



West Columbia Fire Department

WCFD Physical Ability Test

This ability test will measure the candidate's strength and stamina through a series of (8) tasks. Each station will simulate different tasks and/or motions that may be encountered on the fireground.

General Considerations:

The equipment and materials needed to run the WCFD PAT course will be provided at the West Columbia Fire Department fire station. The WCFD PAT course layout and required equipment will be broken down in later pages of this manual.

The candidate will be dressed in preferred PT gear, minimum of closed-toe shoes, shorts or long pants, and t-shirt. Prior to beginning the test the candidate will don a 40-pound weighted vest, gloves, safety glasses, and a helmet.

The candidate will be guided through the course by an attendant. The attendant will provide the candidate with the name of the next station and guide him/her in the right direction. Assistance at the station will not be given.

The attendant will tell the applicant when the task is complete. The attendant has final say on the completion of tasks, for example; if the candidate does not pull the hose completely across the line, and the attendant will advise them they must pull further before the station is completed.

There is approximately a 100 feet walk between each station. No running will be allowed on the course, except during the *Hose Drag Station*.

The course is a timed evaluation. Timing starts once the candidate is ready at Station 1 with the vest on and the high-rise pack on the shoulder. The candidate's time stops once the final station is deemed complete by the attendant. This is a Pass or Fail event however, a passing time will be graded using the following scale.

Assessment Scoring

0:00 to 9:00 Minutes = 100%

9:01 to 10:00 Minutes = 90%

10:01 to 11:00 Minutes = 80%

11:01 to 13:00 Minutes = 70%

13:01 Minutes or Greater = **FAILURE**



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1. **Stair Climb**-This station will be performed on the step-up box. The candidate will wear a 40-pound weighted vest accompanied by a high-rise pack over one (1) shoulder. One (1) complete step-up will consist of both feet being planted on top of the step-up platform, then returning both feet to the ground. Sixty (60) step-ups must be completed in order to proceed to the next station. Upon completion, the high-rise pack shall be placed on the ground at the foot of the step-up box.



2. **Forcible Entry**- This event utilizes the Keiser Force Machine (a chopping simulator). Using the 9 pound, dead-blow sledgehammer and with both feet on the diamond plate surface, the competitor must drive the sled, a 160 pound steel beam a horizontal distance of 5-ft. Once the beam travels the appropriate distance, the attendant will tell the candidate to "Stop". The candidate will then proceed to the next station.



3. **Equipment Carry**- The candidate must remove the two (2) 35 pound dumbbells from the elevated rack (44 inches high), one (1) at a time, and place them on the ground. Pick up both dumbbells, one in each hand, and carry them while walking 100 feet around the cone, then back to the starting point. You are permitted to place the dumbbell(s) on the ground and adjust your grip. Upon return to the rack, place the dumbbells on the ground,



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pick up each dumbbell one (1) at a time, and place them back on the rack. This concludes the event. Walk approximately 100 feet within the established walkway to the next event.



- Rope Pull**-The rope pull station is incorporated into the step-up platform. The rope passes through a roller at the end of the platform and is to be pulled up towards the candidate's head in continuous fashion. The rope is attached to a 75-pound weighted skid that must move a distance of 50-feet. The attendant will inform the candidate of when the skid has passed the mark.



- Hose Drag**- The candidate must grasp a hoseline nozzle attached to 200 feet of 1 3/4-inch hose. Place the hoseline over your shoulder or across your chest, not exceeding the 8-foot mark. The candidate *is permitted* to run during the hose drag. Drag the hose 75 feet to a pre-positioned drum, make a 90° turn around the drum, and continue an additional 25 feet. Stop within the marked 5 x 7 box, drop to at least one (1) knee and pull the hoseline until the hoseline's 50-foot mark crosses the finish line.



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During the hose pull, the candidate must keep at least one (1) knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event.



- Ladder Raise**-The candidate will find a 24-foot extension ladder on the ground. The candidate will raise the ladder until it touches the prop, and then return the ladder to its original position in a controlled fashion. **DO NOT** drop the ladder.



- Ceiling Breach**- For this event, the candidate must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area of the hinged door in the ceiling. Fully push up the 50-pound hinged door in the ceiling with the pike pole three (3) times. Then, hook the pike pole to the 70-pound ceiling device and pull the pole down five times. Each set consists of three (3) pushes and five (3) pulls. Repeat the set four (3) times. The candidate is permitted to stop and, if needed, adjust their grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. The candidate is permitted to re-establish their grip and resume the event. If the candidate does not successfully complete a repetition, the proctor



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calls out “MISS” and they must push or pull the apparatus again to complete the repetition. This station ends when the candidate completes the final pull stroke repetition as indicated by an attendant who calls out “Stop”.



- Victim Drag-** The candidate must drag an approximately 160-pound rescue mannequin 50-feet to a prepositioned barrel/drum either by picking it up or by the attached piece of webbing, make a 180° turn around the drum, and continue an additional 50-feet to the finish line. The candidate is not permitted to rest on the drum. Once the entire mannequin crosses the line, the candidate’s time will stop and the attendant will call out “Stop”. **This will conclude the Physical Ability Test.**

