

SASKATOON FIRE DEPARTMENT PHYSICAL ABILITIES TEST (SFD-PAT)

CANDIDATE 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 candidate's cardiovascular conditioning and muscular endurance, both of which are essential 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.

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

Candidates should bring:

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

EVENTS

Candidates 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. Candidates 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.

Candidates are required to 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:** 300 second time limit
2. **Treadmill:** 22 minutes – includes event time (16), recovery (5), transition (1)
3. **Ventilation (Kaiser Machine):** 80 second time limit
4. **Simulated hose drag:** 15 second time limit
5. **Hose Lift:** 120 second time limit
6. **150ft Rescue Drag:** 75 second time limit
7. **Extrication:** 150 second 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 – 300 SECONDS

This event is based on rescue and fire ground applications. The candidate has 300 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 on pulley anchored at tip, 2 pulleys, and 2 carabiners

Instructions: An aerial ladder truck is extended to 75ft at a 60-degree incline.

Located at the top of the ladder is a modified hose coupling.

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

The candidate will then open their arms and show both separated couplings, then reconnect the coupling.

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



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

Failure to complete the aerial climb event in the time allotted results in a 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; Candidates will warm-up and work through four 3 minute segments with an increasing treadmill angle followed by a cool down period. The candidate 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

Gripping handrails is not allowed; the candidate receives only one warning before disqualification.

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

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

Recovery phase - 5 minutes

Candidates are allowed to remove SCBA and PPE once they are off the treadmill. Hydration is encouraged. Candidates are required to change their footwear to firefighting boots (SFD supplied) during this phase.

During recovery phase, candidates are not allowed to leave the testing area without approval.

3. Ventilation (Kaiser Machine) – 80 Seconds

This event is based on rescue and fire ground applications.

Equipment: 8lbs/3.6kg sledgehammer, PPE and SCBA, hammer machine

Instructions: The candidate will continuously strike a weighted steel block with a 3.6kg (8lbs) sledgehammer 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

Instructions: The timer starts once 1minute transition time expires.

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

The timer stops once the sled completely passes the finish line.



5. HOSE LIFT – 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, Shoulder Hose Pack, PPE and SCBA

Instructions: The candidate will shoulder and carry the hose pack to the top of the hose tower.

Upon reaching the top, the candidate will place the shoulder pack onto the platform floor in the designated area.



The candidate will locate the rope and begin to raise the hose roll to the top of the tower and place the hose on the platform next to the shoulder pack.

The hose must be raised using a hand over hand method. One hand must always be in contact with the rope at all times to prevent the hose from dropping.

The candidate must safely lower the hose roll back to ground level in a controlled hand overhand manner.

Once the hose pack is safely on the ground, retrieve and shoulder the hose pack and return to the ground floor to stop the timer.

Failure to raise, lower, or set the hose on the platform or floor in a safe manner will result in disqualification.

The candidate, ascending, or descending the tower stair must hit every step. One warning will be given to comply, followed by disqualification. Use of the handrail is preferred for safety.

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 with harness, hazard cones, PPE and SCBA

Instructions: The candidate will drag a 185lb rescue dummy over 3 lengths of 50ft.

There are two methods available for dragging the rescue dummy:

1. The chest method as shown in the picture below
2. The harness drag, the candidate secures the harness with both hands at the shoulders and walks backwards, dragging the rescue dummy.

At each of the 50' and 100' distances, the candidate will drag the dummy around a "hazard" cone.

Neither the candidate or rescue dummy can touch the "hazard" cone(s); "hazard" cones represent life hazards to both rescuer and victim.

A total of two touches of the "hazard" cones will result in a disqualification.



The timer starts at the end of the 1 min transition period when the applicant is in position with the dummy resting supine on the ground.

The timer stops once the rescue dummy has completely crossed the finish line.

7. EXTRICATION – 150 SECONDS

This event is based on vehicle extrication

Equipment: Extrication props, 3 pre-marked wall (Heights: 24”, 36” and 48”), PPE and SCBA

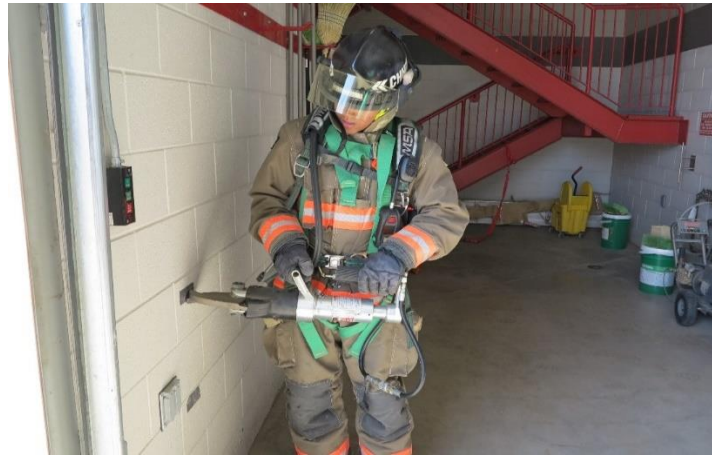
Instructions: The timer starts at the conclusion of the previous transition time

The candidate will remove the “cutters” (30 lbs/13.6kg) 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” (77 lbs/35kg).

After both tools are relocated to the tarp, the participant will pick up the “Cutters” and carry it to the “3 spots.”

The 3 spots are located on the station wall representing a vehicle’s lower door hinge, A-Post, and Nader pin.

The candidate 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, a second warning 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, completing this event. Running is not permitted.

Candidates must maintain two-handed control of the tools.

The tool may not rest against the applicant’s body at any time. Only one warning will be given for this infraction followed by a disqualification.