

SCHOOLCRAFT COLLEGE

National Firefighter Exam

CPAT TESTING ONLY

All fees for submitted registrations are non-refundable

- Photo ID required
- Arrive 15 minutes early
- Dress appropriately—closed shoes and LONG pants/sweatpants required!
- Check www.schoolcraft.edu for emergency school closings at the Public Safety Training Center
- Complete Checkoff Sheet inside

NAME:

CANDIDATE PHYSICAL ABILITY TEST (CPAT) CONFIRMATION

DATE:

TIME:

GROUP #:

CPAT TESTING LOCATION:

Academy Training Center
31777 Industrial Road
Livonia, MI 48150

CPAT TEST POLICY: Candidates are required to bring ALL attached documents completed and signed. The CPAT certificate is valid for one year.*

** Certificates for all candidates who have successfully passed the firefighter exams will be sent out within 10 business days. A fee is charged for duplicate certificates.*

This confirmation is for paid and registered candidates only.





SCHOOLCRAFT COLLEGE

FIRE TRAINING INSTITUTE

FIREFIGHTER CANDIDATE PHYSICAL ABILITY TEST (CPAT)

**PARTICIPANT
BOOKLET**

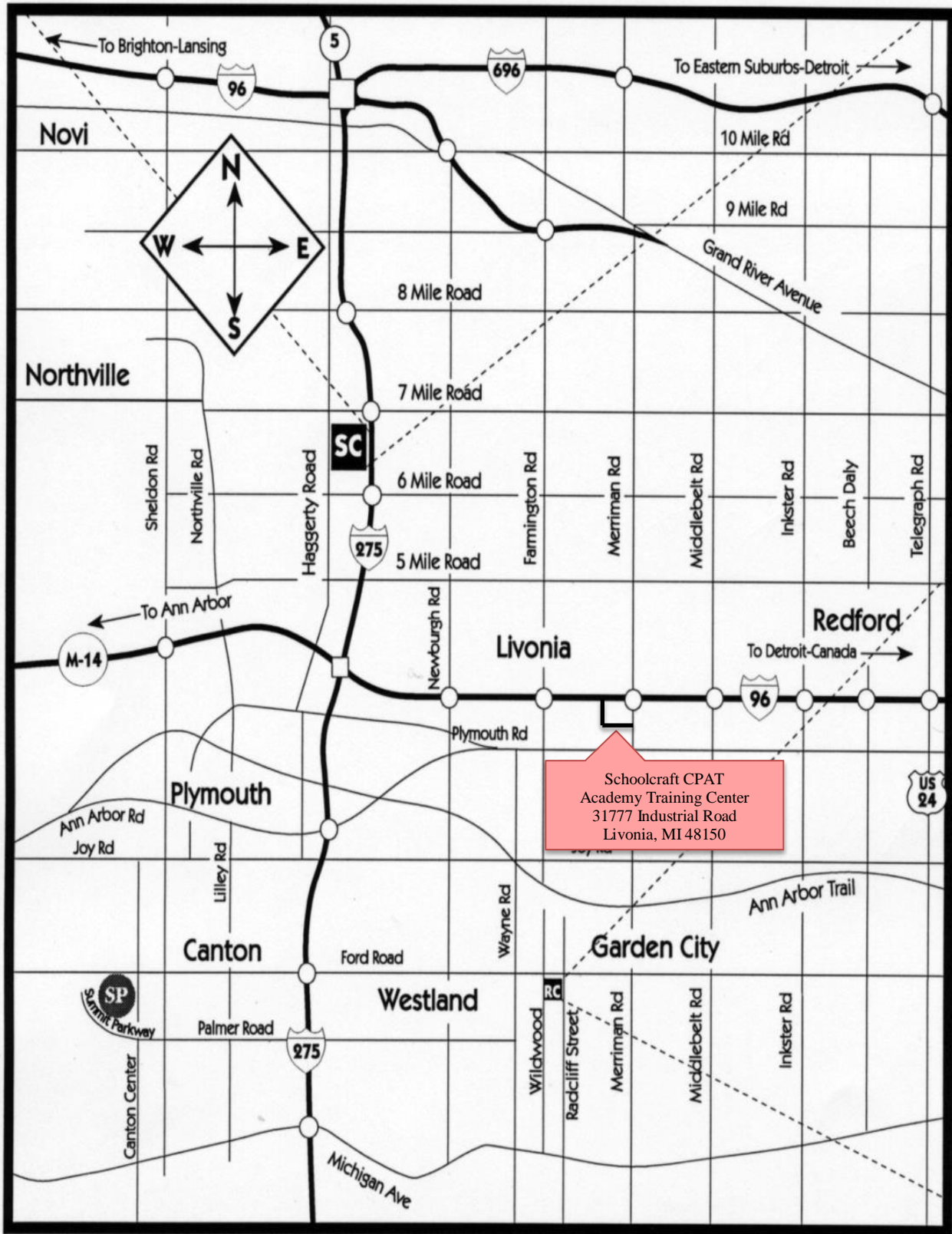
Candidate Physical Ability Test (CPAT)

