



# Physical Ability Test

2021 PRE-EMPLOYMENT PAT

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# Physical Ability Test



## Physical Ability Test (PAT) Course Description (Timed Completion Task):

- ▶ The course measures a total of 870 feet (290 yards/265.2 meters) (half court basketball court).
- ▶ There is a time limit of two minutes six seconds (2:06) – time starts on candidates movement from the starting line and ends when they pass the finish line.
- ▶ The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job tasks for law enforcement training.

## Running the Course:

- ▶ The candidate starts the course at a point, indicated on the course map,
- ▶ The candidate runs one and  $\frac{3}{4}$  laps around the perimeter of the course and enters the interior of the course at the point indicated on the course map,
- ▶ The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart,
- ▶ After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor and 5 steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide), candidate may skip steps going up but must touch each stair coming down.



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- ▶ Once the stair event is completed, another low hurdle must be cleared; the candidate must then successfully negotiate a low crawl under an obstacle set at two and a half feet above the floor,
- ▶ Make a turn and clear a ditch simulation that is six feet in width,
- ▶ After another turn, a chain-link fence (four feet in height) must be climbed,
- ▶ Two additional turns made, and a four feet high window must be successfully entered,
- ▶ The candidate must drag a 150-pound dead weight a distance of 20 feet,
- ▶ Finishing with one more running lap around the perimeter of the course.

## Penalties Assessed:

- ▶ +2 seconds for knocked down hurdles,
- ▶ +2 seconds for foot faults on "ditch simulation",
- ▶ 3 physical attempts "through the window" and "over the fence" before evaluator can offer run around.
- ▶ If a candidate skips stairs going down, they will be returned to the stair landing and repeat.

# Obstacle Course



## PHYSICAL ABILITY TEST

