



LPAT – Lewisville Physical Ability Test

Course rules: Throughout the event, each candidate must wear appropriate physical fitness attire, helmet with chin strap, gloves, and footwear that does not expose the heel or toe. (Gloves and helmet will be provided for all applicants.)

The candidate will wear a 50 pound weighted vest throughout the event to simulate the weight of a Self Contained Breathing Apparatus (SCBA). During the stair climb each candidate will wear an additional 25 pound weight to simulate carrying a high rise pack.

You are prohibited from running on or between any stations with the exception of Station 2 (hose drag). A course instructor will be with the candidate at all times and will be providing instruction at each event. If at any time the candidate cannot complete or does not wish to complete an event they will be disqualified from the test. Subsequently, if the pre-designated time of 10 minutes is reached the candidate will be asked to stop and be disqualified from the test.

Station 1: Stair Climb

The candidate will be required to climb a Stairmaster at the speed of 60 steps per minute for 3 minutes. A 20 second warm up period at the rate of 50 steps per minute will be completed prior to the 3 minutes session. The warm up is not included in the candidate's cumulative time. During the test the candidate is allowed to grab, touch, or balance themselves on the handrail. If you fall off the Stairmaster during the warm up period you will be allowed to get back on. You will be allowed 2 attempts to remount the Stairmaster.

Note: The 10 minute time limit starts after the completion of the Station 1.

DQ factors: *If the candidate fails to complete the test or if the candidate falls off during the 3 minute time period they will be disqualified.*

Station 2: Search

The candidate will be required to climb through a pipe at least 2 feet wide and 20 feet long to simulate searching for a fire victim with limited visibility in an unpredictable area.



DQ factors: *Failure of the candidate to climb through the entire length of the pipe.*

Station 3: Hose Drag

200' of uncharged 1 3/4" hand line will be accordion laid at the beginning of station 2. The candidate will pick up the nozzle and place it across the shoulder and advance it 75' around the pre-designated drum an additional 75' to a marked area. The candidate will place one knee on the ground and advance the hose hand over hand 50' until the first coupling crosses the finish line.

DQ factors: *During the hand over hand portion the candidate's knee must remain on the ground. One warning will be given. After a second infraction the candidate will be disqualified from the test.*

Station 4: Tool Carry

The candidate will remove one saw from the cabinet and place it on the ground. The second saw will then be removed and both saws will be carried simultaneously 75' around the pre-designated drum and back to the cabinet. The candidate will then place each saw back into the cabinet one at a time.

DQ factors: *If at any time during this event a saw is dropped one warning will be given. After a second infraction the candidate will be disqualified from the test.*

Station 5: Ladder Raise/Extension

The candidate will walk the ladder up against the building touching every rung. Once the ladder is firmly against the building the ladder will be extended until the stops are reached. The candidate will then lower the extended ladder using the hand over hand technique.

(Candidate is not required to place the ladder back on the ground)

DQ factors: *If any of the following conditions occur (the ladder is dropped or the extension is allowed to rapidly slide or drop down) the candidate will be disqualified from the test.*



Station 6: Forcible Entry

The candidate will drive the Keiser weight the distance of one complete sled and will be given verbal instruction when the end is reached.

DQ factors: *If at any time during the evolution the hammer is dropped one warning will be given. After a second infraction the candidate will be disqualified from the test.*

Station 7: Victim Drag

The candidate will move the rescue dummy using the DRD from the turnout coat on the dummy and travel 35' around the pre-designated drum and back to the starting position. The candidate may stand or crawl during this station. The candidate may stop and reposition if necessary. The dummy's feet must break the threshold of the door before the candidate moves to the next station.

DQ factors: *If the rescue dummy is not pulled the entire length during the event the candidate will be disqualified from the test.*