Checkoff Sheet

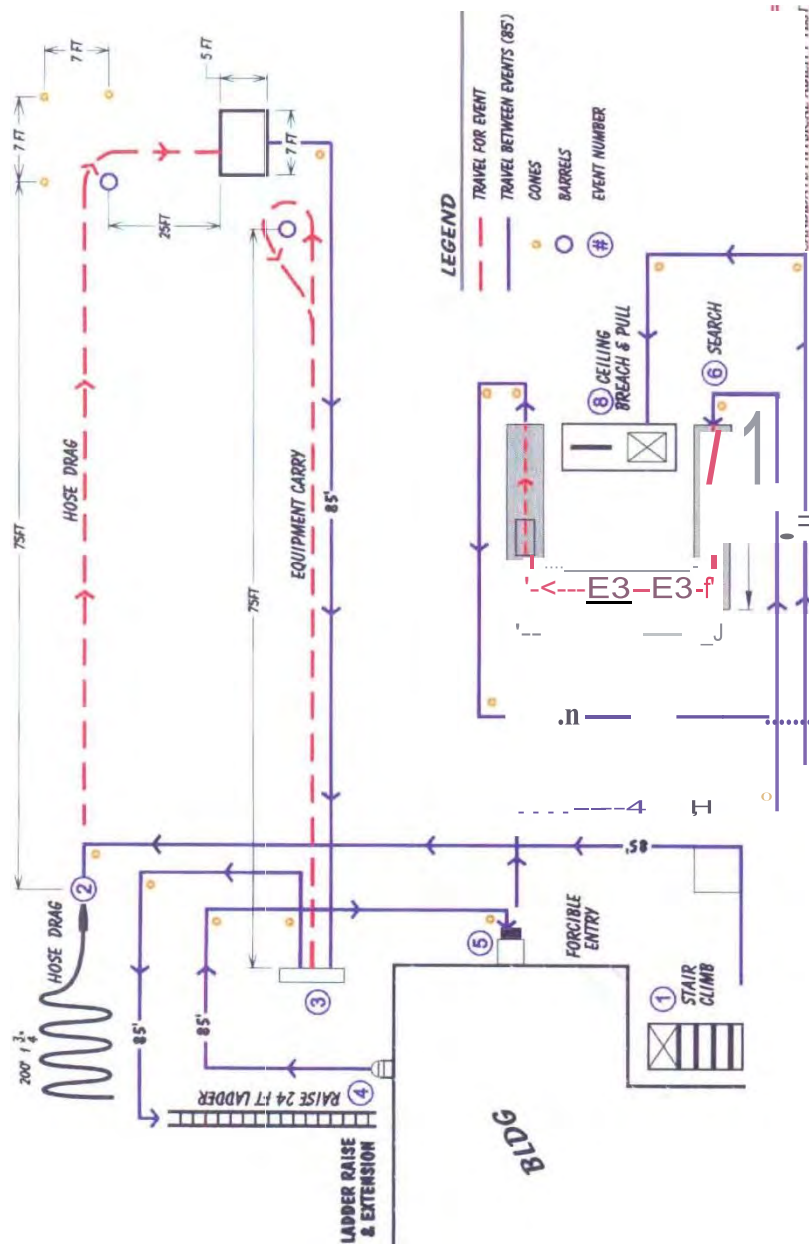
Prior to attending the CPAT, please confirm that all of the below items have been completed. All forms are located in this packet.

