



Roanoke County Fire & Rescue Physical Fitness Test

Candidate Physical Abilities Test was developed by the International Association of Fire Chiefs (IAFC), International Association of Fire Fighters (IAFF), U.S. Department of Labor, and U.S. Department of Justice. The test is designed to evaluate the ability of an applicant to do the critical job tasks of a firefighter.

The Candidate Physical Ability Test (CPAT) consists of eight separate events. This test is a sequence of events that requires you to progress along a predetermined path from event to event in a continuous manner. This is a pass/fail test based on a validated maximum total time of 10 minutes and 20 seconds.

Events

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

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

The events are placed in a sequence that best simulates their use in a fire scene while allowing an 85-foot 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 20 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 countdown 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.