

PAT Course Description

**The candidate will wear a 50 pound vest, helmet and gloves during the entire time.
Passing time will be 10 minutes 30 seconds.**

Stairmaster

Warm-up is 20 seconds with 50 feet of 1-3/4" hose at a rate of 50 steps per minute. Time starts after the 20 second warm-up.

Time is 3 minutes on the Stairmaster at a rate of 60 steps per minute. Instructor will notify candidate when 5 seconds is left and countdown to 1, so they may step off. You will not be allowed to hold onto or touch the handrails.



Uncharged Hose Drag

Drag hose 100' and pull 50'



Tool Carry

25' around cone and back to starting point



Ladder Raise

From ground raise ladder and then move over to extend ladder attached to wall.



Keiser Sled

Hit sled from one side to the other.



Confined Space

Crawl through tube.



Mannequin Drag

Drag 50' around a barrel and back.



Between each event the candidate will walk 85' to the next station.