

CANDIDATE ORIENTATION GUIDE

WINCHESTER FIRE DEPARTMENT PHYSICAL ABILITY TEST (PAT)



INDUSTRIAL/ORGANIZATIONAL SOLUTIONS
PUBLIC SAFETY SELECTION EXPERTS

INTRODUCTION

The purpose of this orientation guide is to introduce you to the Physical Ability Test (PAT). The PAT is a job simulation physical ability test, designed by IOS in partnership with Firesled Fitness, for assessing essential physical abilities of firefighter applicants and incumbent firefighters. The PAT consists of a series of tasks designed to assess important physical abilities necessary for effective job performance as a firefighter. These tasks were developed to mirror real situations that firefighters encounter on the job. These tasks represent basic skills that do not require training or previous experience as a firefighter to successfully complete.

The PAT consists of thirteen job simulation components that assess essential firefighter physical abilities. The components are completed in a continuous series and you will be required to complete all components in **nine minutes and forty eight seconds (9:48)** or less. The following points should help to familiarize you with what will take place on the day of the PAT.

- You will be outfitted with a 40-pound weighted vest prior to the PAT. It is recommended to complete the PAT with working gloves.
- You are strongly encouraged to wear athletic shoes and appropriate clothing. You will be performing physical activities that demonstrate strength, agility, and endurance. It is important to be outfitted in attire that does not hinder your performance.
- You will be guided through the course by a proctor. The proctor will provide proactive instruction and, when necessary, correct unwanted behavior. It is acceptable to ask the proctor questions concerning course rules and layout prior to beginning the course and while on the course.
- The proctor will provide an initial warning should you engage in unwanted behavior. A second warning regarding the same unwanted behavior will result in disqualification.
- The proctor reserves the right to terminate your participation in the PAT at any time, should you appear to be endangering the health or safety of yourself and/or others.
- All thirteen components of the PAT will be timed in a continuous series. Failure to complete the course in the allowed time will result in disqualification.
- You must not run during the test. Failure to heed a first warning not to run will result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course.

It is the expectation that this orientation guide will provide you with sufficient information to prepare for and succeed in the PAT. The thirteen components that compose the PAT are outlined on the following pages.

PAT COMPONENTS

The thirteen components of the PAT are described below. All components of the PAT will be completed while wearing a 40-pound weighted vest. You are advised to prepare for the PAT by completing the preparation exercises discussed below all while wearing either a weighted vest or a weighted backpack. Additionally, this document recommends incorporating specific exercises into your workout plan to improve strength to be successful on the PAT. All exercises can be performed in the gym using weights or at home using household objects that are similar in weight such as a case of water, a gallon jug filled with water (or sand to increase weight), etc.

1. LADDER CARRY

Station Description: You will carry a 65-pound ladder simulator for a distance of 100 feet. You will lift and carry the yellow ladder simulator, either by positioning it on your shoulder or holding it with two hands, walk in a straight line to cones 50 feet away, pass the cones and turn around, and then walk back 50 feet. You must then replace the ladder in its mount on the Firesled.

Preparation: You can prepare for this evolution by lifting a weight similar to 65 pounds (e.g., a kettlebell or weight) and carrying it for a distance of 100 feet.



2. FORCIBLE ENTRY

Station Description: You will be required to strike the yellow block/sled, mounted on a track, using a sledgehammer. You will walk to the right-hand side of Punisher and remove the nine-pound dead blow hammer. You will start with whichever grip you prefer (left-handed or right-handed) and strike the target area of the “sled” until the sled reaches the end of the track. Then you can either choose to reverse your grip or walk around to the other side of the Punisher and strike the block with your dominant hand back to its original position. You may not “push” the sled – it must be advanced using strikes. Once the sled reaches the end of the track, you will replace the nine-pound dead blow hammer in the holder.

Preparation: This exercise requires core strength, upper body strength, and coordination. To prepare, you can perform core exercises to strength your core (e.g., sit ups, Russian twists, wood choppers, etc.). Adding weight to the exercises using a medicine ball, gallon jug of water, etc. will provide additional benefit. A few exercises to improve upper body strength are pushups, weighted rows, medicine ball slams, and bicep curls. All exercises can be performed using weights or heavier household objects such as a gallon jug of water, a case of bottled water, sandbags, etc.



PAT COMPONENTS

3. HIGH-RISE PACK CARRY

Station Description: You will walk to the stairs, pick up the High-Rise Pack consisting of 75ft of hose and place the hose on your shoulder(s). You will then walk up two flights of stairs, come down both flights of stairs, and then walk up one more flight of stairs and come back down. You are required to walk up and walk back down three (3) flights of stairs in total. You are allowed to use one or both handrails while going up or down and you must touch each step and not skip any steps while going up or down the stairs. Additionally, you are not permitted to drop the hose at any point while completing the exercise. Once you complete the stair climb, you should return the hose to the original starting position.

Preparation: You can prepare for this component by completing weighted stair climbs either on a stair climb machine or using stairs in your home, outside, etc. To account for the additional weight from the hose, add additional weight to your weighted vest or weighted backpack. Practice climbing at least three flights of stairs.



