE DRAG

Starts with the candidate standing in the designated box on ground, with the charged hose coiled in front of the hydrant. On the proctor's command, the candidate will pick up the nozzle and advance the charged hose to the designated cone. The candidate will then set the nozzle next to the cone and pick up the 50' hose bundle. Once the proctor gives the all clear, the candidate will walk to the next station with the bundle on their shoulder.

TIRE HIT

Candidate will drop hose bundle by the designated cone at the tire. They will then step on the tire and proceed to strike the tire with an over the head swing (hammer head to rise past brim of helmet) 10 times per side. If the hammer doesn't rise above the helmet the proctor will not count the swing. Once receiving the all clear by the proctor, the candidate will pick up the hose bundle and will walk to the next station.

TOWER CLIMB

The candidate will climb the stairs to the top of the tower with the bundle still on their shoulder. The candidate will be allowed to use the handrail on the way up. Upon both feet stepping on the top deck the candidate will turn and head back down the stairs using the handrail to the next station.

HOSE BUNDLE RAISE/LOWER

When the candidate arrives to this spot, they will set shouldered hose bundle on the floor at the designated spot and walk to the end of the observation deck. Here they will raise the 3-inch hose roll with a hand over hand method, till the hose roll clears the rail. They will then proceed to lower the hose roll with a controlled hand over hand method. Once the hose roll is on the ground the candidate will

pick up the hose bundle and continue down the stairs to the bottom of the tower and to the next station. Please use handrails for safety.

DUMMY DRAG

When the candidate arrives at this station, they will set hose bundle on the ground. Drag approximately 200-pound manikin (from the location it is set at), down around the cone and back to the marked start/stop location. Walk to next station after all clear from proctor.

PIKE POLE SIMULATOR

At this station, you will grab the identified simulated pike pole and raise up and down controlled, without slamming it, 25 times. Once given all clear by proctor, walk to next station. It is encouraged to count out loud during the station.

SIMULATED TOOL CARRY

At this station, you will find two 45-pound weighted bags of which you will be required to pick up, one in each hand, and carry down around marked cone and back to start/ finish line.

At this point you have completed the CPAT, your time will be stopped and you must have your vitals re-checked before leaving the area.

At any time, you run you will be penalized 15 seconds. Any penalty times will be added to end of test.

At any time, the candidate stops for more than 1 minute or does not complete a task/station, will result in a disqualification of entire test.

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