



Angela S. Calvo  
Division Chief

# PORTLAND FIRE DEPARTMENT

Training Division  
Fire Headquarters  
380 Congress Street  
Portland, Maine 04101



Captain Mark D. Stewart  
Captain Justin N. Bragdon

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Dear Portland Fire Department Candidate:

This letter outlines the schedule and registration requirements for the Portland Fire Department Physical Ability Test (PAT). Any Candidate who has previously submitted a valid (issued in the last year) IAFF/IAFC CPAT® card or document, is not required to participate in the PAT testing.

## **Physical Ability Test Orientation & Practice Test**

Date: November 4th, 2019

Time: 0800-1800 hours

Location: 52 Hanover St, Portland, Maine 04101

*Pre-registration required.*

*Photo ID required.*

## **Physical Ability Test Final Test**

Date: November 16th, 2019 0800-1600 hours

Date: November 18th, 2019 1200-1800 hours

Location: 52 Hanover St, Portland, Maine 04101

*Pre-registration required.*

*Photo ID required.*

## **PAT Orientation & Practice Test**

The PAT is a minimal task-analysis initiative that requires no prior firefighter knowledge to be successful. The intent of this test is to establish an individual's ability to perform physical job tasks with enough reserve for emergency situations and normal activities. Successful applicants are those who have incorporated fitness as a lifestyle, as this is important to a firefighter's health and safety considering the profession's physical demands.

The orientation session is offered to afford candidates the opportunity to view the test events, meet with PAT trainers and physically examine each test component in a controlled setting. The orientation will give candidates hands on familiarity with the testing apparatus and guidance on specific conditioning regimens and techniques to help them prepare for the final test.

All candidates will be given the opportunity to participate in timed practice runs. The practice test will mimic the Final PAT test and will be set up and administered exactly the same. If a candidate successfully completes the practice session within the allowed 10 minutes and 20 seconds they will be given a passing score and they will not be required to participate in the PAT final test.



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Pre-registration is required for the practice test. Pre-registration will begin **October 21<sup>st</sup>, 2019**, by calling Fire Headquarters at (207) 874-8400 between the hours of 0900-1500 M-F. Registrations will not be accepted prior to **October 21<sup>st</sup>, 2019**. Candidates may select a specific time slot beginning on the hour: 0800, 0900, 1000, 1200, 1300, 1400, 1500, 1600 and 1700 hours. Six candidates per hour are allowed during each time slot. Registrations must be confirmed by Fire Headquarters and are not accepted via voicemail or email.

On the day of the PAT Orientation and Practice Test, candidates are required to bring a photo ID and will not be allowed entry prior to their testing time.

It is recommended that candidates wear gym type clothing with long pants and sneakers as you will be expected to perform a variety of exercises involving crawling, kneeling, bending, etc.

**Test Location: 52 Hanover Street, Portland, ME**

## **PAT Final Test**

Pre-registration is required for the test. To pre-register please call Fire Headquarters at (207) 874-8400 between the hours of 0900-1500 M-F beginning **November 6<sup>th</sup>, 2019**. Registrations will not be accepted before this date. Candidates must sign up for a specific time slot beginning on the hour. Six candidates per hour are allowed during each time slot: 0800, 0900, 1000, 1200, 1300, 1400, and 1500 hours on **November 16<sup>th</sup>, 2019** and 1200, 1300, 1400, 1500, 1600, 1700 hours on **November 18<sup>th</sup>, 2019**. Registration must be confirmed by Fire Headquarters and are not accepted via voicemail or email.

On the day of the PAT Final Test, candidates are required to bring a photo ID and will not be allowed entry prior to their testing time.

It is recommended that candidates wear gym type clothing with long pants and sneakers as you will be expected to perform a variety of exercises involving crawling, kneeling, bending, etc.

**Test Location: 52 Hanover Street, Portland, ME**

*If you have any questions please feel free to contact Fire Headquarters. (207) 874-8400*