



City of Abbotsford Fire Rescue Service

CANDIDATE PHYSICAL ABILITY TEST

1. CPAT Course

- CPAT video will be played to aide in explaining the program and to orientate participants
- Course is **10 minutes and 20 seconds** in duration and is strictly a **pass/fail** evaluation
- Participants will be mentored and given a walk through of the course outlining areas where **"warnings"** and **"fails"** would be given for deviating from the course
- CPAT is strictly a **pass/fail** evaluation. This means that **NO** times will be given and the Fire Department will only provide pass or fail results. Times have ranged from having 3min 20secs left to 1 second left to running out of time on the stopwatch
- Important that once your CPAT opportunity begins that you concentrate on completing the course and refrain from talking and asking questions to the proctors. **NO** conversations will be responded too
- CPAT provides the equipment gear to complete the course, which are a helmet, set of gloves and a 50lb weight vest. **Personal gloves are not allowed**
- In the event of failing CPAT you will be given an opportunity to re-do CPAT at another pre-arraigned date. You are given three opportunities to complete CPAT.

2. Clothing Attire

- Pants, T-Shirt, and running shoes (heel to toe support) are required
- **NO shorts are allowed.** Strongly discourage pants with draw strings and tear away pants
- **NO muscle shirts.** We do not want you sweating all over our equipment
- **NO sandals, bare feet, slippers** etc. Must be running shoes
- Please shower before you come for CPAT so that you are fresh and ready and don't stink up our gear
- **NO jewellery** allowed while going through CPAT. i.e.: rings, watches, necklaces, visible piercing, bracelets etc. The goal is to prevent incidents that will affect your outcome. Leave these valuables at home as we are not responsible for them while you are doing CPAT.

3. Registration/Check-In

- **Show up on time. We will turn you away if you are late**
- Picture ID required
- Ensure all paperwork is completed prior to arriving for CPAT including a medical certificate from your doctor authorizing you to do CPAT
- Bring your own water
- **DO NOT use energy drinks or drink/take caffeine products** prior to CPAT. These products may cause your resting heart rate to accelerate. If your resting heart rate is 120 or higher you will not be able to start CPAT until it goes down below 120. Prior to your CPAT start time, if it is still not below 120 you will have to reschedule CPAT for another date.