

# Yellowknife Fire Division

## Candidate Physical Ability Test (CPAT)

Do you have what it takes to be part of the Yellowknife Fire Division? You'll have to pass the Candidate Physical Ability Test (CPAT).

This test consists of eight events that must be completed in a continuous manner.

The events are placed in a sequence that best simulates fire scene events while allowing an 85-foot (25.91-m) walk between events.

**This is a pass/fail test based on a time limit of 9 minutes and 30 seconds to complete the first seven events.**

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.

### Event 1: Stair Climb

You will wear two 12.5-pound (5.67-kg) weights on your shoulders to simulate the weight of a high-rise pack.

After a 20-second warm-up on the StepMill, you will walk at a set stepping rate of 60 steps per minute for 3 minutes.

### Event 2: Hose Drag

You will 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 hoseline's 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.

### Event 3: Equipment Carry

You will 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.

## **Event 4: Ladder Raise and Extension**

You will 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.

## **Event 5: Forcible Entry**

For this event, you will 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.

## **Event 6: Rescue**

For this event, you will 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. The entire mannequin must be dragged until it crosses the marked finish line.

## **Event 7: Ceiling Breach and Pull**

For this event, you will 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.

## **Event 8: Search (Non Timed)**

For this event you will complete the confined space and search wearing the 50lb. physical testing vest, a blackened out SCBA mask, a safety hard hat and gloves.

You must search (on hands and knees) to locate the large training manikin in a darkened room and then exit the room with the manikin, using a drag technique. This will be completed without showing signs of claustrophobia.