

Van Buren Police Dept

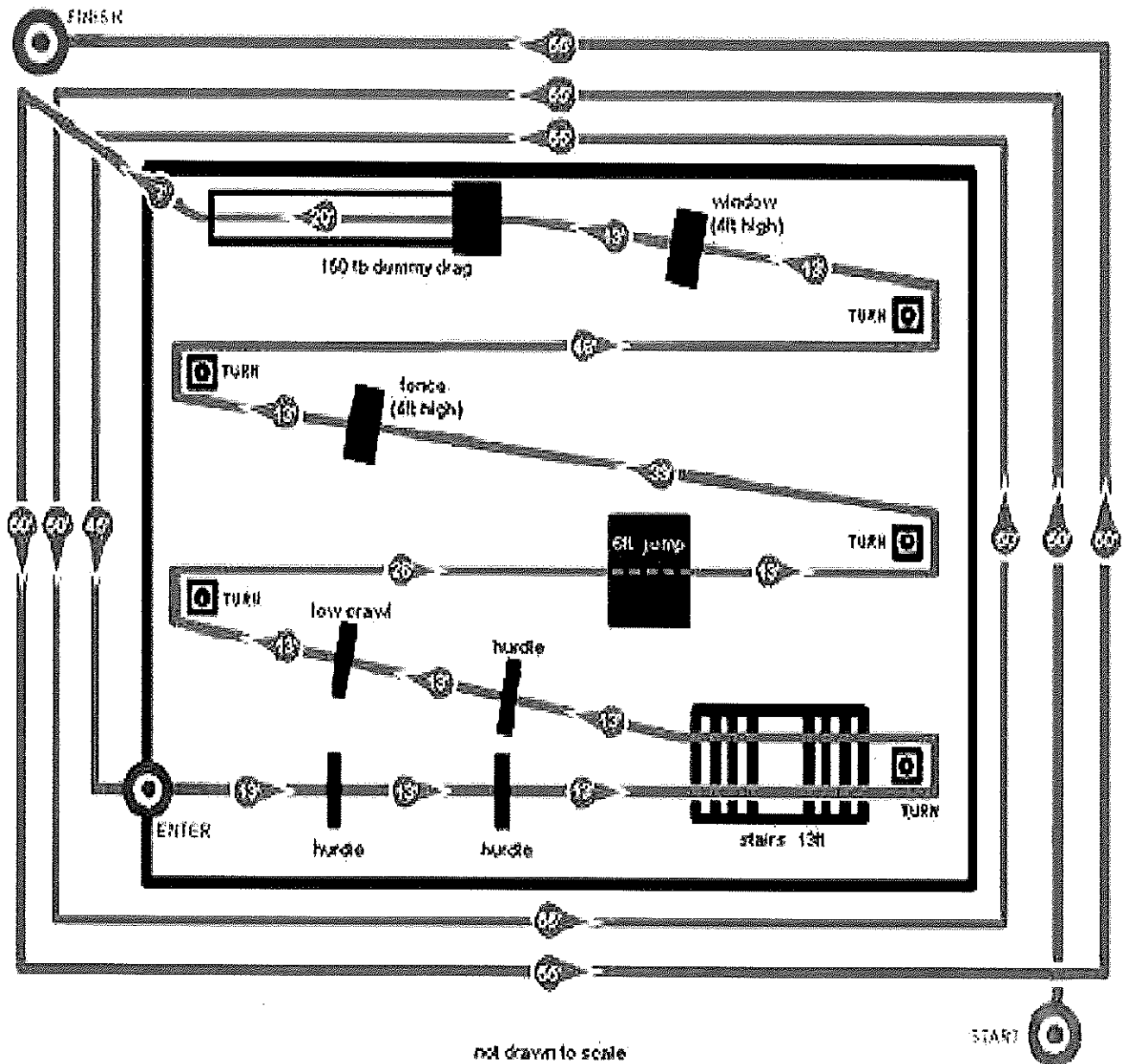
Physical Ability Test

The participant starts the course at a point, indicated in green on the course map.

The course is outlined as such:

- The participant runs one and $\frac{3}{4}$ laps around the perimeter of the course
- 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 five steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide). The participant must touch at least 2 steps going up and 2 steps coming back down.
- Once the stair event is completed another low hurdle must be cleared; the student must then successfully negotiate a low crawl under an obstacle set at 2 $\frac{1}{2}$ 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-foot high window (opening is 3' wide x 4.5' high) must be successfully entered.
- The participant must then drag a 150-pound dead weight a distance of 20 feet.
- After the weight drag, the participant exits the course, completes one final lap around the perimeter and finishes at the point indicated in red on the course map.

