



## City of Cheyenne Fire & Rescue

2101 O'Neil Avenue, Suite 304

Cheyenne, WY 82001

(307) 637-6311

Dear Firefighter Applicant:

This cover letter contains instructions and information regarding the application and hiring procedures for the position of Firefighter. This packet will be the **ONLY** information you will receive regarding testing procedures. You will **NOT** receive confirmation that your application has been received. Please read carefully, as any omission or error on your part in the submittal of the application and subsequent testing may be grounds for disqualification from the selection process.

- ✓ Application Instructions
- ✓ Firefighter Position Announcement
- ✓ City of Cheyenne job application
- ✓ CPAT Orientation Information. **If you plan to attend the orientation, you are required to call the fire administration office to schedule your date(s) and time(s).**
- ✓ Candidate Physical Ability Test (CPAT) orientation guide
- ✓ Entrance/CPAT examination schedule
- ✓ Informed Consent: Liability Release Form (Sample)

Please contact the Human Resources Department at (307) 637-6340 should your packet not contain all of these materials.

### Remember.....

Consult your physician regarding your medical condition for the physical agility test. It's a strenuous test and should not be taken lightly. The informed Consent/Liability Release Form is attached for your review; we will have you sign an identical form just prior to taking the ability test.

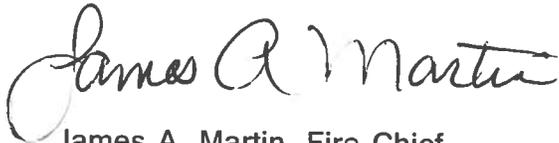
Cheyenne Fire & Rescue will accept a valid CPAT certification issued within the last 12 months from an accredited CPAT agency. If you would like to obtain a CPAT certification from Cheyenne Fire & Rescue you will need to inform the personnel at the check in/check out table upon successful completion of the CPAT.

A non-refundable fee of \$50.00, check or money order, made payable to the City of Cheyenne must accompany the application at the time it is submitted to the Human Resources Office.

A photo I.D. will be required at each test, and we advise that you arrive 15 minutes early to each process and be in place and ready to test at your scheduled time. Latecomers will be turned away, as will any candidate without proper identification.

Thank you for your interest in employment as a City of Cheyenne Firefighter.

Sincerely,

A handwritten signature in black ink that reads "James A. Martin". The signature is written in a cursive style with a large initial "J" and "M".

James A. Martin, Fire Chief

Cheyenne Fire & Rescue

## APPLICATION INSTRUCTIONS

1. The City of Cheyenne job application must be filled out and submitted to the City of Cheyenne Human Resources Department, 2101 O'Neil Avenue, Suite 103, Cheyenne, WY 82001 before 5:00 p.m. on April 17, 2015. Applications ***will not*** be accepted after 5:00 p.m.
2. Submit copies of certifications/official transcripts or other official verification of the award of academic degree with your application.
3. Submit copy of valid CPAT card issued by an accredited CPAT agency. **YOU WILL ALSO BE REQUIRED TO PRESENT THIS CARD THE DAY OF THE EXAMINATION.**
3. A **non-refundable** fee of \$50.00, check or money order, made payable to the City of Cheyenne must accompany the application at the time it is submitted to the Human Resources Office.
4. This will be the only information packet you will receive. We do ***NOT*** send out applicant confirmation letters.
5. **All candidates interested in participating in the CPAT orientation must call the Fire Administration Office at (307) 637-6311 to schedule CPAT orientation date(s) and time(s). Office hours are from 8:00 a.m. to 5:00 p.m. MST Monday thru Friday.**

**Cheyenne Fire & Rescue**  
**ENTRANCE/CPAT EXAMINATION**  
**SCHEDULE**

**Applications available and accepted:** July 1, 2014 – April 17, 2015  
City of Cheyenne Human Resources **Applications will not be accepted after 5:00 p.m.**  
2101 O'Neil Avenue, Suite 103

**Physical Ability Test Practice days:** February 21, 2015 10:00 a.m.  
Fire Training Complex April 4, 2015 10:00 a.m.  
7222 Commerce Circle April 18, 2015 10:00 a.m.

