

CPAT

Orientation & Physical Conditioning

Class held at the CFA - CPAT Center, MERIDEN, CT

The Candidate Physical Ability Test (CPAT) consists of eight separate events. The CPAT is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner. 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.

In the events, you wear a 50-pound vest to simulate the weight of a self-contained breathing apparatus (SCBA) and firefighter protective clothing. 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. A schematic drawing of the CPAT is included in the orientation material. 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; it test 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 a detailed Orientation a minimum of 8 weeks prior to the administration of the actual test. The orientation includes the review of all materials within the Candidate Guide booklet. More importantly, the orientation gives the candidate the opportunity to perform a self-evaluation by physically reviewing and using the same equipment used in the testing process. Attending the orientation is highly recommended if you have not taken CPAT in the past.

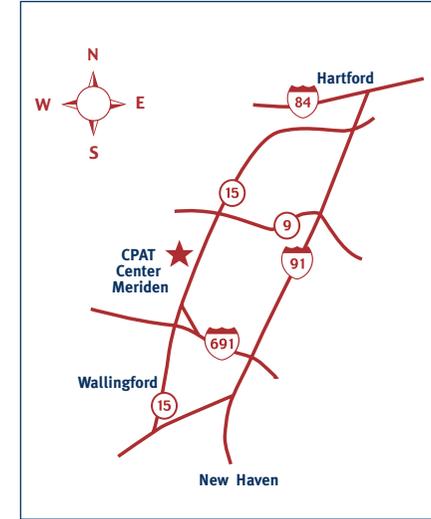
In addition to the required 8 week preparation period, there is an additional two weeks administrative process required. Therefore, the minimum closing date for first-time candidates taking CPAT is 10 weeks prior to the actual testing date. Candidates that have already taken the test in the past have the ability to apply for a retake no less than 24 business hours prior to the test date. All testing is dependent upon date availability.

To register for CPAT, please complete the CPAT application in this calendar or at our Web site www.ct.gov/cfpc. You will be sent an orientation packet which will include orientation test dates and times.

Course fee: \$65.00

Application Closing Date	Orientation Date*	Test will be conducted after this date
January 6	January 21	March 18
January 20	February 6	April 3
February 10	February 25	April 22
February 24	March 13	May 8
March 17	April 1	May 27
March 31	April 17	June 12
April 14	April 29	June 24
April 28	May 12	July 7
May 12	May 29	July 24
May 26	June 10	August 5
June 16	July 6	August 31
June 30	July 15	September 9
July 14	July 29	September 23
July 28	August 5	September 30
August 11	August 21	October 16
August 25	September 9	November 4
September 8	September 15	November 10

*Additional orientation dates may be added determined by volume of participant registrations.



Directions to Connecticut Fire Academy CPAT Center in Meriden:

From the Hartford Area:
 Take I-91 South
 Merge onto CT Route 9 via Exit #22 North toward New Britain
 Take Exit #22 toward CT Route 15 South
 Turn right onto Frontage Road
 Turn right onto CT Route 372 Worthington Road
 Merge onto CT Route 15 South via ramp on Left toward New Haven
 CPAT Center will be on your right at 2014 North Broad Street, Meriden

From New Haven Area:
 Take I-91 North
 Merge onto CT Route 15 North via Exit #17 toward Berlin Turnpike
 You will pass CPAT Center on your left, take next "U" turn onto Route 15 South
 CPAT Center will be on your right at 2014 North Broad Street, Meriden

