

**ST. LOUIS COUNTY FIRE ACADEMY
CANDIDATE PHYSICAL ABILITY TEST
REGISTRATION FORM**

LAST NAME: _____ **FIRST:** _____

STREET ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

CELL PHONE: _____

DRIVERS LICENSE #: _____

DATE OF BIRTH: _____

IN CASE OF EMERGENCY, I AUTHORIZE THE FIRE ACADEMY TO CONTACT:

NAME: _____

RELATIONSHIP: _____

CONTACT NUMBER: _____

SIGNATURE

DATE

ST. LOUIS COUNTY FIRE ACADEMY, INC.

CANDIDATE PHYSICAL ABILITY TEST

WAIVER OF CLAIMS

This form must be signed before you will be permitted to participate in the *Candidate Physical Ability Test (CPAT)*.

You will be asked to perform eight (8) physical tasks and will be given specific instructions (by videotape and proctors) in the manner in which these physical tasks will be performed.

The eight (8) physical tasks are:

- 1. STAIR CLIMB**
- 2. HOSE DRAG**
- 3. EQUIPMENT CARRY**
- 4. LADDER RAISE AND EXTENSION**
- 5. FORCIBLE ENTRY**
- 6. SEARCH**
- 7. RESCUE**
- 8. CEILING BREACH AND PULL**

I have read and understand the physical effort which this *Candidate Physical Ability Test (CPAT)* involves. I am physically capable of participating in this test. I hereby waive any and all claims for or arising out of an injury I might sustain or incur as a result of participating in the Candidate Physical Ability Test (CPAT).

In consideration of my use of any and all facilities made available to me at any and all locations, in order that I may further my training and ability in the fire service, by signing below, I agree to hold harmless St. Louis County, the St. Louis Fire Standards Commission, the St. Louis County Fire Academy, Inc., the St. Louis County Fire Academy Board of Directors, the owners of any property or facilities made available to me, or any agents or employees because of any injury to myself which may occur while using the facilities or participating in any training classes.

Last name: _____ First name: _____ MI: _____
(Please Print)

Applicant Signature: _____



**ST. LOUIS COUNTY FIRE ACADEMY
RECRUIT-TRAINING PROGRAM
CPAT & FITNESS FOR CLASS
1266 Sutter Avenue • St. Louis, MO 63133 • 314-889-8670**

FORM # 38

The Candidate Physical Ability Test (CPAT) and the Recruit-Training program require high levels of cardiopulmonary endurance, muscular strength and endurance, and coordination.

- The Candidate Physical Ability Test (CPAT) consists of eight (8) events designed to simulate tasks that a firefighter must be able to perform. The continuous sequence of events must be completed in 10 minutes and 20 seconds.

During the recruit-training program, the candidate will perform essential tasks/skills of a firefighter as outlined below.

- Performing firefighting tasks (e.g., hoseline operations, extensive crawling, lifting, and carrying heavy objects, hoisting equipment with ropes, ventilating roofs or walls using power or hand tools, forcible entry, rescue operations, and other emergency response actions while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including possibly working in extremely hot or cold environments for prolonged time periods.
- Wearing an SCBA, which includes a demand valve-type positive-pressure facepiece or HEPA filter mask, which requires the ability to tolerate increased respiratory workloads.
- Climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lbs. or more and carrying equipment/tools weighing an additional 20 to 40 lbs.
- Wearing fire protective ensemble that is encapsulating and insulated, which will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F.
- Searching, finding, and rescue-dragging or carrying simulated victims weighing over 200 lbs. to safety despite hazardous conditions and low visibility.
- Advancing water-filled hoselines up to 2½" in diameter from fire apparatus to occupancy (approximately 150 ft.) which can involve negotiating multiple flights of stairs, ladders, or other obstacles.
- Climbing ladders, operating from heights, walking, or crawling in the dark along narrow and uneven surfaces.
- Ability to communicate (give and comprehend verbal orders) while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hoselines.

This form shall remain valid for one year from the date signed by the physician.

_____, a St. Louis County Fire Academy recruit is unconditionally released and
(Print patient name)
determined physically capable to perform these tasks.

Physician Name (Printed or Typed)

Date

Address

Phone number

Physician Signature (REQUIRED)