

evolution trainingcenter

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

This section must be acknowledged 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 the test.

As a licensed provider of the CPAT, Evolution must ensure that all candidates are provided full and equal access to a CPAT orientation and practice program. The orientation and practice program must be available at least eight (8) weeks before the candidate's selected test date. This program is composed of two phases.

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

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

Orientation and practice sessions are designed to give each candidate identical information regarding the test so that each candidate 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 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. Candidate are directed to familiarize themselves with all elements of the test

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

Name (printed) _____

Signed _____

Date _____