- ENTIRE PACKET READ AND UNDERSTOOD
- ALL NON-REFUNDABLE FEES FOR REGISTRATIONS ARE PAID IN FULL
- PHOTO ID
- PHYSICIANS FORM
- WAIVER OF LIABILITY
- ACKNOWLEDGEMENT AND WAIVER OF CPAT ORIENTATION AND/OR CONDITIONING PERIOD AND/OR TIMED PRACTICE RUNS.
- WAIVER OF CLAIM FOR INJURY
- SIGN IN SHEET
- REHABILITATION FORM
- ARRIVE 15 MINUTES EARLY
- ATTIRE—CLOSED SHOES AND LONG PANTS/SWEATPANTS REQUIRED!
- WARNING SHEET READ AND UNDERSTOOD





CPAT COURSE LAYOUT EXAMPLE



W1
A.t.
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e
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Fire Service

Joint Labor Management Wellness/Fitness Initiative

Candidate Physical Ability Test[®] Orientation Guide

This candidate physical ability test (CPAT) consists of eight separate events. The CPAT is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner. This test was developed to allow fire departments to obtain pools of trainable candidates who are physically able to perform essential job tasks at fire scenes.

This is a pass/fail test based on a validated maximum total time of 10 minutes and 20 seconds

In these events you wear a 50-pound (22.68-kg) vest to simulate the weight of self-contained breathing apparatus (SCBA) and fire fighter protective clothing. An additional 25 pounds (11.34 kg), using two 12.5-pound (5.67-kg) weights that simulate a high-rise pack (hose bundle), is added to your shoulders for the stair climb event.

Throughout all events, you must wear long pants, a hard hat with chin strap, work gloves and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted. You may bring your own baseball or skull cap to the test.

All props were designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring your physical abilities. A schematic drawing of the CPAT is included in this orientation material; however, the course layout may vary in order to conform to the fire department's test area. The events and distances between events are always the same.

The events are placed in a sequence that best simulates fire scene events while allowing an 85-foot (25.91-m) walk between events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows you approximately 2 seconds to recover and regroup before each event.

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. The stopwatches are set to the pass/fail time and count down from 10 minutes and 20 seconds. If time elapses prior to the completion of the test, the test is concluded and you fail the test.

Test Forms

You must present valid identification and sign a number of forms before taking the CPAT. Prior to the start of the CPAT you must complete the Sign-in Form. You are provided an opportunity to review a video detailing the CPAT and the failure points. It is your responsibility to ask questions if you do not understand any parts of the test events or procedures. You are required to complete the Waiver and Release Form. At the conclusion of the CPAT, you must sign the CPAT Evaluation Form. Additionally, prior to leaving the rehabilitation area, you must complete and sign the Rehabilitation Form. If you fail to complete and sign any of these forms you fail the CPAT.

Event 1: Stair Climb

Equipment

This event uses a Step Mill stair climbing machine. The machine is positioned with one side up against a wall and an elevated proctor platform on the side opposite the wall. A single handrail on the wall side is available for you to grasp while mounting and dismounting the Step Mill. Additional steps are placed at the base of the Step Mill to assist you in mounting the Step Mill.

