

# AMARILLO FIRE DEPARTMENT CPAT INFORMATION

## CPAT Candidate Attire Check List

*In order to ensure the safety of candidates performing CPAT events, the following clothing items are required to be worn during Orientation, Practice and Test sessions. If you are not wearing the items listed, you will not be allowed to participate in the sessions.*

- Long pants
- Footwear with no open heel or toe
- No Watches, loose or restrictive jewelry
- Safety equipment including helmets with chin strap, gloves and weighted vests are all provided by the AFD for the test. ***You must wear the AFD provided equipment.***

## CPAT Environmental Concerns Check List

*Environmental factors can have a significant effect on a candidate's test performance and must be addressed prior to administering the test. The test should be conducted in environmental conditions that optimize candidates' safety and provide for consistency among candidates. The test must not be conducted in excessive heat, cold or wet conditions.*

### **Temperature**

- Candidates must not be tested if the temperature is below 45°F, or if the Apparent Heat Index (temperature and humidity) is greater than 95°F.

### **Wind**

- Candidates must not be tested if there is a sustained wind is greater than 20 mph.

### **Precipitation**

- Candidates must not be tested if there is a measurable amount of rain (light drizzle only if working surfaces are safe to walk on and props, tools and test equipment can be kept dry).

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## CPAT Conditioning/Hydration

*The CPAT is a physically demanding, timed test that must be completed in 10 minutes and 20 seconds to pass. If, for any reason, you feel you cannot finish the test due to dizziness, chest pain or any other physical reason, you must tell a proctor immediately.*

### **Conditioning**

- Start working on your conditioning now. The CPAT Preparation Guide is an excellent place to start.

### **Hydration**

- Because of the physical demands of the test, show up prepared by hydrating prior to the event. Drinking water will be available before and after the Orientation/Practice/Test sessions.

### **After the test**

- Candidates will not be allowed to leave the test area immediately after the event. A 20 minute cool down period is required to ensure your safety before leaving.