



ARLINGTON COUNTY FIRE DEPARTMENT

Candidate Physical Ability Test (CPAT) Schedule



Below is the schedule for the CPAT Program (July 2021 Process):

Orientation/General, Practice, Timed Practice and the Official CPAT test.

All sessions will be held at:

Fairfax County Fire and Rescue Training Facility,
14725-E Flint Lee Road, Chantilly, Virginia 20151.

Please note the following:

- Timed Practice Sessions and Official CPAT test: Candidates must arrive as scheduled (see instructions for each arrival time below).
- If you are not planning to participate in the General Practice sessions and/or the Timed Practice sessions, you **must** submit a waiver form. If you do not participate in a minimum of two General Practice sessions and the two Timed-Practice sessions and do not submit a waiver, you will not be able to take the Official CPAT test.
- Please see the CPAT Preparation Guide to prepare for the CPAT test (www.arlingtonva.us/fire; click on Employment Info; click on Hiring Process; go to CPAT) and/or contact ACFD Peer Fitness at (703)228-2728 for further assistance with fitness suggestions as you prepare to take the CPAT.
- To access the CPAT course, candidates must bring a valid government-issued photo ID. Candidates will not be able to participate without proper identification and attire.
- Candidates must wear long pants and footwear, closed at the heel and toe. Jewelry is not allowed. All other equipment (hard hat, gloves, etc.) will be provided for testing. Candidates will not be allowed to participate without proper clothing and footwear.

Date	Type of Session	Schedule/Time
Saturday, October 9	Orientation/General Practice	8:00 a.m. arrival for candidates with last names beginning A – L 10:30 a.m. arrival for candidates with last names beginning M – Z
Wednesday, October 13	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Thursday, October 21	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Thursday, October 28	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Monday, November 1	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Saturday, November 6	FIRST TIMED PRACTICE	8:00 a.m. arrival for candidates with last names beginning M - Z 11:00 a.m. arrival for candidates with last names beginning A - L
Tuesday, November 9	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Wednesday, November 17	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Saturday, November 20	SECOND TIMED PRACTICE	8:00 a.m. arrival for <u>ALL</u> candidates
Monday, November 22	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Tuesday, November 30	General Practice	4:00 p.m. – 8:00 p.m. (arrive no later than 7:15 p.m.)
Saturday, December 4	OFFICIAL CPAT	8:00 a.m. arrival for <u>ALL</u> candidates