Purpose of Evaluation

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle) and climbing stairs in full protective clothing carrying fire fighter equipment. It challenges your aerobic capacity, lower body muscular endurance and ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event

For this event, you must wear two 12.5-pound (5.67-kg) weights on your shoulders to simulate the weight of a high-rise pack. Prior to the initiation of the timed CPAT, there is a 20-second warm-up on the Step Mill at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to dismount, grasp the rail or hold the wall to establish balance and cadence. If you fall or dismount the Step Mill during the 20-second warm-up period, you must remount the Step Mill and restart the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor who calls the word START. There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the Step Mill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event. The two 12.5- pound (5.67-kg) weights are removed from your shoulders. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you fall or dismount the Step Mill three times during the warm-up period, you fail the test. If you fall, grasp any of the test equipment or dismount the Step Mill after the timed CPAT begins, the test is concluded and you fail the test. During the test, you are permitted to touch the wall or handrail for balance only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. Only two warnings are given. The third infraction constitutes a failure, the test time is concluded and you fail the test.

Event 2: Hose Drag

Equipment

This event uses an uncharged fire hose with a hoseline nozzle. The hoseline is marked at 8 feet (2.24 m) past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hoseline is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hoseline that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a hoseline nozzle attached to 200 feet (60 m) of 1 3/4-inch (44 mm) hose. Place the hoseline over your shoulder or across your chest, not exceeding the 8-foot (2.24-m) mark. You are permitted to run during the hose drag. Drag the hose 75 feet (22.86 m) to a pre-positioned drum, make a 90° turn around the drum, and continue an additional 25 feet (7.62 m). Stop within the marked 5 foot x 7 foot (1.52 m x 2.13 m) box, drop to at least one knee and pull the hoseline until the hoselines 50-foot (15.24-m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 3: Equipment Carry

Equipment

This event uses two saws and a tool cabinet replicating a storage cabinet on a fire truck.

Purpose of Evaluation

This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance. This event affects your aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must remove the two saws from the tool cabinet, one at a time, and place them on the ground. Pick up both saws, one in each hand, and carry them while walking 75 feet (22.86 m) around the drum, then back to the starting point. You are permitted to place the saw(s) on the ground and adjust your grip. Upon return to the tool cabinet, place the saws on the ground, pick up each saw one at a time, and replace the saw in the designated space in the cabinet. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you drop either saw on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 4: Ladder Raise and Extension

Equipment

This event uses two 24-foot (7.32-m) fire department ladders. For your safety, a retractable lanyard is attached to the ladder that you raise.

Purpose of Evaluation

This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately proceed to the pre-positioned and secured 24-foot (7.32-m) aluminum extension ladder, stand with both feet within the marked box of 36 inches x 36 inches (91.44 cm x 91.44 cm), and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground or the safety lanyard is activated because you released your grip on the ladder, the test time is concluded and you fail the test. If during the ladder extension, your feet do not remain within marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you do not maintain control of the ladder in a hand over hand manner, or let the rope lanyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

Event 5: Forcible Entry

Equipment

This event uses a mechanized device located 39 inches (1 m) off the ground that measures cumulative force and a 10-pound (4.54-kg) sledgehammer.

Purpose of Evaluation

This event is designed to simulate the critical tasks of using force to open a locked door or to breach a wall. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event

For this event, you must use a 10-pound (4.54-kg) sledgehammer to strike the measuring device in the target area until the buzzer is activated. During this event, you must keep your feet outside the toe-box at all times. After the buzzer is activated, place the sledgehammer on the ground. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you step inside the toe-box, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 6: Search

Equipment

This event uses an enclosed search maze that has obstacles and narrowed spaces.

Purpose of Evaluation

This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event

For this event, you must crawl through a tunnel maze that is approximately 3 feet (91.44 cm) high, 4 feet (121.92 cm) wide and 64 feet (19.51 m) in length with two 90° turns. At a number of locations in the tunnel, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions of the tunnel are reduced. Your movement is monitored through the maze. If for any reason, you choose to end the event, call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the event is concluded. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

A request for assistance that requires the opening of the escape hatch or opening of the entrance/exit covers constitutes a failure, the test time is concluded and you fail the test.

