

# Athens Clarke-County Police Department Physical Abilities Test (PAT)

The physical abilities test is designed to simulate actual tasks and physical abilities required of the job. The physical abilities test is to be conducted in a continuous flow manner that is time-dependent in order to determine the participant's level of physical readiness. Five primary components were identified and incorporated into the PAT in order to simulate physical requirements of an entry-level criminal justice officer:

1. Exiting a patrol vehicle and removing items from the trunk, to assess coordination and dexterity. This component represents basic motor skills/hand eye coordination needed to perform routine tasks.
2. A 220 yard run for endurance and cardiovascular condition.
3. A 110' obstacle course consisting of a 40" wall, three hurdles, a serpentine section, and a 27" low crawl to measure coordination and agility.
4. Dragging of a human form dummy weighing 150 lbs. a distance of 100' for strength.
5. Assuming of a proper firing position and dry firing a standard handgun six times in both the dominant and non-dominant hand.

The test is concluded when the participant re-enters the vehicle. The test is timed in order to evaluate the performance of the participant as satisfactory or non-satisfactory. The participant will need to complete the course within six minutes and twenty seconds (6:20) to obtain a satisfactory result. Distances and heights of the components comprising the PAT were determined through review of common rescue and pursuit documentation; as well as, common heights of obstacles encountered by criminal justice officers.

**IN THE EVENT YOU DO NOT PASS THE PHYSICAL ABILITIES TEST, YOU WILL BE GIVEN AN OPPORTUNITY FOR A RETEST AT THE NEXT AVAILABLE TEST DATE.**

## DESCRIPTION AND COURSE DESIGN OF THE PHYSICAL ABILITIES TEST

### **Task I: Exit Vehicle/Enter Trunk**

**Task Description:** The test begins with participant seated in a full size automobile, seat belt on, with hands at the 10 and 2 o'clock positions on the steering wheel. Around the participants waist is a pull-away flag belt with ribbons (flags) positioned over each hip. The key to the vehicle will be in the ignition. The vehicle trunk release is not to be used by the participant. A handgun and a flashlight are positioned in the front center part of the trunk. The trunk is closed and locked.

**ATTRIBUTES MEASURED:** Eye-hand coordination, reaction time, finger dexterity and flexibility.

### **Instructions**

1. On the command "go" the stop watch is started and the participant removes hands from steering wheel, unfastens seat belt, and removes the key from the ignition
2. Exit the vehicle (the vehicle door can be left opened)
3. Move to the back of the vehicle, insert the key and unlock and open the trunk
4. Immediately after opening the trunk the participant removes each flag with the opposite hand, from behind the back, and the flag belt is pulled away (letting the belt fall to the ground)
5. The handgun and the flashlight are removed from the trunk; the trunk is closed with the key remaining in the lock
6. Move to the bench/ chair or stool
7. Place handgun on bench/ chair, continue to hold flashlight
8. Immediately after placing the handgun on the nearby bench the participant proceeds with the flashlight in hand to the beginning of the 220 yard run.

### **Task 2: Run 220 yards**

**Description:** While carrying the flashlight the participant runs 220 yards on a flat surface to the entrance of the obstacle course. Distance will be clearly marked by orange cones or by some other highly visible object.

**ATTRIBUTES MEASURED:** Anaerobic capacity (muscular endurance)

### **Instructions:**

1. Run 220 yards with flashlight in hand
2. After completing the run, proceed to the entrance of the obstacle course
3. Continue to hold the flashlight

### **Task 3: Obstacle Course**

**Task Description:** Upon completion of the 220 yard run the participant passes through the pylons at the entrance to the obstacle portion of the course. Ten feet into the obstacle course the participant must climb over a 40-inch wall, followed by a series of three (24, 12 and 18 inch) hurdles five feet apart located 10 feet beyond the wall. Ten feet beyond the final hurdle, the participant encounters the first of nine pylons in a single row spaced five feet apart. The participant must serpentine through the pylons. Ten feet beyond the last pylon the participant must crawl under a 27-inch high, eight foot long low crawl area after which the participant stands, moves to the pylons located seven feet beyond the low crawl and drops the flashlight beside one of the pylons.

