

Candidate Physical Ability Course (CPAC)

Applicant Orientation Guide

This manual has been developed to introduce prospective applicants to Travis County ESD No.12's Physical Ability Course. This course contains a series of tasks designed to assess the necessary physical abilities of the applicant to perform essential job tasks of fire personnel. The following information will provide the applicant with detailed instructions on the order of the course, as well as instructions for each station.

Applicants are strongly encouraged to wear athletic shoes (sneakers) and appropriate clothing for physically demanding work. Applicants will be performing physical acts that demonstrate strength, agility, and endurance. It is important to be outfitted in attire that does not hinder performance. During the Physical Ability Course, the candidate may get dirty and/or wet from maneuvering through the exercises. Examples of proper clothing can be station wear with station boots, or athletic shorts with sneakers. Plan your dress accordingly.

Candidates shall not run during the test. Running is not permitted on a working fire ground; therefore, it will not be allowed during this test. Failure to heed a first warning to not run, may result in disqualification. Running is defined as any time both feet are off the ground at the same time while you are advancing on the course. You may move as fast as you like, while remaining safe.

The Physical Ability Course contains nine job-simulation events that will be timed in a continuous series, after the ladder climb. For the duration of the course candidates must wear a department issued Bunker Coat, Helmet, and self-contained breathing apparatus or SCBA, excluding the face piece and low-pressure hose. The candidate will be required to provide their own set of work gloves. Once the candidate's feet touch the ground after the ladder climb their time will begin. **The candidate must complete the course in the minimum passing time of 10 minutes and 20 seconds.**

The nine job-simulation events will be completed in the following order, and include:

- 1. 24 ft Ladder Climb**
- 2. Donning SCBA**
- 3. Sledgehammer Tire Strike**
- 4. Ladder Carry (Roof Ladder)**
- 5. Charged Hose Line Advance**
- 6. Hose Stack Transfer**
- 7. Tire Pull**
- 8. Adapter/Coupling Station**
- 9. Victim Drag**

24 ft Ladder Climb

Candidate will start with provided Bunker Coat, Helmet, and Gloves. Gloves can include leather work gloves, structural fire gloves, or rescue gloves. When the candidate is ready, he or she will say to the proctor that they are ready, and the proctor will let the candidate know they may begin. The candidate shall always ascend the ladder using proper climbing techniques and maintain 3 points of contact. Starting from the “ladder suitable for climbing” position, the candidate must touch every rung, all the way to the top rung before descending. The candidate will then descend the ladder in the same manner, maintaining 3 points of contact at all times and touching every rung until back to the starting position. The candidate will then be prompted to move to the Donning SCBA station. Time will start once the candidate places their feet on the ground.

Donning SCBA Station

The candidate shall don the provided SCBA, with either the “Over the Head” method or “Coat” method, in a controlled manner. Candidate will tighten shoulder straps, buckle waist strap, and tighten waist strap prior to moving from the SCBA Station. Once the candidate feels they have properly donned the SCBA, they will raise their hands for the proctor to clear them to the next station. The proctor will prompt the candidate to pick up a supplied hose bundle and move forward to the Sledgehammer Tire Strike Station.

Sledgehammer Tire Strike Station

The Candidate shall place the hose bundle on the ground when prompted to by the proctor and pick up the sledgehammer. With control of the sledgehammer the candidate will strike the tire 10 times with a left-hand swing, and 10 times with a right-hand swing. The head of the sledgehammer must make it above the brim of the helmet, otherwise it will be considered a miss. If there is a miss the candidate will need to redo that strike before proceeding in the count. The proctor will advise when the candidate has finished with all 20 strikes, they will then, pick up the hose bundle and proceed to the Ladder Carry.

Ladder Carry (Roof Ladder)

Candidate will walk over to a 14 ft Roof Ladder that weighs approximately 28 lbs. The candidate will place the hose bundle on the ground, then pick up the roof ladder using proper lifting, and carrying techniques per TCFP Skill Standards. In a controlled manner, the candidate will walk a predetermined path 75 ft to a cone, continue around the cone, and return back to the beginning of the station. The candidate will place the ladder back in its starting position and place it back on the ground in a controlled manner. The Candidate will then pick up the hose bundle and proceed to the Charged Hose Line Advance.

1 ¾” Charged Hose Line Advance

Candidate will find a charged hose line (the hose line will be set at no more than 120 psi and no less than 115 psi) in a Z pattern and the nozzle in an outlined box. The candidate will place the hose bundle on the ground, pick up the nozzle and advance the hose 100 ft to a designated cone. Once at the destination the candidate will, without causing water hammer, open the nozzle and perform a straight stream, power cone, and full fog pattern, and then return the nozzle back to a straight stream. At this point the candidate will, without causing water hammer, close the nozzle and proceed back to the beginning of the station with hose and nozzle and place the nozzle back in the same outlined box in a controlled manner. The candidate shall not drop the nozzle on the ground at any time during this station. The candidate will then pick up the hose bundle and proceed to the Hose Stack Transfer Station.

Hose Stack Transfer Station

The Candidate will walk the station to find six 50-foot sections of rolled 3-inch hose in two sets of three, stacked neatly on a table. They will then place their hose bundle on the ground near the table and begin to transfer each section of 3-inch hose on the ground, one rolled section at a time. The candidate must ensure they maintain control of the coupling and keep the roll intact. Once the final roll has been taken off the table and placed in the stack the candidate must take their hands off the roll to indicate the completed transfer, and then proceed to stack each roll back on the table one at a time. Once this is completed the proctor will prompt the candidate to proceed to the tire pull station. At this time the candidate does not need to pick up their hose bundle.

Tire Pull Station

Upon arrival to the tire pull station the candidate will find a tire at the end of a ½” rope, 30 feet away. There will be a designated box for them to stand in while pulling the tire. The candidate will pull the tire towards them using any technique they chose, as long as it is safe, and they remain within the designated box. For example, they may choose the hand over hand method to pull the tire across the 30-foot line, but they may not walk out of the designated box in order to move the tire. Once this task is completed the candidate will pick up their hose bundle, and the proctor will prompt them to move on to the adapter station.

Adapter Station

At the adapter station the candidate will find two hoses of different diameter, and a various number of adapters. The goal of this station is to connect two different diameter hoses in the most efficient way. Once the candidate arrives at the adapter station, they will place their hose bundle on the ground, and use the tools provided to efficiently connect two hoses of different diameter, so that water would be able to flow through them. Once the hoses are connected and the candidate hears the proctor say, “good,” they must disconnect the adapters, pick up their hose bundle, and move to the final station which is the victim drag.

The Victim Drag

Upon arriving at the final station, the candidate will find a victim, Rescue Randy weighing approximately 180lbs, that the candidate will be required to move a total distance of 50 feet. There will be two cones set up designating the distance that needs to be traveled. The candidate will be required to grip the victim under its arms, walk backwards 25 feet to the designated cone, around the cone, and then back to the start for a total traveled distance of 50 feet. Once the feet of the victim have passed across the line the where the candidate began, the physical ability test will be completed, and time will stop. During this final event, webbing will not be permitted, the victim must not be dropped, and the candidate cannot drag the victim by an arm or a leg. If at any time the candidate feels they need to adjust their grip they may set the victim down and adjust. Upon completion the candidate will be allowed to DOFF their gear, and sit in a designated area to cool down, hydrate, and have their vital signs evaluated.