



# PUNTA GORDA FIRE DEPARTMENT

1410 TAMAMI TRAIL \* PUNTA GORDA, FLORIDA 33950  
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"Serving our community with pride, honor, and respect"

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## Medical Approval: 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 their 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 simulator will be set at an approximate 70 degree angle. The candidate will step onto the laddermill and once they begin climbing they must not stop until they have reached the equivalent of 50 feet which will be measured by a computer on the machine.

**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 3 feet) using an 8lb dead blow hammer down and back switching from dominate side to non-dominate side.

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

**Ladder Carry:** Candidate shall remove a 60 pound ladder simulator (small portion of ladder made from heavy steel) and walk around the departments training facility (approximately 300 feet).

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