

Treasure Coast Physical Agility Test (TC-PAT)



Treasure Coast Public Safety Training Complex
4600 Kirby Loop Road
Fort Pierce, FL 34981
(772) 462-7150

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The TC-PAT exam is done with a 25 pound weight vest, long pants and gloves.

Task number one: STAIRMASTER CLIMB ONE MINUTE WARM-UP.



The candidate will, upon permission from the instructor, put on a 25 pound weight vest and complete a safety inspection of the vest and gloves by the testing instructor.

The candidate will complete a **1 minute** warm up on the StairMaster prior to the timed test.

At this time the hand rails of the StairMaster may be used by the candidate.

The instructor will place a 15 pound 1 3/4" fire hose set up in a hi-rise pack style on the shoulder of the candidate before the **2 minute** test time starts.

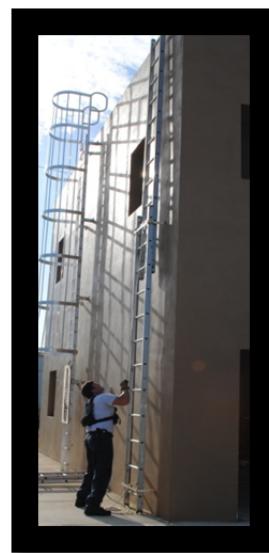
Once the candidate has gained proper balance and their hands are off the rails the test will begin.

Task number two: TIME STARTS FOR THE STAIRMASTER CLIMB.

The candidate will remain on the StairMaster. The instructor will notify the candidate that the test is now starting when a rate of 60 steps per minute has been obtained. The candidate will then climb the StairMaster for **two minutes at 60 steps a minute**. The candidate may not use the hand rails during the timed test. One warning notice will be given. The second notice of violation will result in disqualification of the candidate. The evaluator will notify the candidate when the 2 minutes is complete and the StairMaster task is complete, the candidate will step off the StairMaster and place the hi-rise pack on the ground by the StairMaster.

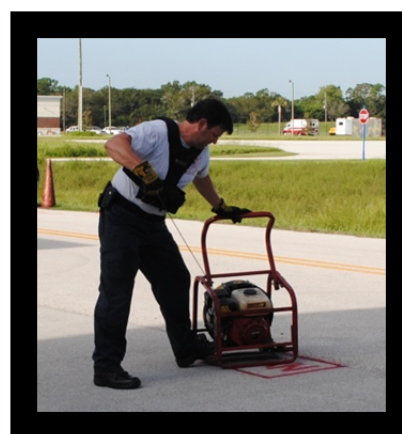
The candidate will move to task number three.

Task number three: LADDER RAISE



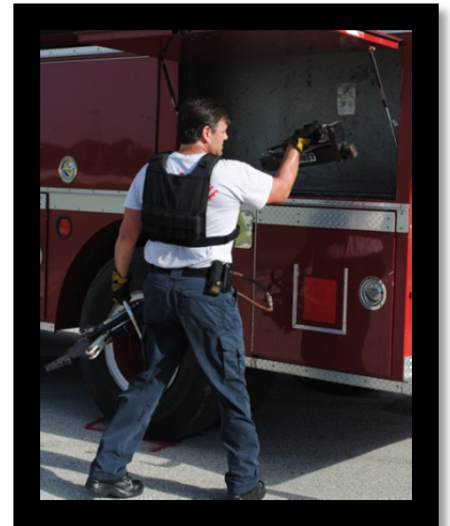
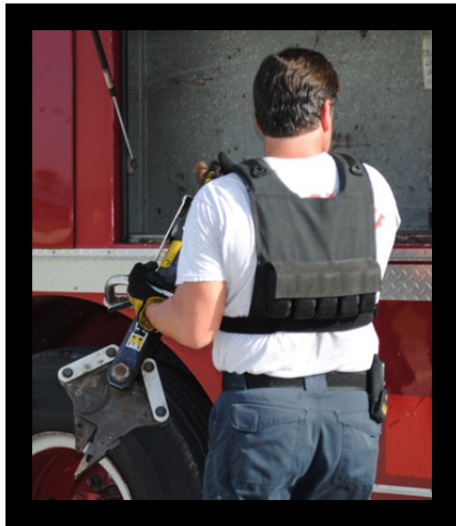
The candidate will raise a bracketed, 24 foot, fire department, two-section, extension ladder from the ground against the building; the instructor will take control of the ladder. The candidate will then move to the ladder attached to the building and extend the bracketed, 24 foot extension ladder to full extension, lock dogs and lower it to its original position.