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Physical Ability Test (PAT) Protocol

The orientation will consist of the following:

- an explanation of the course;
- an explanation of the purpose of the course;
- an explanation of the success criteria for the course, and;
- a demonstration by an Academy staff member or designee of the course.

Participants will be allowed to ask for clarification of any issue concerning the course prior to beginning. Participants will be queued prior to participation in the order in which they scheduled the test. Each Participant will be allowed two attempts to complete the PAT. In the event of a failed first attempt, a second attempt will be allowed after a brief rest period

Staff Protocol

Only VBPD staff members who are experienced in the conduct of the PAT will be allowed to conduct the course or act as spotters. Two (2) VBPD staff members (one [1] per participant) will be required to oversee, direct and time the participants on the PAT course and act as spotters. Two (2) participants may be on the course simultaneously in a staggered manner. One (1) VBPD staff member will be responsible for accurately recording each participant's performance result, recording each participant ability result (e.g., the failure to negotiate any/all obstacles).

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VBPD staff members will be assigned to act as spotters at the following obstacles that have been identified as prone to cause injury due to poor execution:

- the stair climb;
- the chain-link fence, and;
- the wall/window.

The staff member assigned as the spotter at the wall/window is also responsible for the retrieval and placement of the 150 lbs. dummy. VBPD staff members assigned as spotters are NOT to assist any student with the execution of the obstacle, but to provide safety assistance to mitigate the possibility of injury.

The Course

The standard for successful completion of the PAT will be for the participant, unassisted during the event, to complete the course in two minutes and six seconds (2:06).

A time penalty (two [2] seconds added) for failure to negotiate the low crawl or the ditch jump will be imposed and added to the participant's cumulative score. Failure to negotiate any obstacle and/or to stop continuous motion will NOT constitute a "failure".

Participants will be allowed three (3) attempts to successfully negotiate obstacles (e.g., stairs, fence, wall/window). At each failed attempt, the staff member will tell the participant to back-up to a designated point in attempt to gain momentum to negotiate the obstacle. Following a third failed attempt at a given obstacle, the participant will be instructed to walk around the obstacle and finish the course in order for the participant's time to be recorded for purposes of the comparison of performance (time) to ability (non-negotiation of obstacle[s]).

A minimum of three (3) VBPD staff members will be required to conduct the PAT course. The duties of the assigned staff are as follows:

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- Two (2) VBPD staff members will serve as course guides, timekeepers and spotters.
- One (1) VBPD staff member will serve as the time recorder, participant coordinator.
- VBPD staff members will also serve as spotters at selected obstacles (stair climb, chain link fence and window/solid wall) – spotters are critical to the maintenance of safety.
- Spotters will NOT assist the student with the execution of the obstacle, but will provide safety assistance to mitigate the possibility of injury.
- All PAT results will be recorded in the physical training results database for purposes of analysis.

The course will remain set up at the parking lot just north of the VBPD patrol lot.

Course Description:

The course measures a total of 870 feet (290 yards/ 265.2 meters). The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that are viewed as being essential (physical) job-tasks for law enforcement training:

- running;
- jumping (low hurdle);
- climbing stairs;
- low crawling;
- jumping (broad-type);
- climbing a fence (chain-link/four feet);
- climbing through a window;
- moving/dragging a weight (150 pounds);
- changing direction on the run.

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Time Penalty Methods

There are two (2) time penalty methods employed throughout the conduct of the PAT. These are described and contrasted below.

1. At all obstacles (stair climb, chain link fence, window/solid wall), with the exception of the low crawl and ditch jump, each Participant is allowed a maximum of three (3) attempts to negotiate each respective obstacle – failing the third, the participant is instructed to walk around the obstacle and continue on the course. Most participants are capable of negotiating each obstacle on the first attempt. If, however, additional attempts are necessary, they are attempted while the clock is running and results, therefore, in a “self-imposed” time penalty.

2. The time penalty for failure to negotiate successfully the low crawl and ditch jump (six feet in length) is an added two (2) second penalty for each failure. These are “staff imposed” penalties. These penalties are added to the cumulative score (time) of a given student upon completion of the course.

Note: included in item #2 is a two (2) second penalty for failure to negotiate (knocking over) a low hurdle.