



COOKEVILLE FIRE DEPARTMENT

Physical Agility Test

Physicians Authorization

In my medical opinion, based on examination and knowledge of
_____, he/she is physically
and mentally capable to participate in the Physical Agility Test.

Physician's Signature

Printed Name

Date

**Cookeville Fire Department Physical Agility Test
Score Sheet**

Name - _____

Date - _____

Ladder Climb

Time - _____

Five Minute Break

Agility Test

Time - _____

Notes:

**COOKEVILLE FIRE DEPARTMENT
PHYSICAL AGILITY TEST (PAT)**

The following physical agility test will be done non-stop in sequence from PAT station two through PAT station eight. The entire course must be completed within twelve minutes from start to finish (not including Station 1.)

Personnel shall wear a *turnout coat, helmet, gloves and SCBA*, but not breathing air.

Station 1 Ladder Climb

Setting: The Fire Department aerial apparatus will be fully extended, 75 ft. off the ground, at a 75° angle. A belay line will be strung through the top rung of the ladder to serve as a safety line. Candidates will be tethered to the line and will, upon instruction, ascend and descend the ladder without stopping. A “Test Administrator” will secure the line to ensure safety.

Performance: The applicant shall climb the full length of the ladder, touch the top rung with both hands and return to the ground level on command without freezing or hesitating. The time will start when the candidate is told to begin and stop when both feet are on the platform at the base of the ladder. There is a five (5) minute maximum time limit on this evolution.

Note: If the maximum time of five (5) minutes is exceeded the candidate will be dismissed from the remainder of the PAT.

There will be a maximum of a five (5) minute rest before beginning Station #2.

Station 2 Ladder Removal

Setting - A Cookeville Fire Dept. pumper or wall with one 12 ft. roof ladder mounted on brackets.

Performance - Remove the roof ladder from the brackets. Lay it on the ground, stand up, bend down and pick up the roof ladder. Carry the ladder to PAT station 3.

Station 3 Ladder Raise

Setting - Building wall 50' from PAT station I

Performance - Firefighter arrives at PAT station 3 with a roof ladder in a low shoulder carry and ladders the building with a one Firefighter raise. Climb the full length of the ladder and touch the top rung with both hands. Climb back to the ground.

Station 4 High Rise Hose Pack

Setting - High Rise Hose Pack lying at base of ladder at PAT station 3.

Performance - Pick up and carry High Rise Hose Pack around designated cone and return to start position.

Station 5 Forcible Entry

Setting - Forcible Entry Sled and 8 lb. hammer.

Performance - Firefighter stands with one foot on each side of the sled. The I-Beam will then be between the firefighter's feet. Using the eight-pound sledge hammer the firefighter strikes the I-Beam until it crosses a four-foot line mark. The firefighter will be signaled when the I-Beam crosses the mark. Walk to PAT station 6.

Station 6 Hose Advance

Setting - 150 ft. of 1 3/4 inch vinyl hose with fog nozzle attached. Hose line will be charged.

Performance - Pick up nozzle and hose. Move straight forward from the starting point 75 ft. to the finish line.

Station 7 Low Crawl

Setting - Same as PAT station 6

Performance - After completing PAT station 6 lay down the hose and crawl from the 75 ft. finish line back to PAT station 6's starting line. After crossing the line stand up and Walk to PAT station 8.

Station 8 Victim Rescue

Setting - 165 pound mannequin on ground 100 ft. from PAT station 7.

Performance - Drag the 165 pound mannequin 50 ft. and cross the finish line to stop time.