

Saskatoon Fire Department Physical Abilities Test (SFD-PAT) Testing Dates and Registration Information

Human Performance Center (HPC) at the University of Saskatchewan will administer the Saskatoon Fire Department Physical Abilities Test (SFD-PAT) with assistance from SFD staff.

The SFD-PAT evaluates recruit's cardiovascular conditioning and muscular endurance, both of which are important attributes that Firefighters require for fire and rescue operations. For detailed information on the SFD-PAT and its events, see the PDF document on our website here: https://www.saskatoon.ca/sites/default/files/documents/fire-department/sfd_pat-recruit_information.pdf

Test Location

All SFD-PATs take place at Fire Station #8 (207 Slimmon Road).

Registration Fee

\$275.00 + GST paid to the Human Performance Center (HPC) by credit card only.

Registration Process and Requirements

For scheduled testing dates, please see the chart below. To register for one of these dates, contact Debbie N. 306-966-1021 or Nadine M. 306-966-1041 at the HPC from Monday to Friday 8:30 a.m. to 4:30 p.m.

In order to register and participate, registrants are required to **provide the following two documents on their testing date:**

1. Medical Clearance Form completed by a physician.
2. Provide proof of successful completion of Fire College (i.e. transcripts).

For questions related to the registration process, dates, times, etc. please contact Debbie N or Nadine M.

For questions related specifically to the SFD-PAT events and/or equipment, please refer to the PDF document on our website here: https://www.saskatoon.ca/sites/default/files/documents/fire-department/sfd_pat-recruit_information.pdf

Scheduled Testing Dates

SEPTEMBER 2016
Saturday, September 17 th
Wednesday, September 21 st

What to Bring

- **Very Important:** Medical Clearance Form Completed by a physician. This form ensures that there are no medical contraindications to the exercise tests. This form must be presented when you check in for testing. **Note:** Excessive use of supplements can impact your medical testing. Use common sense when using them.
- Government issued identification with photograph
- Proof of completion of Fire College (i.e. transcripts)
- Clothing – athletic clothing, running shoes, and **CSA approved safety boots**
- **Towel**
- Hydration – water bottle
- Preferred: if you have a bandana, please bring one to wear inside of the helmet. Also, if you have your own NFPA approved fire fighting gloves, please bring them with you.
- Be Punctual – arrive one hour prior to testing/start time

Effective Preparation

- Arrive well-nourished and well rested (strenuous exercise on the days immediately before is not recommended).
- Practice in advance to know the amount to eat and drink during three hours of intermittent, extremely strenuous exercise (optimal nutrition and hydration strategies are individual).
- Avoid alcoholic beverages for at least 24 hours prior to the test.
- Avoid smoking and caffeinated beverages for at least 2 hours prior to the test.
- Avoid eating for at least 1 - 2 hours prior to the test (for early morning appointments, do not skip breakfast but eat a light meal 1 - 2 hours prior).