**Written Examination:** May 8, 2015  
Laramie County Community College 8:00 a.m.  
CCI Building (Registration begins at 7:00 a.m.)  
1400 College Drive

**Candidate Physical Ability Test:** May 8-10, 2015  
Fire Training Complex  
7222 Commerce Circle

**Oral Interviews:** May 8-10, 2015  
LCCC  
1400 College Drive  
CCI Building

**Selection Process:** This highly competitive selection process includes a written examination, a physical ability test, and an oral interview. A final eligibility list will then be established.

- ★ All applicants will be scheduled to take a general knowledge written examination. The minimum passing score is 78%. The written examination will be scored immediately.
  
- ★ The top 75 scores from the written examination will proceed to the CPAT portion of the testing process which will begin May 8, 2015 at noon. This pass/fail portion of the process examines the applicant's ability to meet the physical demands of a firefighter's endurance, aerobic fitness, upper and lower body strength, flexibility and coordination. A valid CPAT certification from an accredited CPAT agency will be accepted, provided it was issued within the last 12 months.

- ★ After passing the Physical Ability Test, candidates must return to the check-in/check-out desk and be assigned a time for the oral interview.
- ★ Additional certification points will be computed into your final score upon completion of totaled written exam and oral interview scores. You will be allowed to bring a copy of your official transcripts, other official verification of the award of academic degree or a certificate to the written exam, if you received it after April 17, 2015.

FF-I Certification	1 point
FF-II Certification	1 point
EMT Certification	1 point
Assoc. Degree in Fire Science	3 points
Assoc. Degree, any field	1.5 points
Bachelor's Degree, any field	3 points

Only one credit will be awarded for educational point, i.e. Associates or Bachelors Degree.

No certification points will be added to scores after the eligibility list has been established.

- ★ Candidates will be ranked according to their cumulative scores and placed on an eligibility list. Candidates can call Human Resources at (307) 637-6340 on May 14, 2015 to find out where they placed on the eligibility roster.

City of Cheyenne Fire & Rescue  
2101 O'Neil Avenue, Suite 304  
Cheyenne, WY 82001  
(307) 637-6311  
Fax: (307) 637-6387



[This is a sample of the form you will sign prior to your CPAT Test](#)

## INFORMED CONSENT: LIABILITY RELEASE FORM

I, (Print) \_\_\_\_\_, an applicant for employment with the Cheyenne Fire & Rescue (hereafter, CFR), do hereby consent to take a physical ability test as part of the application process for employment with the CFR. I understand that the physical ability test is intended to test overall physical ability, including but not limited to strength, endurance, and ability to withstand stress. Further, I understand that there are risks to my physical health and well being inherent in the physical ability test and hereby voluntarily and knowingly agree to accept those risks. I confirm that I have observed a video tape of the physical ability test and understand the test procedure and the acts required to be performed by me for the test. I have been instructed to consult my private physician prior to taking the test in order to determine whether I am in proper physical condition to do so. I hereby represent to the CFR and the City of Cheyenne, Wyoming (hereafter, the City), that I am in the proper physical condition to take the physical ability test.

For and in consideration of the CFR's agreement to consider my application for employment, I do, for myself, my heirs, personal representatives and administrators, remise, release and forever discharge the CFR, the City, their successors, agents and the employees of and from all manner of action and actions, damages, cause or causes of actions, suits, debts, and sums of money, claims and demands whatsoever, in law or equity, which I have now or may have in the future against the CFR or the City by reason of my participation in the physical ability test which is a part of the application process for employment with the CFR.

DATED \_\_\_\_\_, 2015

Applicant: \_\_\_\_\_  
Signature

Witness: \_\_\_\_\_  
Cheyenne Fire & Rescue

City of Cheyenne Human Resources Division  
2101 O'Neil Avenue, Suite 103  
Cheyenne, WY 82001  
(307) 637-6340

**POSITION ANNOUNCEMENT**

Position Title: Professional Firefighter  
Department: Cheyenne Fire & Rescue, Cheyenne, Wyoming  
2015 Salary: \$3901.49/month  
Closing Date: Friday April 17, 2015 @ 5:00 p.m.

