



LARKSPUR FIRE PROTECTION DISTRICT

9414 South Spruce Mountain Road, Larkspur, Colorado 80118
Business Phone: (303) 681-3284 Toll Free: (877) 758-3635 Fax: (303) 681-3201

Larkspur Fire Protection District Physical Agility/Fitness Test (LPAT)

The LPAT will be a timed event beginning at the first station and ending at the last station when the candidate crosses the finish line. This is a continuous motion test, no stops are allowed. There is a ten minute max time limit, and will be graded Pass/ Fail. All participants will have a set of vital signs taken before and after the test is administered. Paramedic, medical kit and monitor will be assigned during the entirety of the tests being administered. The participant will only be allowed to participate if vital signs are within acceptable limits by Paramedic. During the LPAT, participants will wear a structure helmet, gloves, 45lbs weight vest. Sweat pants, shorts or appropriate athletic attire are recommended. No open toed shoes, boots or sandals are allowed. Athletic style shoe highly recommended. If a participant has any questions, please ask the test administrator before the test begins.

Events:

1. Participants will climb the stair stepper for three minutes at a pace of 60 steps per minute. You will be allowed 15 seconds to get up to speed on the stair stepper, if you choose. Once the stair stepper achieves the 60 steps per minute rate; the test time will begin. Participants are allowed to balance themselves with the handrails with the backside of their hands only, but are not allowed to grab on and hold the handrail for stability.
2. From the stair stepper the participant will walk to the hose hoist station; where they will lower, hand over hand, then raise, hand over hand a coiled 50 foot section of 2 ½ inch diameter hose. This will be done in a controlled manner. No sliding of the rope through the hands will be allowed at any time!
3. After completion of the hose hoist station, participants will proceed down the stairs to the Keiser Sled. The participant will strike the Keiser Sled with the tool provided until the sled is moved four feet. The test facilitator will advise the candidate when the sled has moved the required four feet. Sled inspection to be cleaned/ lubed before each use.
4. The participant will then move to the ladder raise station and locate the 24 foot ladder laying on the ground. The candidate will raise the ladder in a safe and controlled manner to the vertical position and rest it against the wall of the building. (The participant is not responsible for lowering the ladder)
5. The participant will then move to the charged 1 ¾ hose line station. The candidate will advance the hose line 100 feet. The hose line must be placed on the ground in a controlled manner (not dropped) after being advanced the 100 feet.
6. From this point, the participant will move to the tool station. At this station the participant will pick up a chain saw and a K-12 saw and walk with them 50 feet and set them down gently in a controlled manner.
7. The participant will then pick up a 14 foot roof ladder and walk with it for 50 feet. Once the foot (back end) of the ladder has crossed the 50 foot line, the participant will gently set the ladder down.
8. From this point the participant will proceed to the dummy drag station. The participant will secure the 154 (approximantly) pound dummy and drag it a total of 50 feet (in a safe and appropriate manner). The participant will drag the dummy 25 feet to a cone, go around the cone and then back to the start/finish line. Once the last part of the dummy has crossed start/finish line, the time of the test will end. Webbing is allowed to be on the dummy and used.