Note: If at any time, the participant knocks over a hurdle or pylon, they immediately stop and repeat that portion of the obstacle course.

**ATTRIBUTES MEASURED:** Mobility, anaerobic capacity (muscular endurance), flexibility and coordination.

#### **Instructions**

1. Climb over the 40-inch wall
  2. Climb over the series of three hurdles (24, 12 and 18 inches)
  3. Serpentine through the nine cones place in a single row
  4. Crawl under the hurdles (27-inches high)
  5. Drop baton/ flashlight after the low crawl, near the pylon
- Equipment  
Two cones to mark the exit

### **Task 4: Dummy drag**

**Description:** The participant then sprints 50 feet, grabs the 150-pound dummy and drags it 100 feet on a cut grass surface.

**ATTRIBUTES MEASURED:** Muscular endurance, strength/power, flexibility, agility.

#### **Instructions:**

1. Sprint 50 feet to where the dummy is positioned
2. Grab the dummy with a firm, safe grip
3. Drag the dummy 100 feet
4. Sprint 50 feet to the obstacle course

### **Task 5: Obstacle Course (Repeat of Task 3 in Reverse)**

**Task Description:** Upon completion of the dummy drag the participant sprints back to the pylons, picks up the flashlight and reverses course through the obstacles. After the wall climb the participant moves through the pylons and once again repeats the 220 yard run.

### **Task 6: 220 Yard Run (Repeat of Task 2)**

### **Task 7: Dry Fire Weapon**

**Task Description:** After completing the 220 yard run, the participant places the flashlight on the bench and picks up the hand gun. Then assumes a proper firing position and fires six rounds each using the dominant, then non-dominant hand.

**ATTRIBUTES MEASURED:** Strength/power, muscular endurance and finger dexterity.

#### **Instructions**

1. Place flashlight on the bench
2. Pick up handgun
3. Assume a firing position while keeping arms completely outstretched at shoulder height and parallel with the ground
4. Fire six rounds each using the dominant, then non-dominant hand

### **Task 8: Enter Trunk/Enter Vehicle (Repeat of Task 1 in Reverse)**

**Task Description:** After the participant fires the weapon (the trunk is opened) the weapon and flashlight are placed inside the trunk and the trunk is closed. The key is then removed, and the participant reenters the vehicle, closing the vehicle door, places the key in the ignition, re-fastens the seat belt and places both hands on the steering wheel, at which time the test ends.

#### **Instructions**

1. Pick up flashlight while still holding the handgun
2. Place items in the trunk
3. Close trunk and remove key
4. Reenter the vehicle
5. Close the vehicle door and place key in the ignition
6. Fasten seat beat
7. Place both hands on steering wheel

