

RIDGE FIRE ACADEMY



R.P.A.T.

Ridge Fire Academy Physical Ability Test (PAT) will start with a One and a half mile run. The candidates will be given a 30 minute break/cool down period after their run before starting the evolutions.

One and a half mile run: Candidate SHALL run 1.5 miles. Candidate cannot stop for any reason.

Failures – Stopping or walking. No warnings will be given. Time: Max 18 minutes.

Each candidate will wear a helmet (provided) and weighted vest (provided) for the evolutions. Candidate will wear a 50lb weighted vest and helmet throughout the whole test. Time will begin when the candidate picks up the high-rise pack at the start of evolution 1 and the time will stop when the candidate's hand touches the cone at the end of the maze of evolution 6.

Evolutions: Running or other unsafe acts will result in a “failed” evolution. Candidate will be given one warning. Candidate SHALL pass all evolutions in a safe act and within the time limit. Not completing an evolution is an automatic failure.

Evolution #1 Tower:

Candidate will carry a high-rise pack (35lbs) up the interior stairway starting at the ground floor; candidate SHALL hit every step to the fourth floor, drop the pack in the marked area, pick up the pack on the opposite shoulder and carry it back down. Repeating (2) two times. Candidate must use the handrail. On the second trip up, candidate will drop the high-rise pack on the fourth floor, walk out the door to the parapet wall, grab the ½” rope and hoist a 2 ½” hose (35lbs) to the top floor. Candidate will then go back pick up the high-rise pack and proceed down to the ground floor.

Failure: Not completing

Rationale: This simulates activities firefighters may perform in multi-story buildings.

Evolution #2 Hammer Slide:

Candidate will hit/drive the sled the full distance.

Failure: Coming off the hammer slide, losing control of the hammer, throwing down the hammer, or not completing.

Rationale: This simulates some of the procedures required during ventilation and forcible entry in the fire service and the strength and stamina required accomplishing those tasks.

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Evolution #3 Hose Drag:

Candidate will pull charged 150 foot 1 ¼ inch hose (197lbs) a distance of 75 feet to the marked line. Do not stop until told to do so by an instructor.

Failure: Losing control, dropping, throwing down the nozzle, or not completing
Rationale: This simulates advancing with a charged hose line at a fire scene.

Evolution #4 Equipment Carry:

Candidate will carry a hydraulic spreader (45lbs) & a hydraulic cutter (45lbs) 50 feet to a cone then walk around the cone and back to the starting point. A total length of 100 feet.

Failure: Dropping tools, or not completing.
Rationale: This simulates part of the lifting required in the firefighting profession

Evolution #5 Dummy Drag:

Candidate will drag a dummy (165lbs) a distance of 50 feet to the cone then around the cone and back to the marked line. The dummy's entire body must past over the marked line. A total length of 100 feet. Candidate may stop and reset their grip.

Failure: Not completing.
Rationale: This simulates one of the fire grounds activities that may be performed by firefighters.

Evolution #6 Search:

Candidate will crawl through the maze while following the hose and wearing a Scott mask (blacked out). Time will be stopped once the candidate steps into a marked square to put the mask on. Candidate will be given 30 seconds to don the mask. Time will begin once the candidate steps out of the square. Time stops once the candidate touches the cone at the end of the search.

Failures: Stopping for any reason, removal of the Scott mask, or not completing.
Rationale: This simulates searching for a victim under low light conditions that could be encountered on a fire ground.

The Total Time allowed to complete is: 15 minutes

This concludes the RPAT.

The candidate will be escorted to a rehab station & told to remain there for no less than 30 minutes.

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Before testing, the Lead proctor will take all candidates to the RPAT course and explain the individual steps of the process. At this time, you will have an opportunity to ask questions for clarification of directions.

During the testing, the lead proctor will give on-going instructions to lead you through the course.

I, (print name) _____, have read the test directions for participating in the Medical Physical Ability Test administered by Ridge Fire Academy. I understand these directions as they have been explained and have been given an opportunity to ask for clarification of any directions.

Signed _____

Date _____

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HOLD HARMLESS AGREEMENT

I certify that I have no physical or health condition or problem that could or might be aggravated by my participating in these Rescue Training Evolutions. I certify that I have either through my department, or personally, insurance protection, including life, health and hospitalization to adequately cover me in case of any injury occurring while participant in Rescue Training Evolutions

I hold harmless Ridge Career Center and Ridge Fire Academy, Fire Chief, all officers and employees, all instructors, workers, and all vendors who participate, plan, or supervise these Rescue Evolutions that result in any injury or death that might occur to me while participating or as a result thereof.

I have completed a medical evaluation as outlined by the Division of State Fire Marshall FS633.34.

Student's Signature _____

Date _____

Print Name _____