



PHYSICAL ABILITY TEST (PAT) GUIDELINES (February 6, 2018)

The Northern NV/CA F.I.R.E. Physical Ability Test (PAT) consists of ten (10) separate events. The test requires that you progress along a predetermined path from one event to the next in a continuous manner. You are assessed on the time it takes you to complete all 10 tasks. The time starts when the Proctor says “Go” and ends when you complete all 10 tasks and cross the designated finish line, or when the time limit is reached, whichever occurs first. This test was designed to obtain a pool of trainable candidates who are physically able to perform essential job specific tasks at fire scenes.

This is a pass/fail test based on completing all tasks with a maximum total time of

7 Minutes 32 Seconds

Health

The agencies comprising the Northern NV/CA F.I.R.E. consortium pride themselves on safety and wellness. In order to provide the safest Physical Ability Test (PAT) possible, all applicants will have their blood pressure, pulse and respirations monitored before and after the PAT. Applicants will not be permitted to proceed with the PAT if their vital signs, upon their arrival the morning of the test, are the following:

- Blood pressure greater than or equal to 160/100
- Heart rate greater than or equal to 110 beats per minute
- Respirations greater than or equal to 30 breaths per minute

If one or more of these parameters are met or exceeded, the applicant will be given a 15 minute rest period to obtain vital signs that fall within the above acceptable values. If after 15 minutes of rest there is no change, the applicant will be sent to the rehabilitation portion of the test and will not be permitted to participate in the PAT or the remainder of the recruitment process.

All candidates will participate in rehabilitation at the conclusion of the test; vitals will be assessed before the applicant is allowed to leave and fluids will be available for refreshment.

It is the responsibility of the applicant to notify a Proctor if he/she experiences any of, but not limited to, the following signs or symptoms prior to, during or following the PAT:

Nausea	Blurred Vision	Light headedness
Chest Pain	Dizziness	Shortness of breath
Headache	Vomiting	

All personal information will be kept confidential.

Clothing Suggestions

Applicants are responsible for bringing shorts or long sweat pants and footwear with no open heel or toe. Active footwear with ankle support is recommended (tennis shoes, cross-trainers, or running shoes). Watches and loose or restrictive jewelry should be removed. Knee pads are recommended but not required. Applicants may bring NFPA approved turnout coats, helmets and structure gloves.

Supplied Clothing/Equipment

Applicants will be required to wear a self-contained breathing apparatus (SCBA), which will be provided by the consortium. Applicants will not breathe air from the SCBA. If an applicant does not bring his/her own turnout coat, fire department helmet and work gloves, they will be supplied by the consortium. The total approximate weight of all equipment/clothing is 50 pounds. All equipment and clothing issued will be worn from the beginning to the end of the test.

General Information

The equipment and tools applicants will be using were chosen to provide the highest level of consistency, validity, and safety in measuring the applicant's physical abilities. All props are designed to obtain the necessary information regarding an applicant's physical abilities. A packet of information reviewing the events in the PAT will be provided to those applicants who successfully complete the written examinations.

The events are placed in a sequence that best simulates fire scene events while allowing about a 75 foot walk between events. Applicants are allowed to run within each event; however, to ensure the highest level of safety and to prevent injury, *NO RUNNING IS ALLOWED BETWEEN EVENTS*. This walking requirement allows the applicant approximately 15 seconds of recovery to regroup between events. Keep in mind the clock **WILL NOT** stop between events.

Applicants receive a pass/fail for each event and two Proctors with stopwatches will ensure scoring and time keeping accuracy. One Proctor is the official test time keeper; the second Proctor is the backup time keeper. If a stopwatch failure occurs, the backup stopwatch time will be used. If an applicant exceeds the **7 minute 32 second** time limit prior to the completion of the test, the test will conclude and the applicant will fail. Applicants are not permitted to finish the course or attempt the test a second time.