

April 1, 2021

Glendale Community College
6000 West Olive Avenue
Glendale, AZ 85302



Dear WESTMEC Students and Families,

The Glendale Community College Fire Science Department is excited to offer the Candidate Physical Ability Test (CPAT) to the WESTMEC Fire Program.

The dates for the CPAT Module of the WESTMEC Fire Program are as follows:

- M/W Class: Monday May 10, 2021 and Wednesday May 12, 2021
- T/TH Class: Tuesday May 11, 2021 and Thursday May 13, 2021
- Final CPAT Test: Friday May 14, 2021
- All class meeting times: 1:30 pm – 4:30 pm
- Attendance is required for each meeting period.

The CPAT Testing Facility is located at:

Glendale Regional Public Safety Training Center (GRPSTC)
11550 West Glendale Avenue
Glendale, AZ 85307

- Ample parking is available on the South side of the building.

Appropriate attire for all meeting periods:

- Athletic or workout attire is necessary to include:
 - T-shirt (no tank tops/strapped shirts.)
 - Sweatpants or warmup pants (shorts will not be permitted).
 - Athletic Shoes (no open toes).

I have included the CPAT Fitness Preparation Guide as well as the CPAT Orientation Manual. This material will be available during class and outlines the CPAT class curriculum. These materials are published on the West-MEC website <https://west-mec.edu/fire-science/>

Your student received a CPAT Waiver in class, please complete both pages in full including **parent or guardian signatures** if the WESTMEC Student is under the age of 18 (Please ***DO NOT*** include Social Security Numbers). Once completed, this form must be returned to the instructor who will forward to me.

I look forward to expanding your firefighter fitness preparation.

Thank you,

Kane Nixon, M.Ed., Division Chief
Firefighter Fitness and Conditioning Director
National Academy of Sports Medicine, CPT, FNS, CES, BCS