Work Schedule: 24 hour shifts on three alternating days, and then has four days off. This averages to a 56 hour duty week. Holiday, weekend and overtime work is required.

Selection Process: This highly competitive selection process includes a written examination, a physical ability test and an oral interview. A final eligibility list will be established. Post-offer background check, fitness-for-duty evaluation, psychological exam and credential verification will be conducted. Pre-employment drug testing will be conducted.

Summary: To protect and preserve life, property, and put customer service above all else.

**Essential Duties & Responsibilities:**

- Provides outstanding service and performs duties as necessary to best serve citizens in the Cheyenne Fire & Rescue response area.
- First responder to fire alarms, EMS, and other emergency calls.
- Inspects buildings for fire hazards and compliance with Fire Prevention Ordinances, resulting in directing fire regulation violations to be corrected.
- Maintains fire apparatus, quarters, buildings, equipment, and grounds.
- Provides EMS treatment in accordance with Wyoming Laws, WDHS Rules and Regulations, Regional Protocols, and Base Station direction.
- Positions and climbs ladders to gain access to upper levels of buildings or to assist individuals from burning or unsafe structures.
- Creates openings in buildings for ventilation or entrance.
- Protects property from water and smoke damage by use of waterproof salvage covers and fans.
- Participates in drills, demonstrations, and courses in hydraulics, pump operation and maintenance, and firefighting techniques.
- Drives and operates firefighting vehicles and equipment.
- Conducts public-education activities and responds to calls or inquiries from the general public.
- Uses computers for preparing reports and e-mail communication.

Firefighter Position Announcement

Cheyenne Fire & Rescue

**Physical Demands:** The physical ability test will measure the ability to perform tasks related to the job of a firefighter. While performing the duties of this job, the employee is regularly required to use hands to handle or feel objects; operate hand and power tools, and equipment and vehicle controls; stand, walk and sit; reach with hands and arms; climb or balance, maneuver over uneven terrain, and operate on ground ladders, all structure roofs, and high places; stoop, kneel, crouch or crawl and operate in a confined space with limited visibility; and talk, hear and smell.

Applicants must be a citizen of the United States of America. Applicants must be at least 18 years of age on the date of examination. Applicants must possess a high school diploma or the equivalent. All applicants who successfully complete the entrance examination shall be required to pass a physical examination by a medical physician designated by the medical authority for the Department. The cost of the physical examination shall be incurred by the applicant. All successful applicants will be required to complete a psychological evaluation as determined by Cheyenne Fire & Rescue.

**Work Environment:** Cheyenne Fire & Rescue Firefighters are required to work a 24-hour rotating schedule, including holidays and weekends, overtime, and emergency call-ins on an as-needed basis. Work is performed in a variety of settings, including hazardous environments and medical/trauma situations. Work areas include a closed-office environment while preparing reports; fire prevention and safety demonstrations to a variety of community groups; a variety of building types and conditions while performing inspections; and buildings whose structural integrity may have been weakened by fire conditions.

The employee regularly works in outside weather conditions. The employee is regularly exposed to vibration and frequently works near moving mechanical parts and is exposed to fumes or airborne particles, toxic or caustic chemicals, extreme cold, extreme heat, and risk of electrical shock. The employee occasionally works in high, precarious places, and is exposed to wet and/or humid conditions and possibly the risk of radiation. The noise level in the work environment is usually loud.

**Equipment Utilized:** A variety of hand and power tools carried on fire apparatus; portable radios to communicate effectively to other emergency responders; and computers and software programs utilized by the department. Employee eventually must be able to drive and operate assigned fire apparatus.

**Required Knowledge, Skills and Abilities:** The requirements listed below are representative of the knowledge, skill and/or ability required.

