

# **APPLICANT PHYSICAL ABILITY TEST**

## **WARM UP**

This event precedes the series of events that make up the timed portion of the APAT and will elevate the applicants heart rate by challenging his/her aerobic energy system and in combination works as a warm up for the applicant.

The applicant will walk to the bottom of the StepMill; *(an additional 25 pounds, using two 12.5-pound weights, will be added to the weighted vest at this time)*; mount the StepMill and begin a thirty second warm up at a pace of 50 steps per minute (level 3). The warm up period can be stopped and restarted twice. At the thirty second mark the StepMill level will be elevated to level 4 (60 steps per minute) and the applicant will climb at this level for two minutes or until the time is at 2 minutes and thirty seconds. *At no time will the applicant be permitted to “lean” on the hand rails causing his or her body weight to be shifted, the hand rails will only be used to balance and stabilize the body to prevent injury.* Once the applicant reaches the two minute and thirty second mark the applicant will dismount the StepMill and walk directly to the start line for event 1; once at the start line the applicant will immediately begin Event 1.

### **Failures**

If the StepMill must be stopped and restarted more than the allotted two restarts due to the applicants request, the applicants inability to properly stay on the StepMill or his/her inability to keep up with the climb during the first thirty seconds of the allotted two restarts then a “Failure” will be called and the test will be concluded. If the applicant does not stay on the StepMill during the entire two minutes after the first thirty seconds a “Failure” will be called and the test will be concluded. If the applicant leans on the handrails once a warning will be called, if the applicant leans on the handrails a second time a “Failure” will be called and the test will be concluded.

## **DESCRIPTION OF EVENTS**

### **EVENT 1: LADDER RAISE and EXTENSION**

This event simulates the applicant’s ability to raise and extend a ladder.

Applicant to walk 75 feet to the top rung of a 24 foot aluminum extension ladder; raise the ladder until it is secure against the wall; proceed to another 24 foot aluminum extension ladder to the right of the secured ladder; using a hand over hand movement extend the ladder three rungs; once the extended section is secure **MOVE TO THE NEXT EVENT.**

### **Failures**

If the ladder falls to the ground or the safety lanyard is activated do to the applicant releasing his/her grip a “Failure” is called and the test is concluded. If the applicant does not use the hand over hand movement to extend the ladder a failure is called and the test

is concluded. If the control of the ladder and rope halyard is not maintained a failure is called and the test is concluded.

## **EVENT 2:      FORCIBLE ENTRY**

This event simulates the applicants' ability to gain entry into a locked structure.

Applicant to walk 75 feet to the forcible entry machine; position to either side of the forcible entry machine; pick up the sledge hammer and repeatedly strike the target area to move it until the buzzer sounds; once the buzzer is activated place sledgehammer on the ground; **MOVE TO THE NEXT EVENT.**

### **Failures**

If the applicant does not maintain control of the sledgehammer and releases it from both hands while swinging it, a failure is called and the test is concluded.

## **EVENT 3:      HIGH RISE PACK and STAIR CLIMB EVENT**

This event simulates the applicants' ability to carry a high-rise pack to an upper story location.

Applicant will walk 75 feet to a "marked" area; (*an additional 25 pounds, using two 12.5-pound weights, will be added to the weighted vest at this time*); walk 30 feet to the simulated stair platform; simulate climbing 3 floors (completely stepping up and down = 1 step) for a total of 30 steps; the test escort will be counting the applicant's steps aloud. If the applicant does not complete a full step, a "MISS" will be called and counting will resume when the next full step is completed; once 30 steps are achieved the applicant will walk 30 feet back to the "marked" area; (*the additional weight will be removed by test staff at this time*); **MOVE TO THE NEXT EVENT.**

### **Failures**

If the applicant falls once during the stair climb portion a warning will be called, if the applicant falls a second time a failure will be called and the test will be concluded.