4. WALK 1

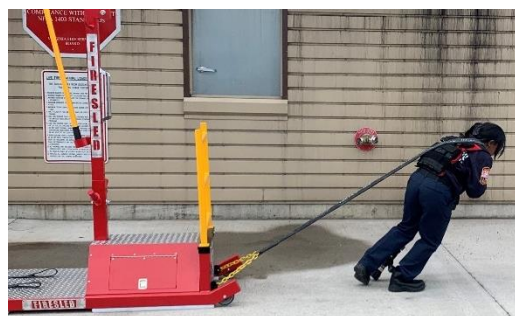
Station Description: You will walk over to the rectangular box for the start of the walk, walk in a straight line to the other box (50 feet) and walk back. The distance of travel is approximately 100 feet. You are not permitted to run during this recovery walk.



5. CHARGED HAND LINE ADVANCE

Station Description: This evolution simulates advancing a charged hose line. You will pick up the hose line, drape it over your shoulder, and pull the sled forward for a distance of 50 feet. You will be instructed to stop when the *front* of the Firesled has reached the cones. You may stop and rest during this component.

Preparation: The sled simulates dragging approximately 160 pounds. To prepare, complete sled push and drags at a gym. If you do not have access to a gym, you can purchase 50lb bags of concrete and two fitted sheets (costing approximately \$10-\$20). Duct tape the bags of concrete and then place them in the fitted sheets. Drag the weighted fitted sheets outside or in your home to simulate a weighted sled. This exercise also requires lower body strength, so you can additionally prepare by completing weighted squats and walking lunges.



PAT COMPONENTS

6. CRAWL 1

Station Description: You will walk over to the mat and assume a crawling position behind the start of the mat (hands and knees or hands and feet) and will crawl 30 feet to the end of the mat.

Preparation: Practice crawling on the ground either on hands and knees or bear crawling for a distance of 60 feet.



7. HANDLINE PULL

Station Description: This evolution simulates reeling in a charged line. You will remain on the mat and position yourself in a kneeling position (two knees or knee and foot) or in a seated position. You will pull the charged hose line until you reach the nozzle for a total of approximately 50 feet.

Preparation: This exercise requires upper body strength and grip strength. There are a multitude of ways to improve your performance on this component. Exercises that can improve upper body strength include weighted dumbbell rows (or weighted object at home such as a case of water or gallon jugs of water), bicep curls, pushups, and tricep dips. To improve forearm and grip strength, complete farmer's carries. For this exercise, utilize heavy dumbbells or two weighted objects at home. Pick the weights up and walk for a distance of 50 feet. The weight should be challenging. Complete 3-4 sets.



8. CRAWL 2

Station Description: You will then crawl from the end of the mat (hands and knees or hands and feet) to the front of the mat, which is approximately 30 feet.

Preparation: Practice crawling on the ground either on hands and knees or bear crawling for a distance of 60 feet.

9. WALK 2

Station Description: You will walk over to the rectangular box for the start of the walk, walk in a straight line to the other box (50 feet) and walk back. The distance of travel is approximately 100 feet total. You are not permitted to run during this recovery walk.



PAT COMPONENTS

10. CEILING BREACH AND PULL

Station Description: This evolution simulates pulling ceiling to check for fire spread. You will mount the Firesled and take hold of the pike pole. You will perform 20 breach/pull repetitions. A single repetition consists of pulling downward with the pike pole until the downward motion is blocked and then pushing upward with the pike pole until the upward motion is blocked.

Preparation: This component is a full body exercise that focuses on the upper body, specifically the biceps, triceps, and shoulders. Exercises to help you prepare are overhead shoulder presses, weighted bent over rows, bicep curls, and overhead tricep extensions. Candidates are also encouraged to use their legs with this exercise, so therefore you are encouraged to complete weighted squats to improve leg strength.



11. WALK 3

Station Description: You will walk over to the rectangular box for the start of the walk, walk in a straight line to the other box (50 feet) and walk back. The distance of travel is approximately 100 feet. You are not permitted to run during this recovery walk.

12. EQUIPMENT CARRY

Station Description: This evolution simulates carrying equipment on the fire ground. You will be required to first pick up and carry either the 50lb kettlebell or both the 20lb and 25lb kettlebells (depending on the location of the weights), walk down to the far target box (50 feet), and set the weight(s) down in the target box. You should then pick up the other kettlebell(s) simultaneously, walk back to the starting box for a total distance of 100 feet. You should then set down the kettlebell(s).

Preparation: To prepare, carry an object, kettlebell, or dumbbell that is approximately 50lbs in one hand or both hands for a minimum of 50 feet. If you cannot carry the weight for 50 feet, start off carrying the weight as far as you can and then work up to 50 feet. Then, set down the weight and pick up two objects, kettlebells, or dumbbells that are approximately 20lbs and 25lbs and walk a minimum of 50 feet. Perform this exercise two to three times, with breaks in between to ensure that you will be able to carry the weights on the PAT course.