- **Language Skills** - Ability to read, understand, and interpret documents such as safety rules, and operating and maintenance instructions and procedure manuals. Ability to write reports and correspondence in a clear, understandable manner. Ability to speak effectively before groups of citizens or employees of organizations.
- **Mathematical Skills** - Ability to calculate figures and amounts such as proportions, percentages, area circumference and volume. Ability to apply concepts of basic algebra and geometry. Ability to add, subtract,

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Firefighter Position Announcement

Cheyenne Fire & Rescue

multiply and divide in all units of measure, using whole numbers, fractions, and decimals. Ability to compute rate, ratio and percentage, and to interpret bar graphs.

- Reasoning Ability - Ability to solve practical problems and deal with various situations where limited standardization exists.  
Ability to interpret various instructions in written, oral, or diagram form.  
Ability to receive, understand, and take positive appropriate action from information or instructions presented verbally and/or in written form.  
Ability to communicate with the public, superiors, and peers; and must be able to communicate clearly and concisely, both verbally and in writing.  
Ability to present fire safety and fire prevention talks to groups or organizations of a variety of ages to help reduce the risk of death and injury caused by fires.  
Ability to have a thorough knowledge of firefighting tools and operations.  
Ability to maintain self control during periods of high stress and when dealing with the victims or members of the public who may be highly emotional and/or combative.  
Ability to take command of an emergency situation until relieved by a superior officer.  
Ability to work in a team environment.

Please return required application packet with a check or money order by 5:00 p.m. on Friday, April 17, 2015 to the City of Cheyenne, Human Resources Department, 2101 O'Neil Avenue, Suite 103, Cheyenne, WY 82001.

**CHEYENNE FIRE & RESCUE IS AN EQUAL OPPORTUNITY EMPLOYER  
DRUG TEST WILL BE REQUIRED**

**THIS APPLICATION WILL NOT BE CONSIDERED  
UNLESS FULLY COMPLETED**  
The City of Cheyenne, Wyoming is an Equal Opportunity Employer

The City of Cheyenne does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, or any other status protected by law or regulation. It is our intention that all qualified applicants are given equal opportunity and that selection decisions be based on job-related factors.

<b>APPLICATION FOR EMPLOYMENT WITH THE CITY OF CHEYENNE, WYOMING</b>	
Return Application To:	Human Resources 2101 O'Neil Avenue Room 103 Cheyenne, WY 82001

**TYPE OR PRINT IN BLACK INK ONLY**

Print Name in Full:	_____	_____	_____	_____	_____
	Last	First	Middle	Telephone (Day)	Telephone (Eve)
Address	_____		City	State	Zip Code

When would you be available for work? \_\_\_\_\_ Position Desired: (Fire & Rescue) Firefighter

Are you 16 years of age or older? Yes  No  What is the lowest entrance salary acceptable to you? \_\_\_\_\_ By contract ~~\$300.00~~ 3901.49

Can you legally work in the United States? Yes  No  If "NO", please explain: \_\_\_\_\_

Are you related to anyone employed with the City of Cheyenne? Yes  No  Who? \_\_\_\_\_

Position/Dept? \_\_\_\_\_

Have you ever worked for the City of Cheyenne in the past? Yes  No  What department? \_\_\_\_\_

When? \_\_\_\_\_ Why did you leave? \_\_\_\_\_

Does the position you applied for require you to drive? Yes  No

If "Yes," do you have valid Driver's License? State? \_\_\_\_\_ Class?  Commercial

Have you ever been convicted of any law violation? (Include any plea of "guilty" or "no contest". (Exclude minor traffic violations)  
Yes  No  If "Yes," describe in full: ( a conviction will not necessarily disqualify an applicant for employment).  
\_\_\_\_\_

Have you had your driver's license suspended or revoked in the last 3 years? Yes  No  If "Yes," please explain: \_\_\_\_\_

What office equipment can you operate? \_\_\_\_\_

List certificates that are relevant to the position you are applying for: \_\_\_\_\_

Have you ever been a member of the Armed services of the United States? Yes  No

Branch: \_\_\_\_\_ Rank: \_\_\_\_\_

What skills or additional training do you have that are related to the job for which you are applying: \_\_\_\_\_

