



Dryden Fire Service Fit Test (Modified CPAT)

Dryden Fire Service DPAT Fit Test Information Package

This Dryden Physical Ability Test (DPAT) consists of 8 separate events. It is a sequence of events that requires you to progress continuously along a predetermined path from one event to the next. This test was developed to enable the Dryden Fire Service to identify candidates who are physically capable of performing essential job tasks at fire scenes.

DESCRIPTION OF THE PHYSICAL APTITUDE TESTS

This program is designed to evaluate the physical work capacities of healthy, physically active individuals. Each test requires maximal effort. You must wear a helmet, steel-toe boots, and gloves. You will be timed and tested on your total time to complete all eight events. Each job-related test is followed by an active rest period, which includes walking to each event. Time will not stop at this time, except when you're putting on or taking off firefighter equipment for an event. There will be no running during the test, except for the hose drag event. You are not permitted to leave the testing area or remove the PPE during the rest periods.

Applicants must bring:

- Government-issued identification
- Water
- Comfortable clothing that maximizes movement. T-shirt and pants **(no shorts)**
- CSA-approved boots
- No facial hair (Clean shaving)

Throughout all events, you must wear:

- Rescue Helmet (will be provided)
- CSA approved (must bring)
- Gloves (will be provided)



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Event 1: Stair Climb

Equipment

This event takes place at a Staircase near the west end of the apparatus floor. The stairs must be inspected and free of any liquids, debris, or other possible trip, slip, and fall hazards. Firefighters will be placed at the bottom of the stairwell in case of an incident.

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 while wearing full protective clothing and carrying firefighter equipment. This event challenges your aerobic capacity, lower-body muscular endurance, and balance ability. This event affects your aerobic energy system and the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event

For this event, you must wear a SCBA (self-contained breathing apparatus) and a Pal-Pak. Before initiating the timed event, there is a warmup period of ascending and descending the stairs once. During this warm-up period, you can dismount, grasp the rail, or hold the wall to establish balance and cadence. The timing of the test begins at the end of this warm-up period when the participant's foot first touches the first step on the staircase. There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk up and down the stairs for 3 minutes while successfully ascending and descending the stairs 10 times. If you pass 10 flights of stairs, you must keep going steadily until 3 minutes are complete. You may only take 1-step at a time and can't skip any steps. At this time, you may use the handrails to descend and ascend the stairs. This concludes the event after 3 minutes. The SCBA is removed from your shoulders. Walk to the next event (Search).

Failures

If the candidate cannot climb 10 flights of stairs in under 3 minutes (180 seconds)

Pass: ☐ Fail: ☐

Comments:



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Event 2: Search

Equipment

This event utilizes a Search Rescue Rope Bag, a blacked-out SCBA Face Mask, and various objects to simulate confined 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: the muscles of the chest, shoulders, triceps, quadriceps, abdominals, and lower back.

Event

For this event, you must crawl through a room with zero visibility, following a search and rescue rope bag. At various locations in the course, you must navigate around, over, and under obstacles. In addition, at two locations, you must crawl through a narrow space where the dimensions of the course are reduced. Your movement is monitored through the maze. If, for any reason, you choose to end the event, call out or tap on the floor or wall. You will be assisted out of the maze. Upon grabbing the door handle at the end, the event is concluded. Take off the face mask and walk to the next event (Equipment Carry)

Failures

A request that requires an instructor to stop the event because the participant requests to end it. This constitutes a fail and ends the event.

Pass: ☐ Fail: ☐

Comments:



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Event 3: Equipment Carry

Equipment

This event utilizes a gas-powered saw and a fire extinguisher, accompanied by a tool cabinet that replicates a storage cabinet found 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 primarily affects your aerobic energy system and the following muscle groups: biceps, deltoids, upper back, trapezius, forearm and hand muscles (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must remove the saw and fire extinguisher from the tool cabinet, one at a time, and place them on the ground. Pick up both pieces of equipment, one in each hand, and carry them while walking 40 feet around a pylon, then back to the starting point and repeat a second time. You can place the equipment on the ground and adjust your grip. Upon returning to the tool cabinet, place the saws on the ground, pick up each saw one at a time, and replace it in the designated space in the cabinet. This concludes the event. Walk to the next event (Rescue)

Failures

If you drop either saw on the ground during the carry, the test time is concluded, and you fail the test. You receive two warnings for running. The 3rd infraction constitutes a failure; the test time is concluded, and you fail the test.

