

# CPAT Mandatory Practice Program

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AFD has a CPAT Mandatory Practice Program consisting of two phases which will commence at least 8 weeks before the actual CPAT test dates.

## ***Phase 1***

All candidates will attend 2 orientation sessions during which they will become familiar with the actual CPAT apparatus. Candidates may voluntarily attend up to one additional orientation session. During the sessions, Certified Peer Fitness Trainers, fitness professionals, and/or AFD firefighters will be available to advise all candidates on conditioning regimens and techniques to help them prepare for the CPAT.

## ***Phase 2***

Within 30 days prior to the actual CPAT test dates, all candidates will perform 2 timed practice runs, using actual CPAT apparatus and completing the entire course. Again, mentors will be present to help all candidates.

**Applicants who pass a timed practice run will be allowed to count the practice run as their official CPAT.**

## **Waivers**

AFD strongly encourages all candidates to take advantage of the orientation and practice run program available to them; however, the CPAT Administration Guideline, 2nd Edition allows candidates to sign a waiver stating that they knowingly waive their opportunity to participate in the mandatory preparation sessions.

## **Test Forms**

Prior to taking the CPAT, each candidate must present valid identification, sign a number of forms, complete a waiver and release form and a sign-in form. Candidates are provided an opportunity to review a video detailing the CPAT and the failure points. It is the candidate's responsibility to ask questions. At the conclusion of the CPAT, the candidate must sign the CPAT Evaluation Form and complete and sign the Rehabilitation Form. Failure to complete and sign any of these forms results in failure of the CPAT.

## **CPAT Certificates**

AFD is not accepting CPAT completion certificates (or letters) from other CPAT jurisdictions at this time. All applicants will be required to successfully complete CPAT with AFD to progress in the hiring process.