

## **Physical Agility Test (PAT) Course Description:**

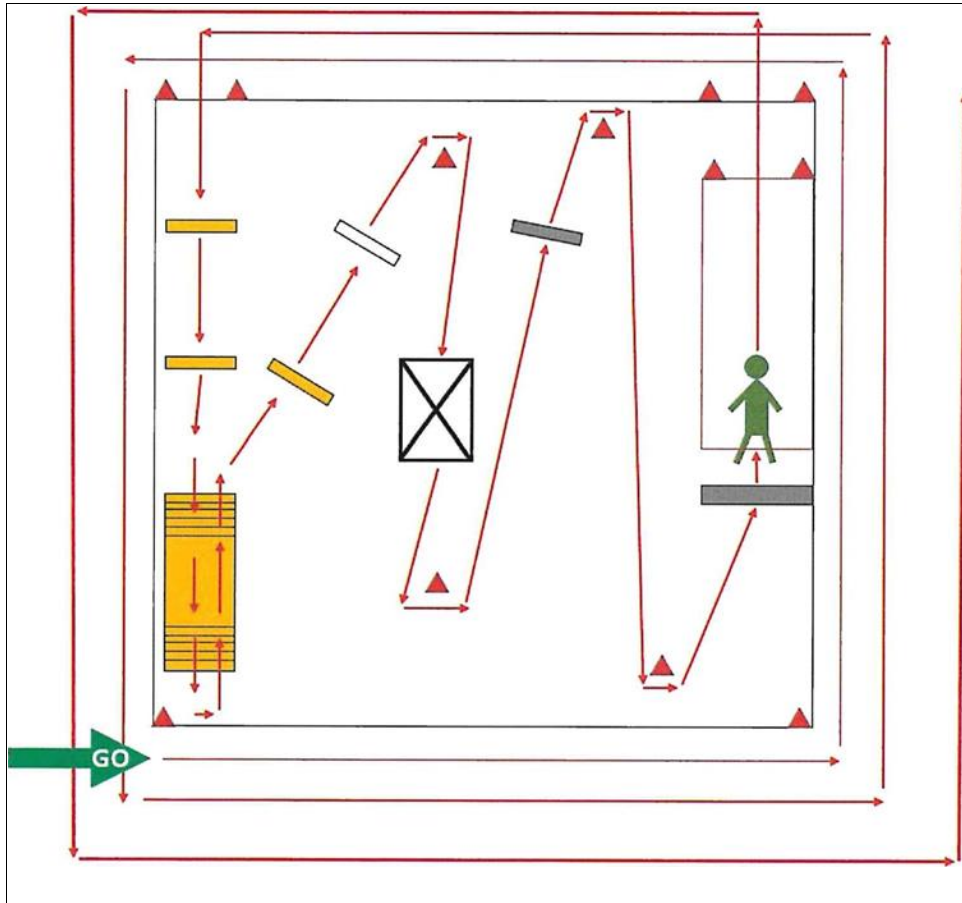
- The course measures a total of 870 feet (290 yards/265.2 meters) (half-court basketball court).
- There is a time limit of two minutes six seconds (2:06)—time starts on candidate's movement from the starting line and ends when they pass the finish line.
- The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job tasks for law enforcement training:
  1. Running
  2. Jumping (low hurdle)
  3. Climbing stairs
  4. Low crawling
  5. Jumping (broad-type)
  6. Climbing a fence (chain-link/four feet)
  7. Climbing through a window
  8. Moving/dragging a weight (150 lbs.)
  9. Changing direction on the run

## **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.

Figure 1: Physical Agility Test (PAT) Course Description

Applicants will be performing the above series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job tasks for peace officer training: Running



There is a time limit of two minutes six seconds (2:06 = 126 seconds)—time starts on candidates' movement from the starting line and ends when they pass the finish line.