

Cadet Physical Ability Test (C-PAT)

Seattle Fire Department

Cadet Program

The Cadet Physical Ability Test (C-PAT) is designed for the applicant to demonstrate that they have the minimum physical ability (strength, coordination, and balance) to perform basic tasks. If an applicant fails the C-PAT they will not be cleared to participate in the Cadet Program.

The C-PAT **is not the same test** as the Seattle Fire Department Firefighter Candidate Physical Ability Test (SFD – CPAT). Information on the SFD – CPAT can be found on the Seattle Fire Department web site.

Event 1 Hose Lift

Using proper lifting technique, the applicant will move two rolled sections of 2 1/2" hose (100', 70 lbs. each) one at a time from the ground and walk 10' to the pump panel step of the fire engine. The applicant will place the rolled section of the hose on the step/walkthrough step on the fire engine. The rolled hose must remain on the step/walkthrough. If a hose roll falls to the ground, it must be replaced on step/walkthrough.

Event 2 Ladder Carry

The applicant will lift a 26' extension ladder (weight 95lbs.) from the sawhorse prop and carry it around the perimeter of an outline course then return the ladder to the sawhorse prop. The outline course (in the shape of a square) shall be marked by traffic cones that are 25' apart from one another.

Event 3 Tower Climb

The applicant will start from the cone in drill court with a 100' section of 1 3/4" hose (100', 55 lbs.) with a 1 1/2" nozzle attached to the bundle on their right shoulder and wearing a SCBA (23 lbs.). The applicant will climb to the top of the training tower (6 floors). Applicant will touch each step on the way up the tower (no skipping steps) and is encouraged to use the handrail.

Event 4 Equipment Hoist

After 1 minute of recovery time (from tower climb), the applicant will hoist a bag weighing 50 pounds to the top of the tower (6 floors). The knot securing the rope to the bag must touch the pulley for completion of the event. The applicant must stand behind the indicated line on the floor. At no time is the applicant allowed to step over the line during this portion of the test. If the applicant steps over the line during the test it is an automatic fail of the test.

Event 5 Grip Test

The applicant will hold the grip strength dynamometer in one hand down at their side. The applicant will squeeze the dynamometer as hard as they can. The Instructor will then record the reading on the meter. The applicant will then switch the dynamometer to the other hand and repeat the process.

REHAB

Following completion of the C-PAT, the applicant is required to go to the rehab station and rehydrate. Vital signs will be checked if Advisors feel it is necessary.