

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 Vehicle/Entering Rear Hatch
2. 220 Yard Run
3. Obstacle Course
4. Drag 150 lb. object.
5. Obstacle Course (repeat)
6. 220 Yard Run (repeat)
7. Weapon Dry Fire
8. Enter Rear Hatch/Enter Vehicle

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 Vehicle/Enter Rear Hatch:** Applicant is seated in a vehicle with seat belt on and hands on the steering wheel. Around the applicant's waist will be a special "pull away flag belt". On the command "3,2,1 GO", do the following:
 - a. Unfasten seat belt.
 - b. Open glove box and remove key found inside.
 - c. Exit vehicle, leaving glove box and vehicle doors open.
 - d. Move to back of vehicle and open hatch.
 - e. Touch each flag on belt with opposite hand from behind the back and pull flag 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 baton from rear of vehicle.
 - g. Close hatch, leave key in rear of vehicle.
 - h. Place weapon on top of rear tire.
 - i. Proceed with baton in hand and begin a 220-yard run.
2. **220 Yard Run:** Carrying the baton 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 cones at entrance.
 - b. Climb 40-inch wall.
 - c. Step over 3 hurdles (24, 12 and 18 inches)
 - d. Serpentine through nine cones spaced 5 feet apart.
 - e. Crawl under a 27-inch high, 8-foot-long low crawl area.
 - f. Place baton next to one of the cones at the end of the low crawl (If any hurdles/cones are knocked over, stop, and repeat that portion of the course).
4. **150 lbs. Object Drag:** Run 50 feet to the location of the 150-pound object and drag it 50 feet across the grass.
5. **Obstacle Course:** (Repeat of #3 in reverse) Sprint back to the cones, pick up the baton and complete the obstacle course in reverse:
 - a. Crawl back under the 27-inch high, 8-foot-long segments.
 - b. Serpentine back through the nine cones.
 - c. Step over 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 Dry-Fire:** After the run proceed to the rear of the vehicle and do the following:
 - a. Place baton on top of the tire.
 - b. Pick up weapon.
 - c. Assume firing position (arms completely outstretched and parallel to ground).
 - d. Dry fire six rounds using dominant hand.
 - e. Dry fire six rounds using non-dominant hand.
8. **Enter Rear Hatch/Enter Vehicle:** (Repeat of earlier task in reverse)
 - a. Open hatch.
 - b. Place weapon and baton in rear of the vehicle.
 - c. Close hatch - remove key.
 - d. Re-enter vehicle and close door.
 - e. Place key in glove box and close glove box.
 - f. Re-fasten seat belt.
 - g. Place hands on steering wheel at which time the test ends.

PHYSICAL ABILITIES TEST

BEGIN AND END TEST IN VEHICLE

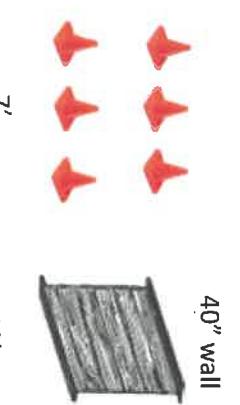


Place gun on rear tire

Begin 220 yard run

40" wall

Hurdles



10'



40'



10'

Low Crawl



8'

50 ft. 150 lb object drag.



Repeat course in
reverse