



# PUNTA GORDA FIRE DEPARTMENT

1410 TAMAMIAMI TRAIL \* PUNTA GORDA, FLORIDA 33950  
PHONE (941) 575-5529 \* FAX (941) 575-5565

"Serving our community with pride, honor, and respect"

Ray Briggs, Fire Chief  
[rbriggs@pgorda.us](mailto:rbriggs@pgorda.us)

Holden Gibbs, Operations Chief  
[hgibbs@pgorda.us](mailto:hgibbs@pgorda.us)

Jennifer J. Molnar, Fire Marshal  
[jmolnar@pgorda.us](mailto:jmolnar@pgorda.us)

## Medical Approval for the Punta Gorda Fire Department Candidate Physical Agility Test

*Applicants will NOT be permitted to take the CPAT without bringing this form, signed by their physician, to the test appointment.*

I have examined \_\_\_\_\_ and found him/her to be medically competent to perform the Punta Gorda Fire Department Candidate Agility Test.

Doctor's Name: \_\_\_\_\_ Telephone : \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Doctor's Signature: \_\_\_\_\_ Doctor's ID Number: \_\_\_\_\_

### Test Description:

The CPAT consists of several events designed to simulate some of the more physically demanding tasks of firefighting. Applicants may experience extreme fatigue, elevated heart rate and blood pressure, and difficulty in breathing. We strongly suggest that applicants begin preparation for the test in the form of walking, jogging, bicycling, etc.

Aerobic Activity: 100 yard swim test. Candidate may utilize a freestyle, breaststroke or combination of strokes to complete. Candidate must also complete a 30-second underwater exercise. Candidate must be able to swim to the bottom of designated area (pool) and hold breath for 30 seconds.

\*\* All events listed below will be performed while wearing Turn-out coat, helmet, gloves, and breathing apparatus without facepiece\*\*

Ladder Climb: A 50-foot aerial ladder will be set at a 70 degree angle. The candidate will climb to and touch the top rung. Candidate must wear safety belt and will be attached with an additional safety line.

Hand-Over-Hand Exercise: Candidate, while standing at ground level, will pull one section of 2 ½ inch fire hose using a hand-over-hand technique through a pulley system to designated stopping point, approximately 50 feet.

Ventilation/Forcible Entry: Candidate, utilizing the weight transfer device, will reposition sliding weight (approximately 5 feet) using an 8lb dead blow hammer.

Hose Drag: Candidate shall reposition 150 feet of 1 ¾ charged hose line a total of 100 feet.

Ladder Raise: Candidate shall remove a 24-foot aluminum extension ladder from ladder hooks located on fire apparatus, carry ladder approximately 25 feet to pre-designated area where candidate shall raise and fully extend ladder utilizing a hand-over-hand technique.

Rescue: Candidate must grasp a 165lb mannequin and drag it a total of 100 feet the use of shoulder straps/rescue webbing permitted.