Event 7: Rescue

Equipment

This event uses a weighted mannequin equipped with a harness with shoulder handles.

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a 165-pound (74.84-kg) mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drag it 35 feet (10.67 m) to a pre-positioned drum, make a 180° turn around the drum, and continue an additional 35 feet (10.67 m) to the finish line. You are not permitted to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 8: Ceiling Breach and Pull

Equipment

This event uses a mechanized device that measures overhead push and pull forces and a pike pole. The pike pole is a commonly used piece of equipment that consists of a 6-foot long pole with a hook and point attached to one end.

Purpose of Evaluation

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, deltoids, trapezius, triceps, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area of the hinged door in the ceiling. Fully push up the 60-pound hinged door in the ceiling with the pike pole three times. Then, hook the pike pole to the 80-pound ceiling device and pull the pole down five times. Each set consists of three pushes and five pulls. Repeat the set four times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out MISS and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition as indicated by a proctor who calls out TIME.

Failures

One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain within the marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Physician's Form

Physical Agility Test – CPAT

I hereby certify that I have read, reviewed, and discussed with the undersigned applicant the contents of the CPAT test (included), and in my opinion the applicant has no known disabilities and is capable of participating in said physical ability test.

Physician's Signature

Date

Physician's Name (printed):

Telephone Number

Address:

City

State

Zip

Applicant's Signature: _____

Applicant's Name (printed): _____



**SCHOOLCRAFT COLLEGE
FIREFIGHTER CANDIDATE PHYSICAL ABILITY TEST (CPAT)
WAIVER OF LIABILITY**

In consideration for being allowed to participate in the CPAT test, I agree to indemnify and hold harmless Schoolcraft College, its officers, agents and employees for any loss, injury claim or suit related to this activity, including my own losses and damages. I know that this series of tests is strenuous in nature, that I must demonstrate my physical skills and abilities and that there may be risks associated with CPAT testing. I willingly accept those possibilities. I know that it is my responsibility to ensure my own safety. I am physically fit and able to participate in the CPAT physical ability test. I agree to pay all reasonable costs related to CPAT testing, including any medical costs I incur.

Print Name: _____

Signature: _____

Date: _____

(If the applicant/student is under 18 years of age, a parent or guardian must sign this agreement on behalf of the applicant/student.)





ACKNOWLEDGEMENT AND WAIVER OF CPAT ORIENTATION AND/OR CONDITIONING PERIOD AND/OR TIMED PRACTICE RUNS

This form must be signed before you will be permitted to take the Candidate Physical Ability Test (CPAT) if you did not attend the orientation and practice sessions prior to this test.

A fire department administering CPAT as a condition of hire, must ensure that all candidates were provided full and equal access to a CPAT orientation and practice program. The orientation and practice program must commence at least eight (8) weeks before commencement of the official CPAT test date. This program is composed of two phases.

1. The fire department will provide each candidate a full and equal opportunity to attend at least two (2) orientation sessions during which candidates will receive "hands-on" familiarity with the actual CPAT test apparatus. These required orientation sessions will be provided by certified Peer Fitness Trainers, fitness professionals and/or CPAT-trained fire fighters (proctors). These individuals will familiarize each candidate with each CPAT task and the test apparatus. They will advise all candidates concerning specific conditioning regimens and techniques to help each candidate prepare for the CPAT test.
2. The fire department will provide each candidate a full and equal opportunity to attend at least two (2) timed practice runs of the CPAT, using CPAT apparatus. These required practice runs must occur within thirty (30) days before the commencement of the official CPAT test dates. Following each practice session, certified Peer Fitness Trainers, fitness professionals, and/or CPAT-trained fire fighters (proctors) shall help the candidates understand the test elements and how they can improve their performance and conditions.