Pass: ☐ Fail: ☐

Comments:



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Event 4: Rescue

Equipment

This event uses a weighted (165-pound) mannequin equipped with a harness with shoulder handles.

Purpose of Evaluation

This event is designed to simulate the removal of a victim or injured firefighter from a fire scene. It challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength, as well as anaerobic endurance. It 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 prepositioned drum, make a 180-degree 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 allowed 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 to the next event (Hose Drag)

Failures

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

Pass: ☐ Fail: ☐

Comments:



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Event 5: Hose Drag

Equipment

This event uses an uncharged fire hose with a hose line nozzle. The hose line is marked 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. It is also marked 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hose line that must be pulled 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 hose line from the fire apparatus to the fire occupancy and pulling an uncharged hose line around obstacles while remaining stationary. 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 hose line nozzle attached to 150 feet (45 m) of a 1 3/4-inch (45 mm) hose. Place the hose line over your shoulder or across your chest, not exceeding 8 feet (2.44 m) in length. You are permitted to run during the hose drag. Drag the hose 75 feet (22.86 m) to a prepositioned drum or object, make a 90-degree 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 hose line until the hose line's 50-foot (15m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground, and the knee(s) must remain within the marked boundary lines. This concludes the event. Walk to the next event (Forcible Entry).

Failures

During the hose drag, if you fail to go around the drum or outside 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 in contact with the ground. The 3rd infraction constitutes a failure; the test time is concluded, and you fail the test. During the hose pull, you are warned if your knees go outside the marked boundary line. The 3rd infraction constitutes a failure; the test time is concluded, and you fail the test.

Pass: ☐ **Fail:** ☐



Fire
189 Memorial Avenue
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Event 6: Forcible Entry

Equipment

This event uses a tractor tire on a table and a 10-pound 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, as well as 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 front of the tractor tire on the table until the tire moves across the table and the back end of the tire goes past the end of the table. Then, the participant will place the sledgehammer on the ground, concluding the event. Walk to the next event (Equipment Hoist).

Failures

If both hands come off the sledgehammer when striking the tire, you will be given a warning. The 2nd infraction constitutes a failure; the test time is concluded, and you fail the test.

Pass: ☐ **Fail:** ☐

Comments:



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Event 7: Equipment Hoist

Equipment

This event uses a 17lbs – 50ft hose donut roll (45mm) and utility rope.

Purpose of Evaluation

This event is designed to simulate the critical task of hoisting or lowering equipment during firefighter operations at a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, as well as 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 rope attached with a 17lbs – 50ft hose donut roll (45mm) and hoist it hand over hand till the roll makes it over the railings. Then, the participant will touch the 17lbs – 50ft hose donut roll (45mm) on the floor they are standing on and pick it back up, putting it back over the railing. You will then lower the 17lbs – 50ft hose donut roll (45mm) back down to the floor using a hand-over-hand method till it touches the lower-level floor. The participant will do this 3 times. This concludes this event.

Failures

If you lower the 17lbs—50ft hose donut roll (45mm) without using a hand-over-hand method or lose control of the rope, resulting in the 17lbs—50ft hose donut roll (45mm) falling to the lower level, two warnings will be given. The third infraction constitutes a failure; the test time is concluded, and you fail the test.

Pass: ☐ Fail: ☐

Comments:



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Event 8: Ladder Raise and Extension

Equipment

This event uses two 24-foot (7.32-m) fire department ladders. One 24-foot (7.32-m) fire department ladder will be tied off to the building for your safety.

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. It challenges your aerobic capacity, upper-body muscular strength, lower-body muscular strength, balance, grip strength, and anaerobic endurance. It 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 hand-over-hand, using each rung until the ladder is stationary against the wall. Then, you must lower the ladder rung by rung back to the ground. You must not use the ladder rails to raise or lower the ladder. Then, you must go to the 24-foot (7.32-m) pre-assembled fire department ladder and climb it using three points of contact until you reach the top of the building. Touch the top with your hand and descend the ladder, always keeping 3 points of contact. This concludes the event, and the time stops as soon as both feet touch the ground.

Failures

If you miss any rung during the raise, two warnings are given. The 3rd infraction constitutes a failure; the test time is concluded, and you fail the test. If you allow the ladder to fall to the ground, 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, you will receive one warning, and the 2nd infraction constitutes a failure, the test time is concluded, and you fail the test.

Pass: ☐ Fail: ☐



Fire
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Total Time: _____

Flights of Stairs: _____

CANDIDATE: _____

Date: _____