

Watertown Fire Rescue Individual Physical Ability Test (IPAT)

IPAT Instructions

The tasks and order have been developed with consideration of best safety practices in mind. The tasks are simulations of the actual physical demands of firefighting. The weight and force of equipment and tasks have been measured and are replicated in this test using kettle bells, a weighted sled, step mill, weighted ceiling pulley system, weighted vest, and shoulder weights.

Candidates must complete these tasks consecutively in 6 minutes 18 seconds or less to ensure they possess the necessary fitness to perform the essential functions of the job in a safe and efficient manner. If in the proctor's judgment the participant's physical condition becomes a safety concern at any time during the test, the test will be stopped and marked as failed.

You will be conducting the tasks consecutively from start to finish in the following order:

1. Equipment Carry (with 25 lbs of shoulder weight) for 100'
2. Stair Climb (with 25 lbs of shoulder weight), for 1 min, 42 sec
3. Recovery Walk for 100'
4. Victim Removal Sled for 25'
5. Simulated Halyard raise
6. Recovery Walk for 100'
7. Stair Climb for 1 min, 42 sec
8. Equipment Carry (2x15 lb kettle bells) for 100'

You can wear gloves, gym shorts or sweats, shoes, and shirt of your choice. You will be wearing a 50 pound weighted vest throughout the test with an additional 12.5 pound shoulder weight on each shoulder for events 1 and 2. A proctor will be with you guiding you through events. You must walk and cannot run during the test.

Event 1 Equipment Carry with Shoulder Weights

You will be fitted with a 50 pound weighted vest and shoulder weights. You will see a start/finish line 25 feet apart. Beginning at the center line by the Step Mill the proctor will give you a ready/set/go command and time will begin. You will walk two laps around for a total of 100 feet. Your foot must touch the start/finish line at each end. Following the 100 foot walk you will end up at the Step Mill for event 2.

Event 2 Stair Climb with Shoulder Weights

Mount the Step Mill and the proctor will start the machine once you verbalize you are ready to begin. You will climb at a rate of 60 steps per minute for 1 minute 42 seconds. You can grab one handrail at a time for balance only and should not be an attempt to support weight. You can alternate between the right and left handrail, but again cannot use both at the same time. If you grab both handrails at the same time, the proctor will announce a "warning." If you grab both handrails at the same time again you will fail the test. At the completion of 1 minute 42 seconds the proctor will stop the Step Mill and you will step down off the machine. A proctor will remove your shoulder weights before proceeding to event 3.

Event 3 Recovery Walk for 100 feet

You will take two laps around the start/finish lines for a total of 100 feet. Your foot must touch the start/finish line at each end. Then proceed to event 4.

Event 4 Victim Removal Sled

You will drag the victim removal simulation sled a distance of 25 feet from one start/finish line to the other. Webbing is attached to the sled for you to utilize. The entire sled must cross the start/finish line before proceeding to event 5.

Event 5 Simulated Halyard Raise

You will stand on a platform holding a simulated ladder halyard. You will pull down on the rope hand over hand until the knot reaches the pulley on the ceiling for a distance of 10.5 feet. You will allow the system to catch the weight and do not have to lower the weight back to the ground. You will then proceed to event 6.

Event 6 Recovery Walk for 100 feet

You will return to one of the start/finish lines and complete two laps for a total of 100 feet. Your foot must touch the start/finish line at each end. You will end up at the Step Mill for event 7

Event 7 Stair Climb

Mount the Step Mill and the proctor will start the machine once you verbalize you are ready to begin. You will climb at a rate of 60 steps per minute for 1 minute 42 seconds. You can grab one handrail at a time for balance only and should not be an attempt to support weight. You can alternate between the right and left handrail, but again cannot use both at the same time. If you grab both handrails at the same time, the proctor will announce a "warning." If you grab both handrails at the same time again you will fail the test. At the completion of 1 minute 42 seconds the proctor will stop the Step Mill and you will step down off the machine. You will proceed to event 8.

Event 8 Equipment Carry for 100 feet

You will pick up two 15 pound kettle bells and carry for two laps around the start/finish lines for a total of 100 feet. Your foot must touch the start/finish line at each end. Once you cross the finish line the test time will stop.