

**Sarasota County Sheriff's Office
Training Section**

**Physical
Abilities Test**



Physical Abilities Test

Instructions

1. Tests are scheduled only through the training section.
2. Bring completed medical authorization as furnished.
3. Report at least 15 minutes prior to your scheduled appointment.
4. You are responsible for completing a suitable warm-up prior to beginning test.
5. Wear appropriate exercise/workout clothing
6. Wear athletic shoes.

*To pass the test, you must successfully complete all components
in 6 minutes 4 seconds or less.
(effective 03/01/97)*

The following is a summary of what will be required for the "Physical Abilities Test" (PAT) you will take. Successful completion of this test is required prior to employment.

The PAT was designed to test physical attributes which reflect core enabling knowledge, skills and abilities and essential tasks common for law enforcement and corrections officers.

**PRIOR TO ADMINISTERING THE PAT, WE MUST HAVE THE
COMPLETED AUTHORIZATION FORM FROM YOUR PHYSICIAN.**

This form is provided as part of the application packet.

The tasks you will participate in are as follows:

1. Exiting Car/Entering Trunk
2. 220 Yard Run
3. Obstacle Course
4. Dummy Drag
5. Obstacle Course (repeat)
6. 220 Yard Run (repeat)
7. Weapon Fire
8. Enter Trunk/Enter Car

The test is conducted in a continuous fashion resulting in a total composite score which provides a simple pass or fail rating.

Description of Tasks

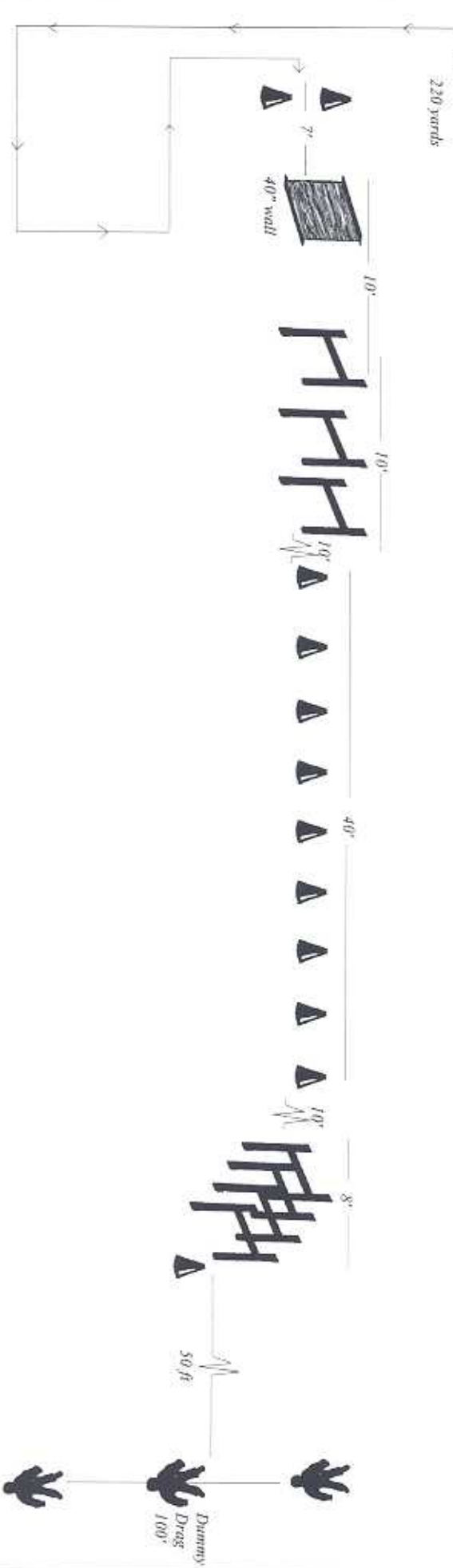
1. **Exit Car//Enter Trunk:** Applicant is seated in a car with seat belt on and hands at the 10 and 2 o'clock positions on the steering wheel. Around the applicant's waist will be a special "pull away flag belt". On the command "GO", do the following:
 - a. Unfasten seat belt
 - b. Open glove box and remove key found inside
 - c. Exit vehicle, leaving glove box and car doors open
 - d. Move to back of car and open trunk with key
 - e. Touch each flag on belt with opposite hand from behind the back and pull belt away, letting it fall to the ground (e.g., left hand at flag on right hip, and right hand on flag at left hip)
 - f. Remove weapon and flashlight from trunk
 - g. Close trunk, leave key in lock
 - h. Place weapon on nearby bench
 - i. Proceed with flashlight in hand to beginning of 220 yard
2. **220 Yard Run:** Carrying the flashlight in your hand, run 220 yards to the entrance of the obstacle course.
3. **Obstacle Course:** After completing the run, do the following:
 - a. Pass through pylons at entrance
 - b. Climb 40 inch wall
 - c. Jump 3 hurdles (24, 12 and 18 inches)
 - d. Serpentine through nine pylons spaced 5 feet apart
 - e. Crawl under a 27 inch high, 8 foot long low crawl area
 - f. Stand and move to next pylons
 - g. Place flashlight next to one of the pylons (If any hurdles/pylons are knocked over, stop and repeat that portion of the course)
4. **Dummy Drag:** After placing the flashlight next to the pylon as described above, traverse 50 feet to the dummy, grab the 150 pound dummy and drag it 100 feet across the grass. (Note: The dummy cannot be picked up, it MUST be dragged.)
5. **Obstacle Course:** (Repeat of #3 in reverse) Sprint back to the pylons, pick up the flashlight and complete the obstacle course in reverse:
 - a. Move to low crawl area and crawl back under the 27 inch high, 8 foot long segments
 - b. Serpentine back through the nine pylons
 - c. Jump hurdles (this time 18, 12 and 24 inches high)
 - d. Climb 40 inch wall
 - e. Proceed to 220 yard run