This two-phased orientation and practice program is a mandatory condition for candidates taking the CPAT test. However, it is recognized that some individuals may be capable of passing CPAT without participation in these programs. These individuals may excuse themselves from this mandatory condition upon the receipt by the fire department of a written and signed waiver, acknowledging that the fire department made available these programs on an equal basis to all candidates and that the candidate knowingly and voluntarily waived participation in the orientation and practice sessions.

Orientations and practice sessions are designed to give each candidate identical information regarding the test so that each will have the maximum probability for success. During the classroom orientation, candidates are shown the CPAT orientation video and are given the CPAT Candidate Preparation Guide. The orientation and practice sessions provide an equal and full opportunity for each candidate to view the test events, talk with qualified professionals and instructors and physically examine and use test equipment, tools, and props in a controlled and consistent setting. Candidates are directed to familiarize themselves with all elements of the test. Further information regarding the orientation and practice sessions may be obtained from your fire department.

I have read and understand the nature of the orientation and practice sessions and the time period between orientation and actual CPAT administration. By executing this acknowledgment, I hereby knowingly and voluntarily waive my right to participate in the above-described orientation and/or practice sessions.

LAST NAME: _____ FIRST NAME: _____
(please print):

APPLICANT SIGNATURE: _____ DATE: _____



CANDIDATE PHYSICAL ABILITY TEST WAIVER OF CLAIM FOR INJURY

This form must be signed before you will be permitted to participate in the Candidate Physical Ability Test.

You will be asked to perform eight (8) physical tasks and will be given specific instructions (by videotape and proctors) in the manner in which these physical tasks are to be performed. The eight (8) physical tasks are:

1. STAIR CLIMB
2. HOSE DRAG
3. EQUIPMENT CARRY
4. LADDER RAISE AND EXTENSION
5. FORCIBLE ENTRY
6. SEARCH
7. RESCUE
8. CEILING BREACH AND PULL

I have read and understand the physical effort which this Candidate Physical Ability Test involves. I am physically capable of participating in this test. I hereby waive any and all claims for or arising out of any injury I might sustain or incur as a result of participating in the Candidate Physical Ability Test. I voluntarily participate as part of my application for employment.

LAST NAME: _____ FIRST NAME: _____ MI: _____
(please print):

APPLICANT SIGNATURE: _____ DATE: _____

INSURANCE NAME AND NUMBER: _____



CANDIDATE PHYSICAL ABILITY TEST SIGN IN SHEET

LAST NAME: _____ FIRST NAME: _____ MI: _____
(PLEASE PRINT)

STREET ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ ZIP/POSTALCODE: _____

TELEPHONE #: _____

DRIVER LICENSE #: _____
ID # (SIN): _____

DATE OF BIRTH: _____

In case of emergency, I authorize you to contact:

