

# *Saratoga Springs Fire & Rescue*



*Jess L. Campbell – Fire Chief*

## ***Annual Minimum Company Physical Standards Test Policy*** *Established April 13<sup>th</sup>, 2012*

The following is a list of the components that make up the Saratoga Springs Fire & Rescue's Minimum Company Physical Standards Test (MCPST). **This is a modification of the Fire Industry minimum standards test known as the CPAT.** This is a "Pass/Fail" test and is an annual requirement of this fire agency as scheduled by the Fire Chief and the use and availability of the Fire Academy's testing facility.

**The following is done while wearing a 50 lb. vest throughout the process.** This simulates the additional weight of structural firefighting Personal Protective Equipment (PPE) ensemble; this includes the added weight of a Self-Contained Breathing Apparatus (SCBA). **This standards test is to be completed in 10:20.**

### **Stair Climb**

For this event, you must wear two 12.5-pound weights on your shoulders of the 50 lb. vest, to simulate the weight of a high-rise pack. Prior to the initiations of the timed MCPST, there is a 20-second warm-up on the Step-Mill at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to grasp the rail or hold the wall to establish balance and cadence. If you fall or dismount the Step-Mill during the 20-second warm-up period, you must remount the Step-Mill in the time remaining in the 20-second warm-up period. The timing of the test begins at the end of the warm-up period when the proctor calls the word "START". There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the Step-Mill at a set stepping rate of 60 steps per minute for three minutes. **(After the 20 second warm-up; the participant will be given 3 warnings if they hold, lean, or use the rail to bear their weight on it. On the third warning, the standards test will immediately cease, as this is an automatic failure of the standards test.)** This concludes the event. The two 12.5 pound weights are removed from your shoulders. **The 50 lb. vest, hard hat, and leather gloves, are worn throughout.** Walk within the established walkway to the next event.

### **Hose Drag**

For this event, you must grasp a hose-line nozzle attached to 200 feet of 1 3/4-inch hose. Place the hose-line over your shoulder or across your chest. You are permitted to run during the hose drag. Drag the hose 75 feet to a pre-positioned drum, make a ninety-degree turn around the drum, and continue an additional 25 feet. Stop within the marked 5-foot by 7-foot box, drop to at least one knee and pull the hose-line until the hose-line 50-foot mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk within the established walkway to the next event.

# *Saratoga Springs Fire & Rescue*



*Jess L. Campbell – Fire Chief*

## **Equipment Carry**

For this event, you must remove the two saws from the tool cabinet, one at a time, and place them on the ground and adjust your grip. Upon return to the tool cabinet, each saw must touch the ground and replace the saws in the designated space in the cabinet. This concludes the event. Walk within the established walkway to the next event.

## **Ladder Raise and Extension**

For this event, you must walk to the top rung of the 24-foot aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately proceed to the pre-positioned and secured 24-foot aluminum extension ladder, stand with both feet within the marked box and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Walk within the established walkway to the next event.

## **Forcible Roof Entry (Kaiser Sled)**

For this event, you must use the required synthetic composite sledgehammer to strike the front of the Kaiser Sled until the front passes the line on the sled. During this event, you must keep your feet on the foot tread area at all times. After the front of the sled is at the line, you will be told to place the sledgehammer on the ground. This concludes the event. Walk within the established walkway to the next event.

## **Search**

For this event, you must crawl through a tunnel maze that is approximately 4 feet high, 4 feet wide and 64 feet in length with two ninety-degree turns. At a number of locations in the tunnel, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions of the tunnel are reduced. Your movement is monitored through the maze. If for any reason, you choose to end the event, call or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the event is concluded. Walk within the established walkway to the next event.

## **Rescue**

For this event, you must grasp a 165-pound mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), bear-hugging the mannequin is also allowed, however discouraged. Drag it 35 feet to a pre-positioned drum, make a 180 degree turn around the drum, and continue an additional 35 feet to the finish line. You **are not permitted** to grasp or rest on the drum. It is permissible for the mannequin to touch the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses

# *Saratoga Springs Fire & Rescue*



*Jess L. Campbell – Fire Chief*

the marked finish line. This concludes the event. Walk within the established walkway to the next event.

## **Ceiling Breach and Pull**

For this event, you must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the indicated area of the hinged door in the ceiling. Fully push up the 60-pound hinged door in the ceiling with the pike pole ten times. Then, hook the pike pole to the 80-pound ceiling device and pull the pole down ten times. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition or as indicated by a proctor who calls out "TIME".

## **Aerial Ladder Climb**

This is not a timed event and is Pass/Fail. However, due to the need to remain on a schedule to allow for the processing of numerous firefighters, a 15 minute window will try to be adhered to.

For this event, you must be in full structural turn-outs including wearing firefighting gloves and SCBA (first time process will be without SCBA). You will be assisted in donning an approved ladder belt and / or harness that will be tethered to a life-line that will travel to the tip and back again with approved anti-slip devices.

You will climb to the top of a minimum 105' Aerial Ladder Truck at a 70 degree operating angle, and perform a required task as set forth in each annual process. This will be done after you have "locked-in" with the safety clip on the ladder belt to a rung on the ladder. At the completion of the task, you will swing one of your arms out to the side in a circular motion indicating you "are ready for water". Once done, you will unclip and descend the aerial device in a safe manner.