6. **220 Yard Run:** (repeat of earlier run) Run back along the 220 yard course.
7. **Weapon Fire:** After the run proceed to the bench near the car and do the following:
 - a. Place flashlight on bench
 - b. Pick up weapon
 - c. Assume firing position (arms completely outstretched and parallel to ground)
 - d. Fire six rounds using dominant hand
 - e. Fire six rounds using non-dominant hand (firing will be dry fire - without necessity to reload)
8. **Enter Trunk/Enter Car:** (Repeat of earlier task in reverse)
 - a. Open trunk
 - b. Place weapon and flashlight in trunk
 - c. Close trunk - remove key
 - d. Re-enter vehicle and close door
 - e. Place key in glove box and close door
 - f. Re-fasten seat belt
 - g. Place hands on steering wheel at 10 and 2 o'clock positions at which time the test ends.

Special note for corrections officer applicants: Prior to reporting for PAT, you will be required to wear and breath through a "self-contained breathing apparatus" (SCBA) which is similar to that used by fire departments. It consists of a harness, large air tank and full face mask. The applicant will be required to lift and put on the SCBA, then breath through the unit for five minutes while in a seated position. Once this is accomplished, applicants will proceed to the PAT test site.



Physical Abilities Test Course



Physician's Clearance to Test Form

Agency Name: Sarasota County Sheriff's Office

Name of Applicant: _____

Dear Physician:

The purpose of this communication is to inform you of the above-named individual's intentions with regards to participation in the pre-employment physical abilities test for the above-named agency. We are aware of the fact that strenuous physical activity may be inadvisable for some individuals. As such, we request that you indicate whether the above-named applicant has any medical condition or disorder that would preclude participation. It must be emphasized that we are not asking you to assume responsibility for the applicant while participating in this test. Rather, we merely want to have as much information as possible when making decisions concerning applicability of testing.

The testing program will consist of a series of physical abilities tests. The battery of job-related field tests is intended to be completed in the fastest possible time and will require maximum effort by the applicant. Tests are designed to measure balance, muscular endurance and strength, flexibility, anaerobic power and capacity, fine motor skill and aerobic power. Tests will include two 220 yard runs, dragging a 150 pound object 100 feet, jumping over obstacles (12-24 inches high), climbing over a wall (40 inches high), two 50 foot sprints and movement around a series of pylons.

Additionally, corrections officer applicants, while in a seated position, will be required to wear and breathe through an "MSA" air mask for five minutes.

Ultimately, the primary goal of this testing is to determine whether the applicant is capable of performing minimum standards appropriate to this agency.

**I have examined this applicant and his/her medical history,
and based upon my evaluation I recommend that:**

_____ Participation is not advisable at the present time. (If you advise against participation, please do not disclose the applicant's medical condition on this form.)

_____ Within a reasonable degree of probability, no medical condition or disorder exists which precludes this applicant from participation in the physical abilities tests as described.

Signature of Physician _____ Date _____

Physician Name (print) _____

Address _____

Office Telephone _____ State License Number _____

Thank you for your cooperation.

Agency Representative _____ Telephone Number **941-951-5800**

This form is only valid for 45 days from the date of the physician's signature.