**Education:**

Name of High School, Universities, Business Schools or Trade Schools Attended	Location City and State	Number of years completed What Degree (if any) and Year Earned

**EMPLOYMENT HISTORY:**

List names of employers in consecutive order with present or last employer listed first. Account for all periods of time including military service and any periods of unemployment. If self-employed, give firm name and supply business references

Employer and Address (Give last position first)	Dates of Employment	Job Title & Supervisor	Type of Business	Wages	Why did you leave?
1	From:				
	To:				
2	From:				
	To:				
3	From:				
	To:				
4	From:				
	To:				

NOTE If you are seeking a uniformed position with either the Police or Fire Department: Are you 21 years of age or older? Yes  No

Have you worked or attended school under any other names? Yes  No

If Yes, give name(s) \_\_\_\_\_

Are you presently employed? Yes  No

If Yes, whom do you suggest we contact? \_\_\_\_\_

Have you ever been fired from a job or asked to resign? Yes  No

If Yes, please explain: \_\_\_\_\_

Give three references, not relatives or former employers.

Name	Address	Phone

**AFFIDAVIT, CONSENT AND RELEASE  
PLEASE READ EACH STATEMENT CAREFULLY BEFORE SIGNING**

I certify that all information provided in this employment application is true and complete. I understand that any false information or omission may disqualify me from further consideration for employment and may result in my dismissal if discovered at a later date. I authorize the investigation of any or all statements contained in this application. I also authorize, whether listed or not, any person, school, current employer, past employers and organizations to provide relevant information and opinions that may be useful in making a hiring decision. I release such persons and organizations from any legal liability in making such statements. I understand that I may be required to successfully pass a drug screening examination and a criminal background investigation. I hereby consent to a pre-employment drug screen and a criminal background investigation, if required, as a condition of employment.

**I UNDERSTAND THAT THIS APPLICATION, VERBAL STATEMENTS BY MANAGEMENT, OR SUBSEQUENT EMPLOYMENT DOES NOT CREATE AN EXPRESS OR IMPLIED CONTRACT OF EMPLOYMENT NOR GUARANTEE EMPLOYMENT FOR ANY DEFINITE PERIOD OF TIME. ONLY THE MAYOR/DESIGNEE OF THE CITY OF CHEYENNE HAS THE AUTHORITY TO ENTER INTO AN AGREEMENT OF EMPLOYMENT FOR ANY SPECIFIED PERIOD AND SUCH AGREEMENT MUST BE IN WRITING, SIGNED BY THE MAYOR/DESIGNEE AND THE EMPLOYEE.**

I am fully aware that the probation period for the City of Cheyenne is one (1) year and that I can be dismissed without cause throughout the specific probationary period. I also certify that the foregoing answers are correct to the best of my knowledge and belief.

I have read, understand, and by my signature consent to these statements.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**City of Cheyenne**  
**Human Resources Division**  
2101 O'Neil Avenue, Suite 103  
Cheyenne, WY 82001  
(307) 637-6340

Attendance to a CPAT orientation is voluntary, but highly recommended.

**CPAT Orientation Dates**

February 21, 2015

April 4, 2015

April 18, 2015

***Please call the Fire Administration Office between 8:00 a.m. and 5:00 p.m. to schedule date(s) and time(s) in which you would like to attend***

***This will ensure you a time slot for the orientation.***

***Fire Administration (307) 637-6311***



Fire Service  
Joint Labor Management  
Wellness/Fitness Initiative  
**Candidate Physical Ability Test<sup>®</sup>**  
**Orientation Guide**



This candidate physical ability test (CPAT) consists of eight separate events. The CPAT 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 fire departments to obtain pools of trainable candidates who are physically able to perform essential job tasks at fire scenes.

**This is a pass/fail test based on a validated maximum total time of 10 minutes and 20 seconds.**

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.

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. A schematic drawing of the CPAT is included in this orientation material; however, the course layout may vary in order to conform to the fire department's test area. The events and distances between events are always the same.

