



The Candidate Physical Agility Test (CPAT) is conducted at the GCFD drill tower, located at 688 Mauldin Road. Candidates will receive detailed directions once they pass the written exam. Candidates are also required to view the CPAT [video](#) prior to arriving at the drill tower.

To help candidates prepare, below are answers to the most frequently asked questions about the test:

**Q: What am I required to wear to take the CPAT?**

A: Closed toe/closed heel shoes  
Shirt with sleeves  
Long pants

\*GCFD will provide all necessary personal protective equipment (PPE).

**Q: What must my pre-test baseline vital signs be in order to take the test?**

A: Each candidate is given three opportunities to meet the following baseline requirements (with at least 10 minutes between attempts). A candidate who is unable to meet the baseline requirements after three attempts will not be permitted to take the test. In that case, the candidate must wait until the next time the test is offered.

- Systolic pressure (upper number) no higher than 150 mm Hg
- Diastolic pressure (lower number) no higher than 90 mm Hg

**Q: Is there anything I should (or should not) eat/drink before the test?**

A: Drink plenty of water the day before and the morning of your test, but be careful not to consume too much fluid immediately before your test.

Avoid alcohol the night before and the morning of your test and avoid caffeine and energy drinks prior to testing.

Eat small meals or snacks containing both carbohydrates and protein the day of your test.

Avoid overeating the morning of your test.

**Q: What happens if I don't pass the CPAT?**

A: Candidates who do not pass the CPAT will be permitted to take the test again, but will have to wait until the next time the test is offered.

**Q: What tips do you have for taking the CPAT?**

A: Get plenty of sleep the night before your test.

Avoid over exercising or overtraining the day before your test.

Avoid supplements and over-the-counter medications like cold medicine that can elevate blood pressure.

Additionally, some prescription medications, such as Ritalin, can elevate blood pressure, so if you are on prescription medication and are unsure of the side effects, consult your physician.

Keep in mind that everything you say and do before, during and after the test will be observed by people you may end up working for or with.

Prove you want to be a member of the department by paying attention, following instructions and giving the test your very best effort.