

# Physical Ability Test Candidate Guide



## MISSION STATEMENT

*"The mission of the Midwest City Police Department is to provide law enforcement services, education, and leadership through community oriented policing."*

## **INTRODUCTION**

This guide has been developed to assist police officer candidates in preparing for the physical ability test (PAT). The PAT is designed to simulate the physical aspects of the police officer job. The PAT is administered, on a pass/fail basis, to screen out candidates who are not physically qualified to perform the job tasks associated with a police officer position for Midwest City Police Department

## **PAT OVERVIEW**

### **COMPONENTS AND CUT-OFF SCORES**

The PAT is a timed obstacle course. Applicants must complete the obstacle course in six minutes (6:00) or less.

### **TEST DESCRIPTION**

The PAT is designed to simulate pursuing and apprehending a suspect. A series of obstacles/tasks have been assembled to create a comprehensive assessment of the physical abilities necessary to perform the essential police officer job tasks. Following is brief description of the PAT and its component parts. Prior to starting the PAT, the candidate will put on a 12 lbs. weighted vest. This vest simulates the weight of an officer's protective vest and duty belt (outfitted with standard equipment). PAT is a series of obstacles. The candidate will run from one obstacle to the next, simulating a foot pursuit. Each of the obstacles/tasks is listed below.

1. Exiting a scout car
2. Climbing over a 6-foot fence
3. Climbing over a 4-foot fence
4. Crawling under a low obstacle
5. Hurdling a barrier
6. Leaping over an obstacle
7. Ducking-under an obstacle
8. Climbing hill (running up/down hill)
9. Dragging a weighted sled
10. Weaving around obstacles

All tasks will be timed continuously. Timing begins when the candidate is told to "start" from a seated position within the patrol vehicle (safety belt will be buckled and door will be closed). Timing will conclude once the candidate crosses the finish line. The total distance of this course is approximately one-half mile (~2400 feet).

## **PAT SPECIFICATIONS**

### **1) Exiting a scout car**

You will be outfitted with a weighted vest and instructed to sit in the driver's seat of the scout car with the seatbelt securely fastened, both hands on the steering wheel, and the driver's door closed. The proctor will instruct you to "go" and will begin timing you. You will unbuckle, open the vehicle door, exit and follow the course to the next station.

### **2) Climbing over a 6-foot fence**

You will run a distance of approximately 300 feet to a 6-foot fence obstacle. You will scale the fence, climb over it, and carefully dismount. The fence is constructed with a horizontal foothold 2-feet above the ground. You will be able to use this foothold like a step to help propel yourself over the wall. This fence is 6 feet tall.

### **3) Climbing over a 4-foot fence**

You will run a distance of approximately 100 feet to a 4-foot fence obstacle. You will scale the fence, climb over it, and carefully dismount. You will not be allowed to hurdle/jump over this obstacle. This fence is approximately 50 inches tall.

### **4) Crawling under a low obstacle**

You will run a distance of approximately 60 feet to a low-crawl obstacle. You must crawl (on hands and knees) or army crawl (elbows and knees) underneath the wooden boards. You may not stand up until you have exited the obstacle.

### **5) Hurdling a barrier**

You will run a distance of approximately 45 feet to a barricade obstacle. You must go over the top of the obstacle by side hurdling (placing hands on top of the barricade and propelling your legs and body over the obstacle to one side of your arms) or climbing over it. This obstacle is 36 inches tall.

### **6) Leaping over an obstacle**

You will run a distance of approximately 25 feet to a "leap" obstacle. The purpose of this obstacle is to simulate leaping over a gulley or ditch. You must jump over the lines that are stretched across the path. The lines are 36 inches apart.

### **7) Ducking-under an obstacle**

You will run a distance of approximately 60 feet to the duckunder obstacle. You must crouch down and under the lower beam of the obstacle. You may not slide under this obstacle. The height of the lower beam is 3 feet and the obstacle is approximately 6 feet wide.

### **8) Climbing hill (running up/down hill)**

You will run a distance of approximately 200 feet to a hill. You will ascend and descend the hill one time. A path will be created on a hill so you know where your start and end point will be.

### **9) Dragging a sled on the ground**

You will run a distance of approximately 360 feet to a weighted sled. The sled will have 180 pounds on it. You will drag the sled across the marked line, 15 feet away, using the harness.

### **10) Weaving around obstacles**

You will run a distance of approximately 230 feet to the weave obstacle. You will follow the marked path on the ground to weave around the cones. After completing this obstacle, you will continue running along the marked path to the finish line. Once you cross the finish line, the timer will be stopped. The entire course, from start to finish, is approximately 2400 feet (slightly less than one-half mile).

### **CANDIDATE WALK-THROUGH AND ORIENTATION**

You will be given a brief orientation prior to completing the PAT. During the orientation you will have a chance to view the course and ask any questions regarding the PAT. During the PAT, a proctor will be present to guide you, answer questions and correct any unwanted behavior.

## **TEST DAY TIPS**

- The time you take to complete any specific component is irrelevant; only your cumulative time of the PAT will be recorded. Should you perform one of the tasks incorrectly; the test proctor will guide you as to how to correct your actions—though ultimately it is your responsibility to understand the course and the sequence of events.
- You will wear a weighted vest during the entire PAT. The weight of this vest is equivalent to the weight of a standard-issue duty belt and protective vest. Make sure the vest fits comfortably at the start of the test. It will be to your advantage to train/prepare for the PAT with the weight of the vest in mind.
- Applicants are strongly encouraged to wear athletic shoes (sneakers) and weather-appropriate attire, as the course is outside. You will be performing physical acts that demonstrate strength, agility and endurance, and it is important to be outfitted in attire that does not hinder your performance. Due to the nature of the tasks you will perform, please expect that you will get dirty.
- You will increase your chances of obtaining a passing score if you spend time preparing for the test. The timed portion of the PAT is nearly one-half mile long, so cardiovascular fitness is essential. You should practice running one-half mile and simulate as many of the events as you can prior to participating in the PAT.
- Get a good night's sleep before the exam. Try to ensure that you are in the best possible condition both physically and mentally on the day of the exam.
- Bring water and necessary snacks with you. You may be required to wait prior to your turn to complete the PAT.
- Make all necessary arrangements to ensure that you arrive early at the test site. You may need to make advance arrangements for such things as a ride to the test site or childcare. It would also be wise to anticipate poor weather or traffic delays in traveling to the test site and to allocate extra travel time to ensure an early arrival even with delays. Give yourself ample time to settle in at the test site.
- **The more confident you are in your abilities, the more likely you are to do well on the test.**