## Test Precautions

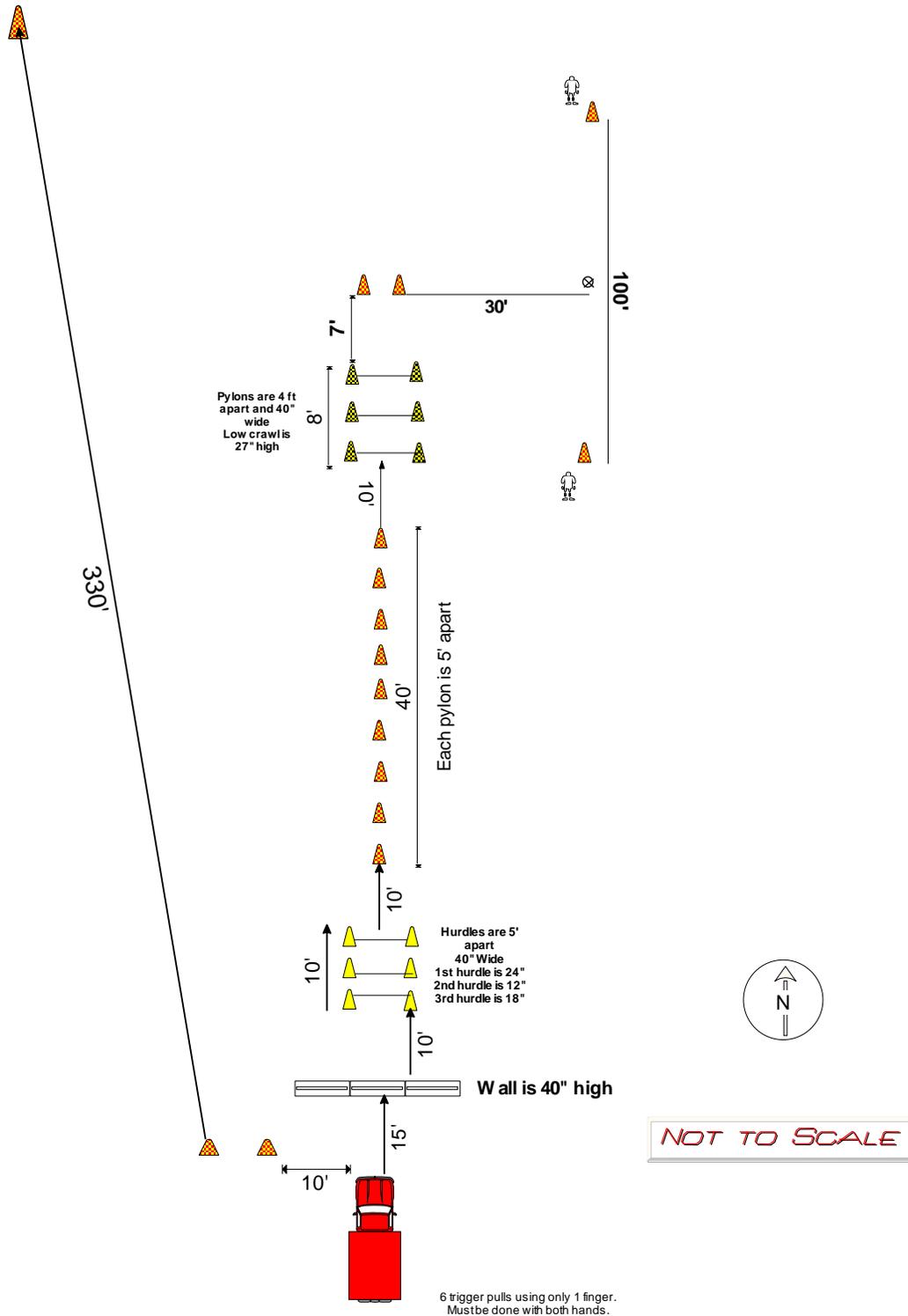
Successful completion of the Physical Abilities Test (PAT) demands a significant physical effort. Please prepare accordingly through appropriate training and exercise. Precautions should be taken to prevent any unnecessary injuries.

**To further ensure individuals safety, all participants must have proof of medical clearance in the form of the Athens-Clarke County Medical Waiver before taking this test. Failure to provide such proof will result in your inability to participate on that date. Medical waivers are valid for six (6) months from the date of examination.**

Participants should wear appropriate exercise clothing and athletic shoes are recommended. Participants are encouraged to warm-up before taking the test. Participants are encouraged to hydrate and are responsible for bringing their own water.

After completion of the Physical Abilities Test (PAT), if you should feel light-headed or dizzy, continue walking to provide a sufficient cool-down and prevent venous pooling of the blood in the legs. Some individuals may prefer to lie down after the test. To prevent fainting in this situation, the participant should lie on his or her back with feet in the air and pedal an imaginary bicycle to aid recovery.

# Physical Agility Test Course Layout with Dimensions



Exam starts and finishes with participant in the vehicle with the seatbelt fastened and hands on the steering wheel.