

# SASKATOON FIRE DEPARTMENT PHYSICAL ABILITIES TEST (SFD-PAT)

RECRUIT INFORMATION

Saskatoon Fire Department | City of Saskatoon



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## INTRODUCTION

The Saskatoon Fire Department Physical Abilities Test (SFD-PAT) is a job-related physical test designed to simulate actual fire ground and rescue operations. 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. The SFD-PAT will take place at #8 Station (207 Slimmon Road) and will involve seven separate events.

Recruit medical baselines will be administered twice (pre/post-test) to monitor the health of the recruits. Heart rate monitors are required to be worn throughout the test as an added precaution.

Recruits should bring:

1. Water bottle
2. Athletic clothing
3. Running shoes
4. Towel

## EVENTS

Recruits will be in full personal protective equipment (PPE) with SCBA throughout the entire test (no face piece). Running shoes are allowed during the treadmill event only. Firefighter boots (SFD supplied) are required for all remaining events. Running is not allowed. Recruits are expected to be able to move quickly and efficiently but in a controlled manner. The time limits reflect the movement expectations governing the job-related test.

Recruits are required to successfully complete each test event in the required time limit. There is a 1 minute transition time between each event, excluding the treadmill section – this event allows for an additional 5 minute recovery period plus the 1 minute transition time.

1. 75ft Aerial ladder climb – 180 second max time limit
2. Treadmill – 22 minutes – includes event time (16) – recovery (5) – transition (1)
3. Ventilation (Kaiser Machine) – 80 second max time limit
4. Charged hose line advance (weighted sled) – 15 second max time limit
5. Rope Pull – 120 second max time limit
6. 150ft Rescue Dummy Drag – 75 second max time limit
7. Extrication – 150 second max time limit

The total time necessary to complete the SFD job-related test is approximately 46 minutes.

Failure to start an event after the allotted transition or recovery time will result in disqualification. Removal of any piece of PPE during an event will result in disqualification.

## 1. 75' AERIAL LADDER CLIMB – 180 SECONDS

This event is based on rescue and fire ground applications. The recruit has 180 seconds to complete this event.

**Equipment:** Aerial Ladder / safety harness / PPE and SCBA / Belay system: life safety rope, 3 prussic cords (2 on belay, 1 of pulley anchor at tip), 2 pulleys, 2 carabiners

### Instructions:

An aerial ladder truck will be fully extended to 75ft at a 60 degree incline. A modified coupling will be placed at the top of the ladder.

The recruit will climb 75ft to the top of the ladder. At the top, the recruit will attach their harness safety hook to the aerial and undo a coupling.

The recruit will then open their arms and show both ends of the coupling then reattach the coupling announcing loudly “coupled”.

The recruit will unhook the safety hook and descend the ladder.

This event has a maximum time of 180 seconds.



Failure to secure safety hook to ladder will result in disqualification.

Failure to achieve the pre-determined test height will result in a disqualification

## 2. TREADMILL – 22 MINUTES

This event is based on a 4 story structure; recruits will warm-up and work through four 3 minute segments with an increasing treadmill angle followed by a cool down period. The recruit is required to complete entire event including cool down phase.

### Equipment:

Treadmill / PPE, **running shoes**, SCBA without mask



### Instructions:

1. Warm-up -treadmill 2 minutes - 0 degree grade - 2.5 mph
2. 1st Floor (treadmill) 3 minutes – 3 degrees – 3.5mph
3. 2nd Floor (treadmill) 3 minutes – 6 degrees – 3.5mph
4. 3rd Floor (treadmill) 3 minutes – 9 degrees – 3.5 mph
5. 4th floor (treadmill) 3 minutes – 12 degrees – 3.5 mph
6. Cool down 2 minutes - 0 degrees – 2.5mph
7. Recovery phase 5 minutes
  - Recruits are allowed to remove SCBA and PPE once they are off the treadmill.
  - Hydration is encouraged. Recruits are required to change their footwear to firefighting boots (SFD supplied) during this phase.
  - After 5 minutes, recruits will be informed they have 1 minute before the start of next event.

Gripping handrails is not allowed; gripping the handrail the 1st time will result in a warning - 2nd time results in a disqualification.

Stepping off the treadmill during the testing event will result in disqualification.

Removal of any piece of PPE during the test is not allowed and will result in disqualification.

Removal of PPE and SCBA is **allowed** during the recovery phase - post treadmill test.

During recovery phase - recruits are not allowed to leave the testing area without approval from the instructor or supporting firefighters.

### 3. VENTILATION (KAISER MACHINE) – 80 SECONDS

This event is based on rescue and fire ground applications.

#### Equipment:

8 lb sledge hammer / PPE and SCBA / hammer machine

#### Instructions:

Using the sledge hammer, the recruit will continuously strike a weighted steel block with a 3.6kg (8lbs) sledge hammer and move the block 1.2m (4ft) within the track.

Both feet must remain in contact with the platform.

The strike block is not allowed to be pulled or pushed during or after a hammer strike – only one warning will be issued; continuing to pull or push during or after a hammer strike will result in a disqualification.



#### 4. HOSE DRAG – 15 SECONDS

This event is based on fire ground duties during an incident.

