

# **POLICE DEPARTMENT ENTRY-LEVEL PHYSICAL** **AGILITY TEST LAYOUT**

## **Examination Components**

The examination will require applicant to complete several specified physical tasks in a given sequence within the allotted time of 3 minutes. On test day, an applicant is only allowed to run the PAT once.

An orientation is conducted prior to testing. All applicants must participate in the orientation and walk through. No one will be allowed to take the test unless they fully understand what is expected of them.

1. To begin the examination, the candidate will be standing at a designated starting point waiting for the test to begin
2. The Monitor designated to the starting point will advise the candidate to run the course as described and ask if they fully understand how to run the course.
3. The monitor will then inform the applicant to begin the test.
4. The candidate runs 1 and  $\frac{3}{4}$  laps around the perimeter of the course then enters the course
5. The candidate will jump over two consecutive low hurdles
6. After clearing the hurdles the candidate will negotiate a set of stairs by climbing the stairs then going down the stairs , going around a cone and then going back up and then down the stairs. The candidate must touch at least 2 steps going up and 2 steps going back down.
7. After completing the stairs the candidate will jump over 1 low hurdle then negotiate a low crawl.
8. After the hurdle and low crawl the candidate will run around a cone then jump over a 6 foot wide simulated ditch
9. After clearing the ditch the candidate will run around a cone then negotiate a simulated 4 foot fence
10. After climbing the simulated fence the candidate will go around a cone then run the length of the course to the opposite end and go around another cone
11. The candidate will then climb through a simulated window
12. After climbing through the window the candidate will drag a 150 lb. dead weight dummy 20 feet
13. After dragging the dummy the candidate will exit the course and completes one final lap around the perimeter of the course. The candidates who is able to complete the entire course within the allotted amount of time passes the test.

### **Pass/Fail Criteria**

1. Non-completion of the course within the time limit will be a failure
2. Three failed attempts at an obstacle will not be a failure but will add time to the final course time. If this causes the candidate to go over the allotted course time then it will be a failure.

### **Time Penalties**

1. Failure to negotiate the low hurdles, low crawl or ditch jump in the described manner will be a 2 second penalty for each failure and added to the final course time.
2. Failure to negotiate the stairs, simulated fence or window will incur a “self-imposed penalty”. The candidate will be given three attempts at each of these obstacles to complete. After the third attempt a monitor will tell the candidate to walk around the obstacle then continue with the course. The time it takes to make three attempts and then walk around the obstacle will be the imposed time penalty for the final course time.
3. During the test a monitor will be on the course to insure that each obstacle is completed in the described manner. If the applicant misses an obstacle or does not perform the obstacle in the described manner the monitor will inform the applicant that they missed the obstacle or that it was performed incorrectly so it can be completed before continuing with the test.

PAT DIAGRAM