Task number four: VENTILATION FAN REMOVAL AND SIMULATED START.



After completion of task number three, the candidate will walk back to the apparatus and using proper lifting technique remove the positive pressure ventilation fan from the rear tailboard of the engine and set it on the ground. The candidate will then wheel the PPV fan; 50 feet to a designated location and then simulate starting the fan by pulling the start cord **three times**. After the third pull the candidate will leave the fan and return to the engine for task number five.

Task number five: HYDRAULIC TOOL REMOVAL AND CARRY.



After completion of task number four, the candidate will walk back to the apparatus and remove the hydraulic cutting and spreading tools from the side compartment. Using proper lifting and carrying techniques, take tools to an area 25 feet from the side of the truck and go around a cone and return the tools back on the truck. The total distance will be 50 feet. The candidate will lift each tool one at a time and place them in a designated elevated cabinet. The candidate will proceed to task number six.

Task number six: CHARGED FIRE HOSE DRAG.



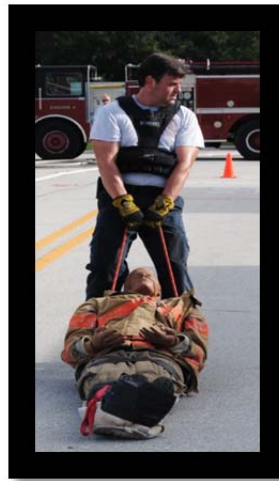
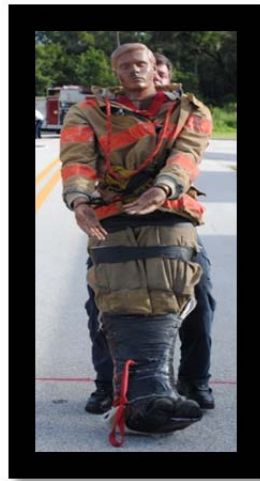
After completing task number five, the candidate will walk over to the set up 1 3/4" charged attack fire hose and using an over the shoulder method they will drag the hose 75 feet and place the nozzle on the ground once they cross the 75 foot mark. The candidate will proceed to task number seven.

Task number seven: CONFINED SPACE SEARCH AND REMOVAL OF PASS DEVICE.



After completing task number six, the candidate will walk directly to the 17" black corrugated pipe and traverse the pipe from one end to the other retrieving a pass device. The candidate will give the pass device to the instructor. The candidate will proceed to task number eight.

Task number eight: MANNEQUIN DRAG



After completing task number seven, the candidate will immediately walk to where the 175 pound mannequin is. The mannequin is in full turnout gear. The candidate will move the mannequin using a safe lifting technique. Will lift and/or carries the mannequin walking backwards. The candidate can drag the mannequin via the rope attached to the mannequin 100 feet. The time will stop when the feet of the mannequin crosses the line. The mannequin is not allowed to completely leave the ground. The candidate will proceed to task number nine.

Task number nine: (EMS) VENTILATION OF THE MANNEQUIN



After immediately completing task number eight, the candidate will pick up a bag valve mask and apply it to the mannequin and perform rescue breathing for 30 seconds. The 30 seconds will start when the first breath is given. The evaluator will call time when the 30 seconds is up and the TC-PAT is completed.