

WEST PLAINS TRAINING GROUP

SCFD 10/AHFD

**Volunteer
Physical
Agility
Test**

PERSONAL PROTECTIVE EQUIPMENT

- The candidate will be outfitted with the following garments to complete the V.P.A.T.
- Hard hat.
- Gloves.
- Weight Vest (Approx. 50lbs)
- Fall restraint
(Aerial climb only)



AERIAL LADDER CLIMB

- For the ladder climb you will be fitted with a fall restraint belt which will be attached to a safety line and controlled by a firefighter on the ground.
- The firefighter will allow you to have approximately 1 foot of slack at all times so as to not interfere with your ascent or descent on the ladder, but yet provide for your safety during the ladder climb.
- After being fitted with the safety belt, you must climb an aerial ladder extended 75 feet and placed at a 75-degree angle.
- You will have 4 minutes to complete this element of the exam.
- Time will start once you touch or step on a rung of the ladder.
- Climbing must be continuous with no prolonged stops. However, do not hurry so fast that you endanger your safety.
- Upon reaching the top of the ladder you must touch the top rung and then return to the ground.
- If at any point during the climb you feel uncomfortable and need assistance, please stop and a firefighter will help you with your descent.
- **If you do stop and require assistance you will be disqualified from completing the remainder of the test.**

MOUNTING THE APPARATUS

- Mount the aerial apparatus by approaching the steps located at the rear of the vehicle. (Personnel will be there to direct you)
- Make sure to maintain 3 points of contact at all times. **At no time should you let go of the ladder with both hands.**
- Use the handrails mounted securely on the apparatus to grab a hold as you climb to the bottom of the platform.

MOUNTING THE APPARATUS



CLIMBING THE AERIAL

- Verbal instructions will be given prior to climbing the aerial ladder.
- Use a hand over hand motion.
- Keeping a fluid and purposeful movement, proceed up the ladder.
- A brief pause at the top is needed to reverse the system, then you may proceed down the ladder at safe and comfortable pace.
- Once you have completed the aerial climb, time will stop and you will proceed to the combat course.

CLIMBING THE AERIAL



**UPON COMPLETION OF
THE AERIAL LADDER
CLIMB, THE CANDIDATE
WILL REMOVE THE FALL
RESTRAINT AND
PREPARE TO START THE
COMBAT PORTION OF
THE VPAT.**

COMBAT COURSE

- The following five elements will be timed as one continuous event. These events will be done while wearing a hard hat, 50lb weight vest and gloves. These elements simulate physical tasks encountered on a fire scene. You must complete all five elements within a total time of **8 minutes**.
- ELEMENT 1: RAISE AND LOWER LADDER
- ELEMENT 2: ATTACK PACK
- ELEMENT 3: FORCE MACHINE
- ELEMENT 4: HOSE ADVANCE
- ELEMENT 5: DUMMY DRAG

ELEMENT 1: RAISE AND LOWER LADDER

- Time for the full course begins upon the candidate entering an identified taped box at the base of the ladder.
- You must stay inside the identified taped box at all times. You will approach a 35-foot, two-section extension ladder and raise it to full extension and then lower it back to the ground.
- You must use a hand-over-hand motion while raising and lowering the ladder.
- If the rope is allowed to slide through the candidates hands, you will receive 1 warning.
- If you receive a second warning, you will be disqualified from continuing the course.

ELEMENT 1: RAISE AND LOWER LADDER



ELEMENT 2: ATTACK PACK

- After successful completion of the ladder raise, you will turn right and walk approximately 20 feet to the entrance to the stairwell.
- Grab a hose bundle, turn left into the doorway and start your ascent up the tower.
- You will carry the pack on your right shoulder to facilitate keeping contact with the stairwell handrail at all times.
- You will proceed up the stairs of the building to the 3rd floor landing.
- At the 3rd floor landing you will drop the attack pack outside the door in the designated area denoted by tape.
- You will then proceed down the stairs to the ground floor. You will pick up a second attack pack you will proceed back up the stairs of the building to the 3rd floor. Drop the attack pack in the designated area then proceed down the stairs to the ground floor.
- For safety reasons you must step on each stair tread while ascending and descending the stairs. Failure to do so will result in disqualification. Once on the ground floor, walk out the doorway to the force machine, which is approximately 10 feet from the building.

ELEMENT 2: ATTACK PACK



ELEMENT 3: FORCE MACHINE

- Stand on the Force Machine and drive the sled, weighing 162 lb., backwards 5 feet, using the 8 lb. sledge-hammer.
- **Pulling the sled, raking the sled, or breaking the handle will result in disqualification.**
- Best results can be obtained by holding the handle above the tape mark.
- When you have driven the sled to its designated point an evaluator will let you know.
- Walk forward and place the sledgehammer in the designated area, then proceed to the hose advance station.

ELEMENT 3: FORCE MACHINE



ELEMENT 4: HOSE ADVANCE

- Pick up a charged 1 ¾" fire hose line with nozzle and drag it 75ft past a marked line, open the nozzle and show water, maintaining control of the hose line at all times.
- The evaluator will instruct you to close the nozzle and set the line down.
- You will then walk approximately 20 feet to the training dummy.

ELEMENT 4: HOSE ADVANCE



ELEMENT 5: DUMMY DRAG

- Partially lift the dummy by the hose strap around its chest or under the armpits, and drag the 184 lb. dummy 100 feet walking backwards.
- You cannot drag the dummy by its arms, head, or clothing. (An example of these techniques will be shown).
- A safety person will be walking behind you to attempt to prevent possible injury should you trip and fall.
- If you do fall you will receive no assistance in getting restarted.
- If you do require assistance you will be disqualified. After you have dragged the dummy to the designated line, the evaluator will let you know.
- Time for the entire combat course will be stopped when the dummy crosses the line.

ELEMENT 5: DUMMY DRAG



**CANDIDATES WHO PASS
BOTH PORTIONS OF THE
VOLUNTEER PHYSICAL
ABILITY TEST WILL
PROCEED TO THE NEXT
STEP IN THE
RECRUITING PROCESS.**

**Thank
You!**