

# SOUTHWEST UNITED FIRE DISTRICTS



7550 Lyman Avenue • Darien, IL 60561 • (708) 579-2064

## LADDER CLIMB EXERCISE

### Instructions

1. Complete the [Ladder Climb Exercise REGISTRATION](#) form that is attached. (Page 4)
2. On the date/time of your appointment bring the following to the Testing Facility location (Map/Directions are attached):
  - Completed Registration form
  - CHECK for \$25 made payable to SUFD (cash, cashier's check or money order)
  - Driver's License
3. Upon your successful completion of the Ladder Climb Exercise a certificate of completion will be sent to you via email. Please be sure your email address is printed clearly on the registration form. Certificates will not be mailed.

## LADDER CLIMB EXERCISE

The State of Illinois enacted Public Act 097-0251 in August 2011 which mandates new firefighter candidate physical ability test requirements. Candidates are now required to participate in a ladder climb exercise and demonstrate an ability to operate from heights.

Beginning January 2012 SUFD will offer a Ladder Climb Exercise which fulfills the new State law. Candidates participating in the SUFD CPAT (beginning January 2012) will not be charged an additional fee to challenge the Ladder Climb Exercise. The CPAT and Ladder Climb Exercise will be conducted during the candidate's scheduled CPAT test. Upon successful completion of the ladder climb exercise candidates will be sent a certificate of completion. The Ladder Climb Exercise is not related to the CPAT and will not have any impact in any way on a candidate's CPAT test result.

Candidates who participate in the SUFD Ladder Climb Exercise will climb to the top of an extended ground ladder that is in a fixed, inclined position. Once reaching the top the candidate will be required to descend the ladder to ground level. All candidates will be given instructions before starting the ladder climb exercise.

Candidates who wish to challenge only the Ladder Climb Exercise may do so by requesting an appointment at [CPAT@sufd.org](mailto:CPAT@sufd.org). The fee for the Ladder Climb Exercise is \$25.00 and payment is required at time of the exercise.

The ladder climb exercise will be conducted at:  
Chicago Roofers Apprenticeship Training Center  
Roofers Road Indianhead Park, IL 60525  
(This is a private road accessed at approximately 7014 S. Wolf Rd.)  
Detailed map & directions at [www.sufd.org](http://www.sufd.org)

**SOUTHWEST UNITED FIRE DISTRICTS**  
**LADDER CLIMB EXERCISE Facility Location**  
at  
**Chicago Roofers Joint Apprenticeship & Training Program**

**Directions**

**Important Please Note—Our Mailing address is 7045 Joliet Road. This address is for MAILING PURPOSES ONLY.  
We do not have an entrance to our building located on Joliet Road.**

The Apprenticeship Office and Training Facility is located on a private road named Roofers Road. This private road, Roofers Road, is currently not listed on any map or online driving directions search engine.

**The entrance to Roofers Road is approximately 7014 South Wolf Road.**

You can use this address 7014 S. Wolf Road, La Grange, Illinois, 60525 in most online driving directions search engines. But please remember you **MUST** turn onto Roofers Road and proceed up Roofers Road as far as possible (1 block) to the apprenticeship office and training facility.

**GeneralDirectionInfo**

From Chicago—I55 south to LaGrange Rd. North. LaGrange Rd. north to Joliet Rd. Turn left on Joliet going west. Joliet Rd. west to Wolf Rd. Turn left on Wolf Rd. going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

From South Suburbs—I294 north to the I55 South / Wolf Rd. exit. Exit on Wolf Rd. At the bottom of exit ramp turn left going south then immediately after overpass turn right onto Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

From the North Suburbs—I294 south to the I55 exit. Pay toll and exit on the Joliet Rd. East exit. Continue on Joliet Rd. to Wolf Rd. Turn right on Wolf Rd going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

