CPAT

Orientation & Physical Conditioning

The Candidate Physical Ability Test (CPAT) consists of eight separate events. CPAT is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner. The events include: Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Maze Search, Victim Drag and Ceiling Breach and Pull. This test was developed to allow fire departments to obtain pools of trainable candidates who are physically able to perform essential job tasks on the fire scene. This is a pass/fail test based on a validated maximum total time of 10 minutes and 20 seconds.

During the events, you wear a 50-pound vest to simulate the weight of a self-contained breathing apparatus (SCBA) and firefighter protective clothing, a helmet and gloves. An additional 25 pounds, using two 12.5- pound weights which simulate a high-rise pack (hose bundle), is added to your shoulders for the stair climb event only. Throughout all events, you must wear long pants, footwear with no open heel or toe, a provided hard hat with chinstrap, and provided work gloves. Watches and loose or restrictive jewelry are not permitted.

All props are designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring your physical abilities. The events and distances between events are always the same.

The events are placed in a sequence that best simulates fire scene events while allowing an 85-foot walk between events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk intentionally allows you approximately 20 seconds to recover and regroup before each event.

The history of Candidate Physical Ability Testing in Connecticut has shown beyond a doubt that preparation is the key to success. CPAT is extremely demanding. CPAT tests your strength, agility, balance and ability to follow directions while under physical and emotional stress. Many have made the error in believing they can pass without proper preparation. The Connecticut Fire Academy is required to offer detaILEAD Orientations and two Practice Tests prior to the administration of CPAT. The orientations include a review of all materials within the Candidate Guide booklet. More importantly, the orientations give the candidate the opportunity to perform a self-evaluation by physically reviewing and using the same equipment used in the testing process. The Practice Tests allow candidates to run the test course under timed conditions. If the Practice Test is conducted under "CPAT Conditions" and the candidate passes, it will be counted as passing CPAT. Attending the orientations and practice tests is highly recommended.

To allow for the required eight week CPAT preparatory period as well as the time to process the CPAT applications, a deadline has been established for registering for both the spring and fall testing cycles. Applications received after the published deadline will not be accepted and you will not be able to test during that CPAT testing cycle. Those who have been accepted into the CPAT testing process will receive a packet with information on the testing process and the CPAT confirmation Form that lists the dates and times for their orientations, practice tests and the CPAT test. If you do not receive a CPAT packet during the two weeks following the application deadline, it is your responsibility to contact the Connecticut Fire Academy within 14 days of the application deadline to verify you are registered and that we have your proper mailing address. Inquiries made after the 14 day

time period will not be acted on and you will not be allowed to participate in that CPAT testing cycle.

Please refer to our website at www.ct.gov/cfpc for a listing of the CPAT application deadlines and for the link to apply, only online applications will be accepted. It is also highly recommended that you download and review the Candidate Preparation Guide and the Candidate Orientation Guide.

The CPAT testing fee is $175.00 for in-state candidates and $200.00 for out-of-state candidates, of which $50 is a non-refundable processing fee. Registered candidates who wish to withdraw from the CPAT testing process must do so via email to the program coordinator. The written request for a refund of the CPAT testing fee (minus the $50 processing fee) must be received at the Connecticut Fire Academy at least one day prior to the candidate's first scheduled orientation. Requests for refunds received on or after the candidate's first orientation date will not be considered.

CPAT Cancellations by the Connecticut Fire Academy

CPAT may be cancelled due to a number of conditions affecting testing. The main reason for cancellation is adverse weather. The weather can be very unpredictable, do not rely on your local weather reports, as the conditions may be different at the test site. It is highly recommended that you call 877-528-3473 (in state), (860) 627-6363 (out of state) extension 415 prior to traveling to the testing site. There will be a prerecorded message stating that the test is either running or has been cancelled. Unfortunately, the test can be cancelled at the last minute. If you are traveling a long distance we encourage you to call extension 415 several times during your travel.

If the CPAT test is cancelled the message on extension 415 will state how and or when you will be notified of the rescheduled CPAT test date. Except for test cancellations as indicated above your assigned practice tests and CPAT test will not be rescheduled for any reason. You will not be able to change your dates after you have registered.

Watch the CFA List Serve for information about special sessions that may be offered during the summer.

The Connecticut Fire Academy offers a spring and fall testing cycle. It is important to understand that all orientations, practice tests, and CPAT tests are based on two application deadlines. Applications must be completed by the application deadline to be registered for that testing cycle. The 2019 application deadlines are March 9, 2019 for the spring testing cycle and July 27, 2019 for the fall testing cycle.

Candidates will receive their assignments via email after a successful registration. Any questions with the registration process should be directed to CPAT@ct.gov.

Watch the CFA website for future information regarding online registration for CPAT.

The CPAT Center - 2014 North Broad Street in Meriden CT, 06450. DO NOT go to the Connecticut Fire Academy in Windsor Locks.

CPAT CENTER MERIDEN, CT