## **EVENT 4 and 5:      SUPPLY LINE ADVANCEMENT AND PULL**

This event simulates the applicant's ability to advance and re-position a supply line.

Applicant is to move to a position that places him or her at the proper lifting point of the coupling of an uncharged 5 inch supply line; pick up the supply line and place it over the shoulder and across the chest; advance the supply line 75 feet; place the coupling on or beyond the 75 foot line; walk back to the 50 foot line; drop at least one knee and pull the supply line back to you until both hands are on the coupling; place the coupling on the 50 foot mark; **MOVE TO THE NEXT EVENT.**

### **Failures**

If at least one knee does not stay in contact with the ground, a warning is called; if there is a second infraction a failure will be called and the test is concluded. If the applicant leaves the event without bringing the coupling back to the 50 foot line, a failure will be called and the test will be concluded.

#### **EVENT 6: Ceiling Breach and Pull**

This event simulates the applicant's ability to pull ceilings and/or remove debris from above the shoulder level.

Applicant is to move to a position that places his or her at the proper position inside the ceiling breach and pull machine. The applicant will be handed a pike pole; position the pike pole on the painted area of the hinged door; **fully push up** the hinged door with the pike pole 6 times; then hook the pike pole to the ceiling device and **fully pull down** 6 times; each set consists of 6 pushes and 6 pulls; complete 2 sets; should an applicant not fully push up or fully pull down, the escort will call out "MISS", if this occurs that push or pull does not count and the applicant must redo it; it is permitted to stop during this event and re-adjust your grip. **MOVE TO THE NEXT EVENT.**

##### **Failures**

Dropping the pike pole once will result in a warning; if the pike pole is dropped a second time, a failure will be called and the test will be concluded. If the applicant steps outside of the box once, a warning will be called; if the applicant steps out twice, a failure will be called and the test will be concluded.

#### **EVENT 7: EQUIPMENT CARRY**

This event simulates the applicant's ability to carry equipment from point to point.

Applicant is to move to a position that places him or her at the proper lifting point of the equipment to be moved; pick up item(s); carry item(s) 75 feet to the marked area; set equipment in the marked area; pick up item(s) in that area and carry item(s) 75 feet back to the marked area; **MOVE TO NEXT EVENT.** (Note: these items will alternate between a 16" smoke ejector {single item carry} and a large cord reel and a small cord reel with attached Circle D light {dual item carry}).

##### **Failures**

If the applicant drops any item(s) at any time a failure will be called and the test will be concluded.

#### **EVENT 8: VENTILATION**

This event simulates the applicant's ability to create an opening for ventilation.

Applicant is to move to a position that places him or her at the proper lifting point of the equipment hammer; pick up the equipment hammer; walk and position himself/herself on the Keiser Sled (each foot will be on either side of the I-beam); repetitively strike the I-beam (striking point) of the Keiser Sled until it moves a distance of 3 feet (repositioning feet when necessary); dismount the Keiser Sled; **MOVE TO THE NEXT EVENT.**

**Failures**

If the applicant does not maintain control of the equipment hammer and releases it from both hands while swinging it, a failure will be called and the test will be concluded. If the applicant dismounts the Keiser Sled and releases the equipment hammer without reaching the 3 foot mark a failure will be called and the test will be concluded.

**EVENT 9: VICTIM RESCUE**

This event simulates the applicant's ability to perform a victim rescue.

Applicant is to move to a position that places him or her at the proper lifting point of the 175 pound rescue dummy; grasp the handles at the shoulder area (either one or both handles is permitted); drag the dummy 35 feet around a drum and back another 35 feet to the finish line; once the dummy's feet clear the finish line the test escort will call "TIME"; **THE APAT IS COMPLETE MOVE TO THE REHABILITATION AREA.**

**Failures**

If the applicant grasps or rests on the drum a warning will be called, the second time this occurs a failure will be called and the test will be concluded. If the applicant does not go around the outside of the drum, a failure will be called and the test will be concluded.