



MIDWAY FIRE ACADEMY

1322 COLLEGE PKWY, GULF BREEZE, FL 32563
OFFICE (850)934-4442 www.midwayfireacademy.com

Physical Ability Test (PAT)

The means of measuring the physical ability of students will be a slight modification of the testing procedure known as the "combat challenge" – or as we refer to, the Fire Fighter Ability Test (FFAT). The events and criteria for the FFAT will be explained in class.

Each student will participate in the PAT during the first week of class so as to establish a base line as well as to exhibit their ability to do the work of a firefighter. Those persons below the normal level of ability will be counseled and referred to appropriate sources of out of class training so as to increase their performance.

The PAT will be conducted a 2nd time midway through, and a 3rd the last week of the course in order to measure the improvement in the performance of every student. All students will be required to pass the PAT through guidelines established at the beginning of class. Any student who does not pass the PAT under the preset guidelines will receive an incomplete for the course and will not be allowed to participate in the State exam. The Student shall retake the Test upon the next Academy class. The PAT is as follows:

<u>INDIVIDUAL SECTION</u>	<u>MAX TIME PERMITTED</u>
25 PUSH-UPS	2:00 MIN
40 SIT-UPS	2:00 MIN
1 3/4" HOSE PULL 150'	30 SEC
100' LADDER CARRY	
2 1/2" HIGH RISE PACK CARRY	
5" HOSE HOIST	
50' VICTIM DRAG	3:30 MIN
1 1/2 MILE RUN	15:00 MIN