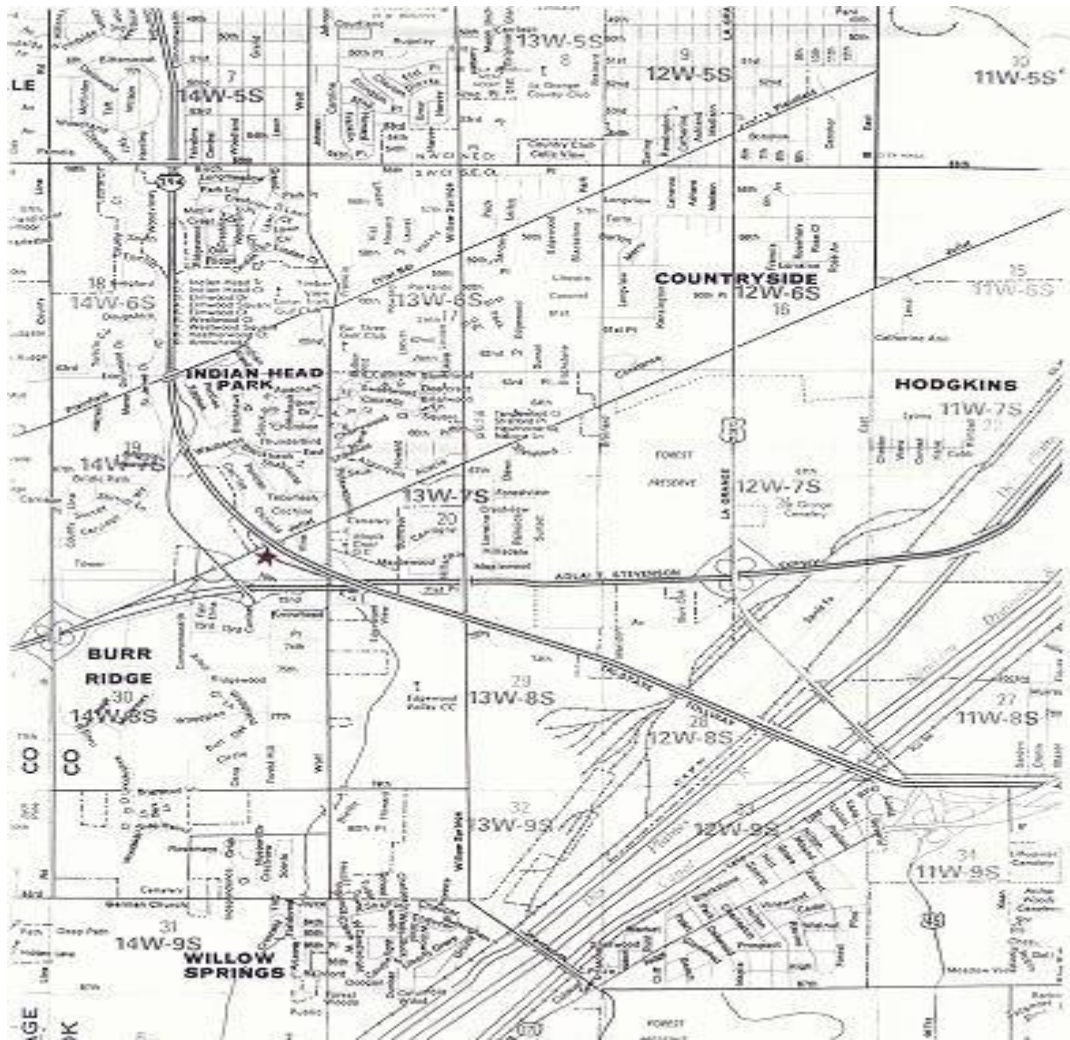
From Joliet / Southwest Suburbs—I55 north to Joliet Rd. East (exit is on the left side of expressway). Joliet east to Wolf Rd. Turn right on Wolf Rd. going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

From Aurora—I88 east to I294 South. Take I294 south to I55 exit pay toll and exit on the Joliet Rd. East exit. Continue on Joliet Rd. to Wolf Rd. Turn right on Wolf Rd. going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

From Rockford—I90 east to I294 South. Take I294 south to I55 exit pay toll and exit on the Joliet Rd. East exit. Continue on Joliet Rd. to Wolf Rd. Turn right on Wolf Rd. going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.

From Kankakee—I57 north to I80 East exit. I80 east to I294 North exit. I294 north to the I55 South / Wolf Rd. exit. Exit on Wolf Rd. At the bottom of the exit ramp turn left going south, immediately after overpass turn right onto Roofers Rd. Proceed up Roofers Rd. as far as possible to the office entrance.

From Ottawa—I80 East to I55 North to Joliet Rd. East (exit is on the left side of the expressway). Joliet Rd. East to Wolf Rd. Turn right on Wolf Rd. going south, immediately after overpass turn right on Roofers Rd. and proceed up Roofers Rd. as far as possible to the office entrance.



Chicagoland Roofers Joint Apprenticeship & Training Program Facility



## Ladder Climb Exercise Registration Form

**PRINT**

Last Name		First Name	
Home Address		City, State, Zip	
Home Phone Number	Cell Phone Number	Email Address	
Drivers License #		Payment Method <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Money Order	
Payment is required at time of registration. (Make checks payable to SUFD)			

**Please list any medical conditions, cautions or issues that the academy staff should be aware of during testing.**

**Please list any medications and dosages that you are taking (including O/T/C).**

Waiver of Claim of Injury

This form must be signed before you are permitted to participate in the Ladder Climb Exercise.

You will be asked to climb to the top of an extended ground ladder that is in a fixed, inclined position. Once reaching the top you will be required to descend the ladder to the ground level.

I have read and understand that the physical effort which this Ladder Climb Exercise involves. I am physically capable of participating in this test. I hereby waive any and all claims for or arising out of any injury I may sustain or incur as a result of participating in the Ladder Climb Exercise. I indemnify SUFD and all its agents associated with this testing process. I voluntarily participate as part of my application for employment.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**In case of Emergency, I authorize you to contact:**

**LAST NAME:** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_  
 (PRINT)

**ADDRESS:** \_\_\_\_\_

**PHONE:** (\_\_\_\_\_) \_\_\_\_\_