



Name: \_\_\_\_\_

# West Metro Fire Rescue

433 S. Allison Parkway  
Lakewood, Colorado 80226  
Bus: (303) 989-4307  
Fax: (303) 539-9567  
www.westmetrofire.org

## PHYSICAL AGILITY TEST (PAT) DESCRIPTION MET TREADMILL TEST

Following is a list of testing criteria used by West Metro Fire Protection District during the Physical Agility Testing, MET TEST and PHYSICAL FITNESS/EXERCISE FUNCTIONS on West Metro property.

*NOTE: Tests may be adjusted to cover safety/equipment concerns.*

### Physical Agility Test Consists of:

#### Section 1:

- Climb to 7th floor landing with 50lb-high-rise pack over the shoulder.
- Descend to 3rd floor; hoist 50lb bag up to the 3rd floor window.
- Raise and lower hose-bundle about 50 feet under control.
- Drag a 1 ¾" charged hose line 75 feet.
- Drag or lift an approximately 165lb dummy 75 feet.
- Carry a 40lb-fan 150 feet and place on a 4 foot platform.

#### Section 2:

- Applicants rest exactly 2-minutes and then complete section 2.
- Wear an approximate 28-pound weight vest and run/jog ¼ mile in 3:30 or less.

*Applicants will run in fitness attire while wearing a 28 lb. vest for Section 2  
Applicants must complete both sections in less than 8 minutes and 31 seconds.*

**MET TREADMILL Test Consists of:** *Individual will walk/run on treadmill until achieves 12-METS or >*

**EXERCISE FUNCTIONS Include:** *Any type of exercise related warm-up, cool down, plyometric, stretching, and lifting equipment up to a 165-185lb dummy*

**DATE:** \_\_\_\_\_

I, hereby certify that \_\_\_\_\_ has undergone a medical examination and is free of any known physical conditions, which would preclude him/her from participating in the above reference Physical Agility Examination for the West Metro Fire Protection District.

Physician Signature: \_\_\_\_\_

\_\_\_\_\_  
(Physician Print Name Above Line)

Physician's Address: \_\_\_\_\_

\_\_\_\_\_