

## TEST PREPARATION

- It is advisable to bring water.
- Watching the PAT on video gives the viewer the appearance that the test is easy; however, it is a tough course.
- Train for the PAT to increase your chances of passing.

### PREPARING FOR THE TEST

Applicants should consider the following points when preparing for the test:

- Review the online video
- Come out and practice the PAT during any scheduled PAT.
- Restrict caffeine intake on the day of the test.
- Eliminate alcoholic beverages three days prior to your test.
- Avoid eating a large meal two to three hours prior to the test; however, it is advisable that you eat a small meal prior to your test.
- Do not engage in strenuous exercise, strenuous work, or other physically demanding activities the day of or even the day prior to the test.
- Spend time warming up and stretching just prior to starting the test.
- Dress appropriately for the test.
- Non-marking athletic shoes are mandatory.

### SUGGESTED EXERCISES

- Walk/jog/run in intervals, alternating your pace, for every minute at a challenging pace, recover for 2 minutes at a slower, easy pace.
- Run up a hill in intervals. Choose a steepness that provides a significant challenge as tolerated, then walk down and repeat.
- Run up and down actual stairs/bleachers.
- Do Burpees, Squats, Pushups, and Sit-ups.
- Upper body weight training for 80-pound sandbag carry and 165-pound dummy drag.

To make it simple, add exercises that are applicable to the obstacles presented by the course.

## ABOUT THE PAT

*The Physical Abilities Test (PAT)* is designed to test a person's physical strength, muscular endurance, coordination, and agility by performing basic physical tasks that professional police officers will use throughout their career. Passing this test demonstrates the applicant possesses the minimum physical ability level to perform the duties of a police officer.

The applicant will be given the opportunity to practice the PAT during **Phases I, II and III** of the hiring process, during which an in-depth background investigation will be conducted.

The PAT will be described and demonstrated to the applicants before their participation. Applicants will be given time to practice test components within each station.

Applicants must perform all activities at each station within the defined protocol and pass the physical abilities test to continue the police officer hiring process.

*The physical abilities test is strenuous.* Each applicant must sign a waiver form releasing liability prior to testing. Any potential medical concerns should be discussed with a qualified medical professional before attempting the test, at the applicant's own expense.



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# Police Officer PHYSICAL ABILITIES TEST



# COMPONENTS

## TEST

### MOBILITY/AGILITY RUN - 372 yards

**Purpose:** To test the applicant's physical coordination, agility, muscular endurance, aerobic endurance, and the applicant's ability to change direction and make stride adjustments.

**Related Job Tasks:** Police officers must have the physical ability to pursue suspects while navigating obstacles.

**Procedure:** The applicant is required to navigate the Mobility/Agility course six times. The Mobility/Agility Run resembles a figure eight and will be clearly marked. During the six laps of the Mobility/Agility Run, the applicant will be required to change directions, change strides, negotiate stairs, hurdle low barriers and vault over a bar.



### MODIFIED SQUAT THRUST AND STAND USING RAIL VAULT

**Propose:** To test the applicant's physical agility, and overall body stamina.

**Related Job Task:** Police officers must have the ability to maintain high levels of exertion in times of emergencies.

**Procedure:** After each lap, the applicant will begin this station lying on his/her back on the mat adjacent to the rail vault. The applicant will stand up completely. The applicant may not use the rail to assist in standing. Once the applicant is standing he/she will vault over the three-foot high rail to the other side. The applicant can use the rail for assistance to get over the bar. Once on the other side, the applicant will touch his/her chest to the mat. This process will be repeated after each lap until the applicant has completed three touches to the back and three touches to the chest.



### 80-POUND TORSO BAG CARRY – 50 feet

**Purpose:** To test the applicant's upper body strength and muscular endurance.

**Related Job Task:** Police officers must have the ability to lift and carry suspects, prisoners, and victims.

**Procedures:** The applicant will lift and carry an 80-pound torso bag a total distance of 50 feet: 25 feet to and around a marker, and

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The combined distance for all four components of the test is 440 yards.

then 25 feet back to a finish line. Do not place bag on your shoulder. During the task, the bag can be placed on the floor and re-lifted as often as necessary to complete the 50-foot distance. **Do not drop the bag at completion of component.**

The timed portion of the test is completed when the applicant crosses the finish line.

THE ABOVE LISTED STATIONS MUST BE COMPLETED IN FOUR MINUTES AND TWENTY SECONDS (4:20) OR LESS. THE TEST WILL BE SCORED ON A PASS/FAIL BASIS ONLY.



### 165-POUND DUMMY DRAG/CARRY – 25 feet

**Purpose:** To test the applicant's upper body strength, upper/lower body muscular endurance, and overall physical coordination.

**Related Job Tasks:** Police officers must have the ability to apprehend and control suspects and help injured officers to areas of safety.

**Procedure:** After completing the PAT, the applicant will move directly to the Dummy Drag/Carry area. After a 60-second rest period the applicant must drag a 165-pound dummy a distance of 25 feet. The applicant can use the under-the-arm technique, firefighter's carry and/or the straps to accomplish this task. The applicant will drag the dummy for 25 feet. Applicant must perform this task in a controlled and continuous manner. The dummy must remain elevated during the duration of the attempt. If the shoulders of the dummy touch the floor during the performance of the test there is an automatic three-second penalty each time it touches the floor

The dummy drag must be completed in 60 seconds.

**Applicants failing the dummy drag section fail the PAT and must redo the entire test on a different day.**

## Time Penalties:

- Any course cone or hurdle displaced by the applicant must be put back in its appropriate place before proceeding on the course.
- Missed "gate" (i.e. going inside a cone instead of around it on the course):  
First infraction = Warning;  
Subsequent infractions = Retrace steps and complete course correctly.
- Skipping any steps on the stairs: Must touch every step.  
First infraction = Warning  
Each subsequent infraction = + 3 seconds added to your finished time
- Grabbing the handrails to assist with going up and down the stairs:  
First infraction = Warning  
Each subsequent infraction = + 3 seconds

- Grabbing the bar to assist in standing during the modified squat thrust and stand: must stand without assistance  
First infraction = Warning  
Each subsequent infraction = + 3 seconds
- Dropping the sandbag will incur a 3 second penalty for each time it is dropped.

