



Rogers Fire Department Minimum Company Standards

SOP 142, FORM 90
Fourth Quarter 2010

ROGERS FIRE DEPARTMENT COMPREHENSIVE PHYSICAL ABILITY TEST (RFDCPAT)

Reference: SOP 134 Physical Agility Testing

JPR Identification:

Purpose: The purpose of this standard is to test the firefighter's strength and stamina. Events will be laid out according to the specifications in SOP 134. This event will **NOT** be timed yet all personnel should progress through the course rapidly and with a sense of urgency. This drill is to enhance the firefighter's ability to work in firefighter capacity physical tasks.

Performance Outcome: Individual will be able to navigate through the Rogers Fire Department Comprehensive Physical Ability Test (RFDCPAT) as specified in SOP 134. *There will be no times yet the firefighter should progress through the course without stopping.*

Materials Required: SOP 134
Weighted vest
Helmet
Gloves
Props

Critical Teaching Points:

1. The company officer should demonstrate the skills and techniques prior to firefighters beginning the course one at a time. the company officer should reinforce the techniques utilized by Rogers Fire Department these techniques are standardized and should be utilized
2. The evaluator should instruct the participant when they are varying from prescribed actions in an event.
3. The same or equivalent equipment shall be used for all participants.
4. Firefighters will wear a 40 # weighted vest, helmet, and gloves throughout the drill.
5. This event will not be timed but the firefighter will proceed continuously throughout the physical course.

Rogers Fire Department Comprehensive Physical Ability Test (RFDCPAT)

1. Event #1 – Stair Climb and Hose Hoist

Candidate will ascend the drill tower three times while making contact with each step and walking. The drill tower will be monitored to ensure that steps are not skipped. On the third climb, the candidate will climb and ascend to the 4th floor window, marked with an evaluator. There, the candidate will utilize a rope, and use a hand-over-hand technique, to hoist a 50' section of 2.5" fire hose (The 2.5" hose will be secured using a self-locking donut roll). The candidate will pull the hose until his hands pass by the marked part of the rope. Once the candidate's hands are passed the marked section of rope, the candidate will lower the hose using a hand-under-hand technique until the hose is placed on the ground. After that the candidate will descend the stairs and exit the tower.

2. Event #2 - Hose Drag

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The candidate will pull three sections of 2.5” hose a distance of 100’. This will be completed on an asphalt and concrete surface. The candidate will begin with the hose laid straight behind the starting point. The candidate will run with the fire hose until they cross the finish line. Time will end when the candidate crosses the finish line.

3. Event #3 – Search Maze

The candidate will negotiate a maze while wearing an SCBA and no protective clothing. The maze shall include a change in elevation and have limited visibility. Time will end when the candidate’s body is completely outside of the maze prop.

4. Event #4 – Rescue Drag

The candidate will lift and drag a 165 pound rescue manikin 100’. The manikin shall be grasped under the arms and the candidate shall walk backwards. The drag shall include a cone that the candidate must navigate. Time will end when the entire manikin crosses the finish line.

5. Event #5 – Forcible Entry

Utilizing a Kaiser Sled, and a dead-blow sledgehammer, the candidate will drive the sled from one end to the other (approximately four feet). The candidate must maintain control of the sledgehammer throughout this station. Time will end when the Kaiser Sled passes the necessary mark.

6. Event #6 – Ladder

Candidates will raise a 24-foot extension ladder off the ground using each rung and set vertically against the drill tower. Immediately following the setting of the ladder, it shall be lowered to the ground using each rung. The ladder will not be set for climbing. Time will end when the ladder is placed back on the ground.

7. Event #7 – Ceiling Hook

During this event, candidates will demonstrate the ability necessary to breach and pull ceiling with a pike pole during overhaul procedures by doing breach and pull motions using a ceiling simulator.

Candidates will position a pike pole on a target diamond on the breach portion of the simulator and perform five (5) breach repetitions. The firefighter candidate will then hook the pike pole onto the pull portion of the simulator and perform 5 repetitions. The sequence will be repeated for four (4) total cycles. Four (4) complete and successive cycles must be completed within the time frame. Time will end when the candidate removes their hands from the Pike Pole after the final cycle.

8. These events are not timed, however all tasks should be completed with a sense of urgency.