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

## **Event 1 Stair Climb**

### **Equipment**

This event uses a StepMill stair climbing machine. The machine is positioned with one side up against a wall and an elevated proctor platform on the side opposite the wall. A single handrail on the wall side is available for you to grasp while mounting and dismounting the StepMill. Additional steps are placed at the base of the StepMill to assist you in mounting the StepMill.

### **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 fire fighter 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 two 12.5-pound (5.67-kg) weights on your shoulders to simulate the weight of a high-rise pack. Prior to the initiation of the timed CPAT, there is a 20-second warm-up on the StepMill at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to dismount, grasp the rail or hold the wall to establish balance and cadence. If you fall or dismount the StepMill during the 20-second warm-up period, you must remount the StepMill and restart the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor who calls the word "START." There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the StepMill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event. The two 12.5-pound (5.67-kg) weights are removed from your shoulders. Walk 85 feet (25.91 m) within the established walkway to the next event.

### **Failures**

If you fall or dismount the StepMill three times during the warm-up period, you fail the test. If you fall, grasp any of the test equipment or dismount the StepMill after the timed CPAT begins, the test is concluded and you fail the test. During the test, you are permitted to touch the wall or handrail for balance only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. Only two warnings are given. The third infraction constitutes a failure, the test time is concluded and you fail the test.

## **Event 2 Hose Drag**

### **Equipment**

This event uses an uncharged fire hose with a hoseline nozzle. The hoseline 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 hoseline is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hoseline 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 hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline 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 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. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

### **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 second 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 second infraction constitutes a failure, the test time is concluded and you fail the test.

## **Event 3 Equipment Carry**

### **Equipment**

This event uses two saws and 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 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. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

### **Failures**

If you drop either saw on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

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

### **Equipment**

This event uses two 24-foot (7.32-m) fire department ladders. For your safety, a retractable lanyard is attached to the ladder that you raise.

### **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. 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. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

### **Failures**

If you miss any rung during the raise, one warning is given. The second 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, one warning is given. The second 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 halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

## **Event 5 Forcible Entry**

### **Equipment**

This event uses a mechanized device located 39 inches (1 m) off the ground that measures cumulative force and a 10-pound (4.54-kg) 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 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. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

## **Failures**

If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test. If you step inside the toe-box, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

# **Event 6 Search**

## **Equipment**

This event uses an enclosed search maze that has obstacles and narrowed 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 tunnel maze that is approximately 3 feet (91.44 cm) high, 4 feet (121.92 cm) wide and 64 feet (19.51 m) in length with two 90° turns. At a number of locations in the tunnel, 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 tunnel are reduced. Your movement is monitored through the maze. If for any reason, you choose to end the event, call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the event is concluded. Walk 85 feet (25.91 m) within the established walkway to the next event.

## **Failures**

A request for assistance that requires the opening of the escape hatch or opening of the entrance/exit covers constitutes a failure, the test time is concluded and you fail the test.

## **Event 7 Rescue**

### **Equipment**

This event uses a weighted 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 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. 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 85 feet (25.91 m) within the established walkway to the next event.

### **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.

## **Event 8 Ceiling Breach and Pull**

### **Equipment**

This event uses a mechanized device that measures overhead push and pull forces and a pike pole. The pike pole is a commonly used piece of equipment that consists of a 6-foot long pole with a hook and point attached to one end.

## **Purpose of Evaluation**

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. 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, deltoids, trapezius, triceps, biceps, and muscles of the forearm and hand (grip).

## **Event**

For this event, you must 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. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition as indicated by a proctor who calls out "TIME."

## **Failures**

One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain within the marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

## **Test Forms**

You must present valid identification and sign a number of forms before taking the CPAT. Prior to the start of the CPAT you must complete the Sign-in Form. You are provided an opportunity to review a video detailing the CPAT and the failure points. It is your responsibility to ask questions if you do not understand any parts of the test events or procedures. You are required to complete the Waiver and Release Form. At the conclusion of the CPAT, you must sign the CPAT Evaluation Form. Additionally, prior to leaving the rehabilitation area, you must complete and sign the Rehabilitation Form. If you fail to complete and sign any of these forms you fail the CPAT.