PAT COMPONENTS

13. VICTIM RESCUE

Station Description: You will be required to drag the Firesled simulator for a distance of 57 feet to simulate dragging a 165lb human victim. You will grab the hand straps and drag the sled backwards until the front of the sled crosses the designated finish line.

Preparation: This component primarily requires lower body strength and lower back strength. Exercises that will help you prepare for this component are weighted squats, deadlifts, lunges, and good mornings. You can also practice dragging a weighted sled or the cement bags and fitted sheet approximately 60 feet using proper form.

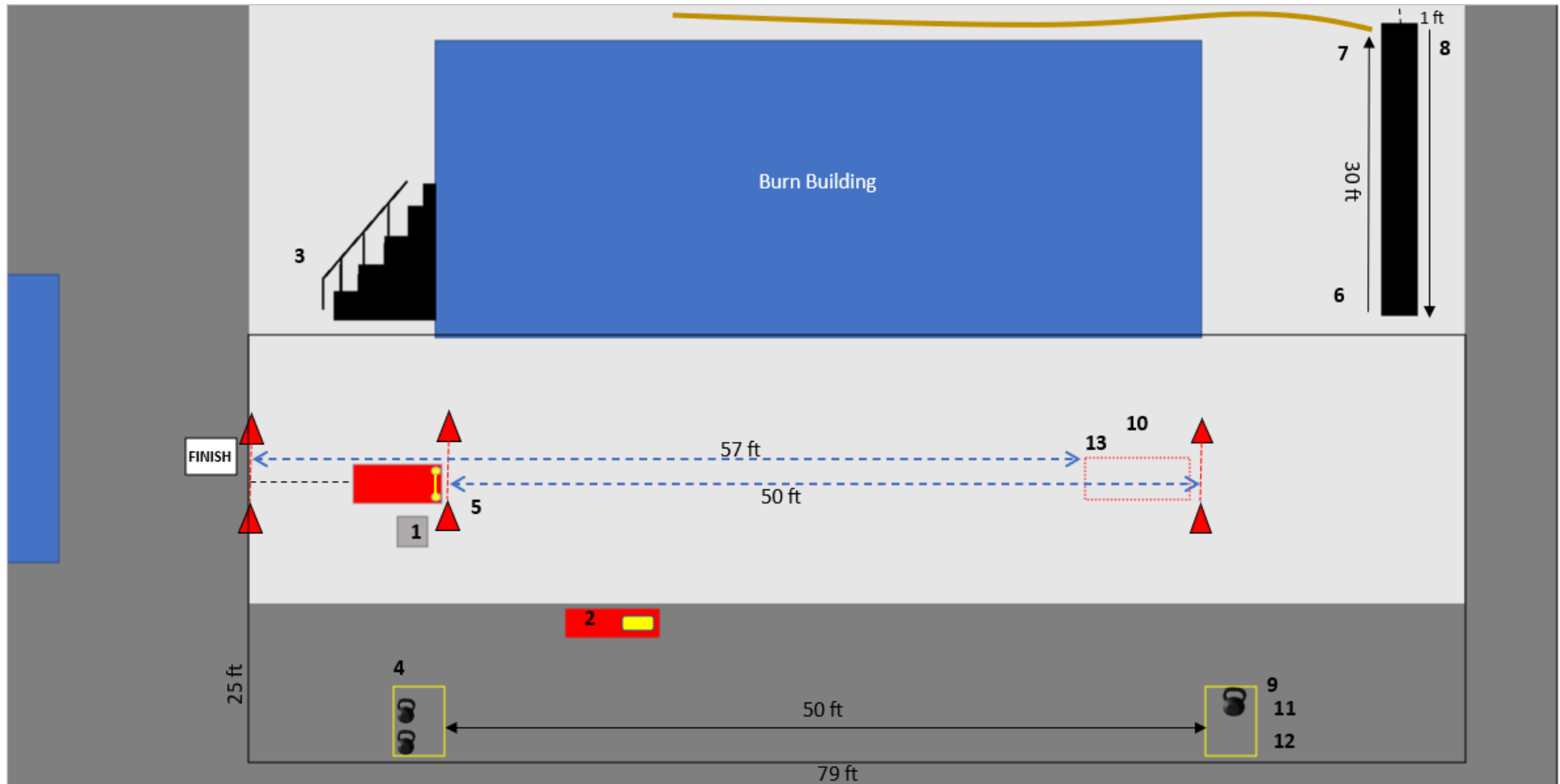


SCORING

The PAT is a timed test. Any candidate that completes the course in **9:48** or less will pass the test. There is no advantage to seeking to complete the test in a time significantly lower than the allotted time.

Good luck on the PAT and in your fire service career.

PHYSICAL ABILITY TEST (PAT)



1. Ladder Carry (Fire Sled)
2. Forcible Entry (Punisher)
3. High Rise Pack Carry
4. Walk #1
5. Charged Line Advance (Fire Sled)
6. Crawl
7. Handline Pull

8. Crawl
9. Walk #2
10. Ceiling Breach and Pull (Fire Sled)
11. Walk #3
12. Equipment Carry
13. Victim Rescue (Fire Sled)