

FIRE ACADEMY



Physical Agility Test (PAT)

1.5 Mile Run

- 9:40 and under – 20 pts
- 9:41-10:40 = 18 pts
- 10:41-11:40 = 16 pts
- 11:41-12:40 = 14 pts
- 12:41-13:40 = 12 pts
- 13:41-14:40 = 10 pts
- 14:41-15:40 = 8 pts
- Over 15:40 = 4 pts

Maximum Push-Ups (2 Minutes)

- 40+ reps = 20 pts
- 35-39 reps = 18 pts
- 30-34 reps = 16 pts
- 25-29 reps = 14 pts
- 20-24 reps = 12 pts
- 15-19 reps = 10 pts
- 10-14 reps = 8 pts
- Less than 10 = 4 pts

Simulated Ventilation (2 Minutes)

- ≤ 40 sec = 20 pts
- 41-45 sec = 18 pts
- 46-50 sec = 16 pts
- 51-55 sec = 14 pts
- 56-60 sec = 12 pts
- 61-65 sec = 10 pts
- 66-70 sec = 8 pts
- > 70 sec = 4 pts

Maximum Sit-Ups (2 Minutes)

- 40+ reps = 20 pts
- 35-39 reps = 18 pts
- 30-34 reps = 16 pts
- 25-29 reps = 14 pts
- 20-24 reps = 12 pts
- 15-19 reps = 10 pts
- 10-14 reps = 8 pts
- Less than 10 = 4 pts

Dummy Drag

- ≤ 20 sec = 20 pts
- 25-29 sec = 18 pts
- 26-30 sec = 16 pts
- 31-35 sec = 14 pts
- 36-40 sec = 12 pts
- 41-45 sec = 10 pts
- 46-50 sec = 8 pts
- > 70 sec = 4 pts

Timed Dummy Drag

Drag **150 lb** rescue mannequin for **85 feet**

Simulated Ventilation Test

Using Breach Machine:

- 4 push reps
- 4 pull reps
- Repeat for 4 sets