



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. The DPAT 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 Dryden Fire Service to find candidates who are physically able to perform 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. During the event you must wear a helmet, steel toe boots, gloves, and self-contained breathing apparatus (SCBA). You will not breathe from the SCBA, but you must carry it. You will be timed and tested on your total amount of time to finish all 8 events. Each job-related test is followed by an active rest period of walking to each event and a small amount of water if needed, time will not be stopped at this time except for when you're putting on or taking off firefighter equipment for an event. There will not be any 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, pants, socks etc. (no shorts)
- Steel toe boots

Throughout all events, you must wear:

- Rescue Helmet
- Steel toe boots
- Gloves



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Event 1: Stair Climb

Equipment

This event uses a Staircase located near the west end of the apparatus floor. The stairs are to be inspected and removed 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 in full protective clothing carrying firefighter equipment. This event 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 a pair of steel toe boots, SCBA (self-contained breathing apparatus) and a Pal-Pak. Prior to the initiation of the timed event, there is a warmup period of ascending and descending the stairs once. During this warm-up period, you are permitted to 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 a total of 10 times. If you pass 10 flights of stairs, you must keep going at a steady pace till 3 minutes is complete. You may only take 1-step at a time and can't skip any steps. At this time, you may use the handrails descending and ascending the stairs. This concludes the event after 3 minutes. The SCBA is removed off your shoulders. Walk to the next event (Search).

Failures

The handrails may only be permitted to be touched if you lose balance at any time going up the stairs but must not be grasped at any time during the event unless descending from the stairs. If you grasp the stairs with your hands ascending the stairs a warning will be given out. You will be given 2 warnings and failure to refrain from grasping the stairs for a **3rd time** will lead to disqualification of the event.

Pass: ☐ **Fail:** ☐

Comments:



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Event 2: Search

Equipment

This event uses a Search Rescue Rope Bag, 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: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event

For this event, you must crawl through a room with zero visibility following a search 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 narrowed 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 asks to end the event. This constitutes a failure and ends the event.

Pass: ☐ Fail: ☐

Comments:

Pass: ☐ Fail: ☐

Comments:



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Event 3: Equipment Carry

Equipment

This event uses a saw and a fire extinguisher with 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 saw and fire extinguisher from the tool cabinet, one at a time, and place them on the ground. Pick up both equipment, one in each hand, and carry them while walking 40ft around the drum, then back to the starting point and repeat a 2nd time. You are permitted to place the equipment 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 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 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 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 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 to the next event (Hose drag)

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.

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 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 hose line is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hose line 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 hose line from the fire apparatus to the fire occupancy and pulling an uncharged hose line 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 hose line nozzle attached to 150 feet (45 m) of a 1 3/4-inch (44-mm) hose. Place the hose line 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 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 (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 to the next event (Forcible Entry).

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 3rd 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 3rd infraction constitutes a failure, the test time is concluded, and you fail the test.

Pass: ☐ **Fail:** ☐



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Event 6: Forcible Entry

Equipment

This event uses a tractor tire located on a table and a 10lbs 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 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, and this concludes 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, 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 rope attached with a 17lbs – 50ft hose donut role (45mm) and hoist it hand over hand till the role makes it over the railings. Then, the participant will touch the 17lbs – 50ft hose donut role (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 role (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 role (45mm) not using a hand over hand method or lose control of the rope resulting in the 17lbs – 50ft hose donut role (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. For your safety, one 24-foot (7.32-m) fire department ladder will be tied off to the building.

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. Then you must lower the ladder rung over 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) fire department ladder that's pre-assembled to be climbed and climb the ladder using 3-points of contact till you reach the top of the building. Touch the top with your hand and proceed to 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 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, two warnings are given. The 3rd 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, 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
189 Memorial Avenue
Dryden ON P8N 2M6

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Total Time:

CANADIATE:

Date: