

# Prince George's County Fire/EMS Department

## Candidate Physical Ability Test Information

Dear Candidate:

Thank you for your interest in becoming a Prince George's County Fire/EMS Firefighter. The next step is the Candidate Physical Ability Test (CPAT). The CPAT is an extremely demanding test requiring physical and mental discipline.

### **Fitness and Conditioning**

Because the CPAT is physically demanding, we offer fitness and conditioning sessions to prepare candidates for the successful completion of the test. During the Fitness and conditioning sessions, candidates will train with our peer fitness trainers, focusing on elements of strength/core training, cardiovascular training, flexibility training, and other CPAT-specific training. Fitness and conditioning sessions are offered three days a week at various times, on a first-come, first-served basis. **To participate in the Prince George's Fire/EMS Department's CPAT process, you must have an active application submitted within the past 12 months. You must schedule/sign-up prior to attending.** To view and sign up for CPAT conditioning sessions, please click [HERE](#).

### **Testing Process**

During the CPAT testing process, you are offered a minimum of two orientations and two practice tests before your final test. You can waive your opportunity to attend orientation and the two practice tests and take the CPAT final (ONLY). If you decide to take the CPAT final **only**, you will need to submit the CPAT Waiver of Claim for Injury and the Waiver of CPAT Orientation and Practice Runs to [PGFD-CPAT@co.pg.md.us](mailto:PGFD-CPAT@co.pg.md.us). To view and sign up for CPAT Practice or CPAT Test, please click [HERE](#).

### **Documentation and Dress Code**

You will be required to present your driver's license when you sign in for all CPAT activities. You must wear long pants, and footwear closed at the heel and toe. Jewelry and watches are acceptable during conditioning sessions, but not allowed when testing. All other equipment necessary for testing (hard hat, gloves, etc.) will be provided. **YOU WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT PROPER IDENTIFICATION AND PROPER CLOTHING/FOOTWEAR.**

**NOTE: WE ARE NOT ACCEPTING CPAT CERTIFICATES FROM OTHER JURISDICTIONS. ALL RESULTS ARE EXCLUSIVELY FOR OUR HIRING PROCESS AND WILL NOT BE SHARED WITH OTHER AGENCIES.**

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