NAME: _____

ADDRESS: _____

TELEPHONE: _____

APPLICANT
SIGNATURE: _____ DATE: _____



Candidate Physical Ability Test Evaluation Form

CANDIDATE NAME (Please Print)			DATE:
Last:	First:	MI:	SSN or ID #:
EVENT 1 STAIRCLIMB			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> 1st Fall or Dismount During Warm-up <i>Warm-up re-started</i>	<input type="checkbox"/> 2nd Fall or Dismount During Warm-up <i>Warm-up re-started</i>	<input type="checkbox"/> Disqualification <i>(Falls or Dismounts during test or 3rd time during warm-up)</i>	Elapsed Time at Disqualification:
<input type="checkbox"/> 1st Warning <i>Grasped wall or equipment for weight bearing</i>	<input type="checkbox"/> 2nd Warning <i>Grasped wall or equipment for weight bearing</i>	<input type="checkbox"/> Disqualification <i>(Fall or Dismount)</i>	
EVENT 2 HOSE DRAG			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> Disqualification <i>Fails to go around drum or goes outside marked path</i>			Elapsed Time at Disqualification:
<input type="checkbox"/> 1st Warning <i>No knee contact w/ ground during hose pull</i>	<input type="checkbox"/> 1st Warning <i>Knee outside box during hose pull</i>	<input type="checkbox"/> 1st Warning <i>1 step outside marked box during hose pull</i>	
<input type="checkbox"/> Disqualification <i>No knee contact w/ ground during</i>	<input type="checkbox"/> Disqualification <i>Knee outside box during hose pull</i>	<input type="checkbox"/> Disqualification <i>2 steps outside marked box</i>	
EVENT 3 EQUIPMENT CARRY			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> Disqualification <i>Saw dropped to ground during carry</i>			Elapsed Time at Disqualification:
<input type="checkbox"/> 1st Warning	<input type="checkbox"/> Disqualification		
EVENT 4 LADDER RAISE & EXTENSION			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> 1st Warning <i>Misses rung during raise</i>	<input type="checkbox"/> Disqualification <i>Misses rung during raise</i>		Elapsed Time at Disqualification:
<input type="checkbox"/> Disqualification <i>Allows ladder to fall during raise, safety lanyard attached</i>			
<input type="checkbox"/> Disqualification <i>Does not maintain control of rope halyard in a controlled and manner, allowing rope to slip in an uncontrolled manner</i>			
<input type="checkbox"/> 1st Warning <i>Steps outside box</i>	<input type="checkbox"/> Disqualification <i>Steps outside box</i>		
EVENT 5 FORCIBLE ENTRY			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> 1st Warning <i>Steps inside toe-box</i>	<input type="checkbox"/> Disqualification <i>Steps inside toe box</i>		Elapsed Time at Disqualification:
<input type="checkbox"/> Disqualification <i>Does not maintain control of sled hammer - released from both hands</i>			
EVENT 6 SEARCH			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> Disqualification <i>Requested assistance requiring an assisted exit</i>			Elapsed Time at Disqualification:
EVENT 7 RESCUE			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> 1st Warning <i>Grasps or rests on drum</i>	<input type="checkbox"/> Disqualification <i>Grasps or rests on drum</i>		Elapsed Time at Disqualification:
EVENT 8 CEILING BREACH AND PULL			
<input type="checkbox"/> 1st Warning <i>Steps outside boundary</i>	<input type="checkbox"/> Disqualification <i>Steps outside boundary</i>		Elapsed Time at Disqualification:
<input type="checkbox"/> 1st Warning <i>Drops pike pole to ground</i>	<input type="checkbox"/> Disqualification <i>Drops pike pole to ground</i>		
BETWEEN EVENTS			Check all boxes that apply <input type="checkbox"/> Self Elimination
<input type="checkbox"/> 1st Warning <i>Running</i>	<input type="checkbox"/> Disqualification <i>Running</i>		Elapsed Time at Disqualification:
Lead Proctor's Name			Event # _____ Event Proctor's Name
Lead Proctor's Signature			Event Proctor's Signature
Candidate's Signature			
Time on Clock at Finish		Min. Sec.	PASS / FAIL / DQ



CANDIDATE PHYSICAL ABILITY TEST REHABILITATION FORM

It is normal to feel tired after the performance test. There are some signs that may mean that the exertion is causing more serious problems. If any of the following signs or symptoms occur, you should call your physician or the local Emergency Services.

- Nausea, vomiting, dizziness, or headache lasting more than a few hours
- Extreme weakness
- Fever
- Confusion
- Generalized muscle aching lasting more than one day
- Dark urine or very little urine

LAST NAME: _____ FIRST NAME: _____ MI: _____
(PLEASE PRINT)

APPLICANT SIGNATURE: _____ DATE: _____

INSURANCE NAME AND NUMBER: _____

TIME IN: _____ TIME OUT: _____

WARNING

LONG pants / sweatpants MUST be worn.

Closed toe / heel shoes MUST be worn.

ALL attached paperwork must be completed.

Proctors will NOT allow participants on the course without such.

