

CPAT PRACTICE SESSIONS

DRESS CODE REQUIRED TO TEST:

Long pants & close toed shoes. **No shorts allowed.**

REASON:

We've noticed that many people interested in taking the CPAT feel intimidated or nervous about the test. The CPAT requires a combination of cardiovascular endurance and muscular strength, both of which are crucial for successfully completing the test in the required time of 10 minutes and 20 seconds or less.

WHAT YOU WILL GET OUT OF A SESSION:

The practice session is designed to give you a more personal experience to work with a proctor 1 on 1 that can answer any questions that you may have as well as give time saving tips & technique help on each event. This is a good chance for you to get your hands on the equipment before testing. If the proctor notices any weaknesses that you may have, they will recommend some exercises for you to work on to better prepare for the CPAT. The whole session should last no more than 30 minutes. This is a great way to boost your confidence on the CPAT & get a grasp on where you stand physically in order to have a successful test.

THINGS THE PRACTICE SESSION WILL NOT HELP WITH:

Event #1 in the CPAT is the stair climb which is done on the StairMaster Stepmill. You will be given an additional 75 lbs to wear (50 lb. vest and two 12.5 lb. weights added to each shoulder) before you get on the machine. We can give you exercises to help you prepare, but there are no tricks to this station. After the 20 second warm-up, you have to be able to last 3 minutes on the Stepmill without using the handrails.

COST, REGISTRATION AND SCHEDULING:

The cost of a private practice session is \$50.00 in addition to the CPAT or RECERT cost.

Register at esec.wayne.k12.in.us > Courses & Training > CPAT > Register Here. Choose "Private Practice" in the Date box and enter your payment information.

Call, text or email Mario Rodriguez at 317-689-8702 or rodriguez.esec@gmail.com to schedule a session date and time. **Please leave a voicemail!**

***** If you have paid for the CPAT (\$150 or \$75 for RECERT) in addition to the practice session, you will receive a CPAT card upon a passing test.**