



Rogue Community College

Firefighter Physical Ability Test

Purpose:

The Physical Ability Test (PAT) evaluates upper and lower body strength, stamina and aerobic capability. The PAT is a time-weighted exam with a maximum time limit of 8:00. PASS/NO PASS event.

Two practice opportunities are offered before the exam date, which will provide coaching and an opportunity to review the process.

Procedure:

The candidate will wear the following Personal Protective Equipment provided by the host:

- Turnout jacket
- Structural helmet
- Gloves
- Ladder Belt-provided at the ladder climb
- SCBA-provided at the ladder climb

The candidate's time will begin after the completion of the ladder climb and end upon completion of the dummy drag. The candidate's safety will be monitored at all times, and running between stations is **NOT** allowed. Below is a detailed description of the PAT.

Check-In:

Every accepted candidate must check in, and sign a liability waiver. Once the candidate has been checked in, they may don the protective gear.

Untimed Events:

Confidence Crawl:

The candidate will enter the designated door of the bunker building and follow a rope/hose through a designated course. The candidate will exit the bunker building upon completion.

Critical failure points:

- Candidate loses contact with the rope and becomes lost and/or disoriented
- Candidate does not complete the event

35' Ground Ladder Climb w/SCBA

A Proctor will assist the candidate with donning a ladder belt & SCBA. Candidate will be attached to a belay system throughout the event. The candidate will be required to climb the ground ladder to the top rung.

Critical failure points:

- Candidate does not maintain upward/downward momentum
- Candidate does not complete the event



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Timed Events:

The time will begin when the candidate crosses the designated start line.

Ground Ladder Carry:

Remove the 24' extension ladder from the rack and carry it 50' to the designated cones. Place the ladder on the ground between the cones.

Critical failure points:

- Candidate does not complete the event

Ground Ladder Raise

Raise the fly section of the mounted extension ladder using the halyard. The fly section must make contact with the fly stops to ensure full extension. Lower the ladder using an appropriate technique.

Critical failure points:

- Candidate does not complete the event

Ground Ladder Carry:

Pick up the 24' extension ladder from the ground and carry it 50' to the ladder rack. The ladder may be set down for replacement onto the rack.

Critical failure points:

- Candidate does not complete the event

1 ¾" Hose Drag:

Advance a charged 150' 1 ¾" attack line 100'. The nozzle must pass the designated cones.

Critical failure points:

- Candidate does not complete the event

Tower Run/Hotel Bundle:

Pick up a 100' hotel bundle of 1 ¾" hose and proceed to the roof of the training tower. The candidate is allowed to skip steps on the ascent but **must** make contact with every step on the descent. Place the bundle down on the roof next to the door.

Critical failure points:

- Candidate does not complete the event

Hose Hoist:

Using an appropriate hoisting method, the candidate will hoist a 50' donut roll of 3" hose to the top of the parapet wall. Once complete, the candidate will lower, under control, the hose roll back to the ground.

Critical failure points:

- Hose roll uncontrollably returns to the ground
- Candidate does not complete the event



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Dummy Drag:

Drag the 175 lb. dummy 100'. The candidate must drag the dummy backwards, using the provided straps or by bear hugging the dummy to the designated cones. The dummy's feet must remain in contact with the ground at all times. The candidate's time stops when the dummies feet cross the finish line, which is designated by a cone.

Critical failure points:

- Candidate does not perform a backward drag
- Candidate does not complete the event
- Dummy's feet does not maintain contact with the ground

Personnel will assist in the removal of the candidate's PPE.