##### **Equipment:**

Full PPE and SCBA / Weighted sled - 180lbs (81kg) load

- The timer starts once 1 minute transition time expires
- The sled will be advanced to the finish marker and the timer stops once the sled completely passes the finish line

##### **Instructions:**

Using a fire hose that is attached to the weighted sled, the recruit will loop the modified hose over their shoulder and drag the weighted sled in a straight line for 14m (45ft).



## 5. ROPE PULL – 180 SECONDS

This event is based on high-rise fire ground duties.

### Equipment:

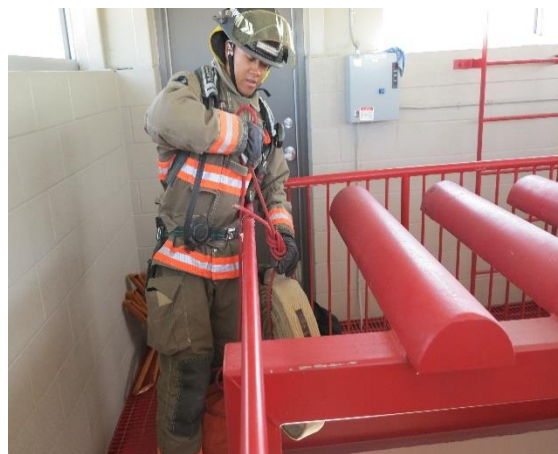
Single 50' roll of 2½" (65mm) hose attached to a 100' rope / High-rise Kit / Shoulder Pack / PPE and SCBA

### Instructions:

The recruit will shoulder the hose pack and carry the high-rise kit to the top of the hose tower. Upon reaching the top the recruit will place the shoulder pack and high-rise kit on the platform floor in the designated area.



The recruit will locate the rope and begin to raise the hose roll to the top of the tower and place it next to high-rise kit and shoulder pack. The hose must be raised using a hand over hand method to pull the rope - one hand must always be in contact with the rope at all times to prevent the hose from dropping.



The recruit must then safely lower the hose roll back to ground level in a controlled manner and must place high-rise kit and hose pack back in start position at base of stairs to stop the timer.

Failure to raise and lower the hose and set it on floor in a safe manner at the top and bottom will result in disqualification.

The recruit must hit every step with each foot on the way up and down. One warning will be given followed by disqualification.

It is mandatory to wear gloves and helmet throughout this event.

## 6. RESCUE (DUMMY DRAG) – 75 SECONDS

This event is based on rescue operations.

**Equipment:** Rescue dummy / hazard cones / PPE and SCBA

### **Instructions:**

The recruit will drag a 154lb rescue dummy over 3 lengths of 50ft.

At each of the 50' and 100' distances, the recruit will drag the dummy around a “hazard” cone.

The recruit and the rescue dummy may not touch the “hazard” cone(s); the “hazard” cones represent life hazards to both rescuer and victim. A total of two touches of the “hazard” cones will result in a disqualification.



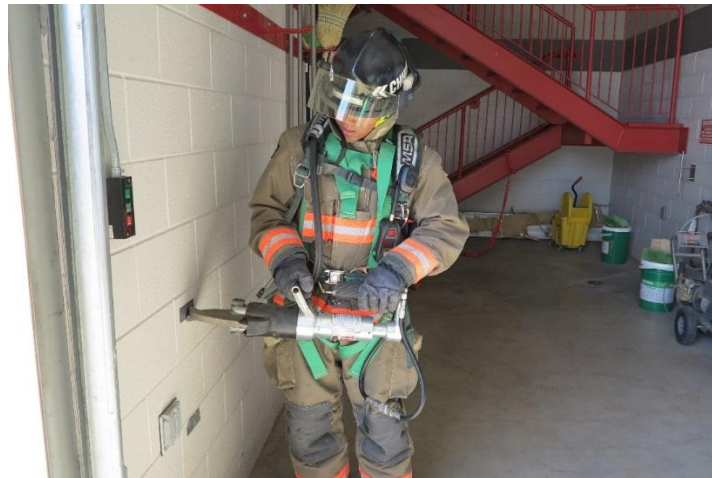
## 7. EXTRICATION – 150 SECONDS

This event is based on vehicle extrication

**Equipment:** Extrication props / 3 pre-marked heights on the wall (Heights: 24", 36" and 48").

### Instructions:

- The timer starts at the conclusion of the previous transition time
- The recruit will remove the "cutters" (30 lbs) from the starting position and place them on a designated tarp 10ft away / the applicant will return to the start and repeat the process with the "spreaders" (50 lbs).
- After both tools are relocated to the tarp the participant will pick up the "Cutters" and carry them to the "3 spots"
- 3 spots are located on the station wall representing a vehicles lower door hinge, A-Post and Nader pin. The recruit will place the tip of the cutters at each spot and hold the tool parallel to the floor for 30 seconds at each spot



Two hands are required to carry each tool – a warning will be issued if both hands are not used / second time will result in disqualification

Dropping either tool during this event will result in disqualification

Following completion of the final spot - the tool is returned to the tarp and the event is concluded. Running is not permitted.

Recruits must maintain two-handed control of the tools.

Recruits must use proper lifting techniques (legs not back). **The tool may not be rested against the Applicants body at any time. One warning will be given for this infraction followed by a disqualification.**