

# Cadet Physical Ability Test (C-PAT)

## Seattle Fire Department

### Cadet Program

The Cadet Physical Ability Test (C-PAT) is designed for the Cadet to demonstrate that they have the minimum physical ability (strength, coordination, and balance) to perform basic tasks. If a cadet fails the C-PAT they will not be cleared to participate in the Cadet Program.

The C-PAT **is not the same test** as the Seattle Fire Department Firefighter Candidate Physical Ability Test (SFD – CPAT). Information on the SFD – CPAT can be found on the Seattle Fire Department web site.

#### **Event 1 Ladder Climb**

Using proper safety procedures, the Cadet will climb a secured 24' extension ladder to the second floor window. The Cadet will touch the cone and then safely descend the ladder.

#### **Event 2 Hose Lift**

Using proper lifting technique, the Cadet will move two rolled sections of 2 1/2" hose (100', 70 lbs. each) from the ground to the pump panel step of the fire engine. The rolled hose must remain on the step/walkthrough. If a hose roll falls to the ground, it must be replaced on step/walkthrough.

#### **Event 3 Ladder Carry**

The Cadet will lift a 24' extension ladder from the sawhorse prop and carry it around the perimeter of an outline course then return the ladder to the sawhorse prop. (85 lbs. ladder)

#### **Event 4 Tower Climb**

The Cadet will start from the cone in drill court with a 100' section of 1 3/4" hose (100', 55 lbs.) bundle on their shoulder and wearing a SCBA (23 lbs.). The Cadet will climb to the top of the training tower (6 floors). The Cadet will touch each step on the way up the tower (no skipping steps) and is encouraged to use the handrail.

#### **Event 5 Equipment Hoist**

After 1 minute of recovery time (from tower climb), the Cadet will hoist a bag weighing 50 pounds to the top of the tower (6 floors). The bag must touch the pulley for completion of the event.

#### **Event 6 Grip Test**

The Cadet will hold the grip strength dynamometer in one hand down at their side. The Cadet will squeeze the dynamometer as hard as they can. The Instructor will then record the reading on the meter. The Cadet will then switch the dynamometer to the other hand and repeat the process.

#### **REHAB**

Following completion of the C-PAT, the Cadet is required to go to the rehab station and rehydrate. Vital signs will be checked if Advisors feel it is necessary.