

THIS FORM IS FOR THE CVTC PACKET ONLY.

**ACKNOWLEDGEMENT AND WAIVER OF CPAT ORIENTATION
AND/OR CONDITIONING PERIOD AND/OR TIMED PRACTICE RUNS**

This form must be signed before you will be permitted to take the Candidate Physical Ability Test (CPAT) if you did not attend the orientation and practice sessions prior to this test. Any organization administering CPAT as a condition of hire must ensure that all candidates were provided full and equal access to a CPAT orientation and practice program. The orientation and practice program must commence at least eight weeks before commencement of the official CPAT test date. This program is composed of two phases.

1. CVTC will provide each candidate a full and equal opportunity to attend at least two orientation sessions during which candidates will receive "hands-on" familiarity with the actual CPAT test apparatus. These required orientation sessions will be provided by certified Peer Fitness Trainers, fitness professionals, and/or CPAT-trained firefighters (proctors). These individuals will familiarize each candidate with each CPAT task and the test apparatus. They will advise all candidates concerning specific conditioning regimens and techniques to help each candidate prepare for the CPAT test.
2. CVTC will provide each candidate a full and equal opportunity to attend at least two timed practice runs of the CPAT using CPAT apparatus. These required practice runs must occur within 30 days before the commencement of the official CPAT test dates. Following each practice session, certified Peer Fitness Trainers, fitness professionals, and/or CPAT-trained firefighters (proctors) shall help the candidates understand the test elements and how they can improve their performance and conditions.

This two-phased orientation and practice program is a mandatory condition for candidates taking the CPAT test; however, it is recognized that some individuals may be capable of passing CPAT without participation in these programs. These individuals may excuse themselves from this mandatory condition upon the receipt by the testing organization of a written and signed waiver acknowledging that the testing organization made available these programs on an equal basis to all candidates and that the candidate knowingly and voluntarily waived participation in the orientation and practice sessions.

Orientations and practice sessions are designed to give each candidate identical information regarding the test so that each will have the maximum probability for success. During the classroom orientation, candidates are shown the CPAT orientation video and are given the CPAT Candidate Preparation Guide. The orientation and practice sessions provide an equal and full opportunity for each candidate to view the test events, talk with qualified professionals and instructors and physically examine and use test equipment, tools, and props in a controlled and consistent setting. Candidates are directed to familiarize themselves with all elements of the test. Further information regarding the orientation and practice sessions may be obtained from the testing organization.

I have read and understand the nature of the orientation and practice sessions and the time period between orientation and actual CPAT administration. By executing this acknowledgement, I hereby knowingly and voluntarily waive my right to participate in the above-described orientation and/or practice sessions.

Last Name, First Name (please print) _____

Signature _____

Applicant Signature Date _____