

Physical Ability Test Candidate Guide



Oklahoma City Police Department



INDUSTRIAL/ORGANIZATIONAL SOLUTIONS
PUBLIC SAFETY SELECTION EXPERTS

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 in Oklahoma City (OKC).

PAT OVERVIEW

COMPONENTS AND CUT-OFF SCORES

The PAT is comprised of two parts; Part I is a timed obstacle course. Applicants must complete Part I in six minutes (6:00) or less to move on to Part II. Part II consists of two pass/fail components. First candidates will be required to hold a simulated handgun inside a ring for a duration of 30 seconds. Next, candidates will have to correctly identify the picture of a suspect that they viewed immediately prior to beginning Part I. The two parts of the PAT are described in detail below.

Failure to complete either part of the PAT will result in the candidate being disqualified.

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 completing Part I, the candidate will don a 13 lbs. weighted vest. This vest simulates the weight of an officer's protective vest and duty belt (outfitted with standard equipment). The candidate will also be shown a randomly selected image of a "suspect." The candidate will be required to recall/identify this suspect at the conclusion of the PAT.

Part I of the 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 stairs (two separate stair cases)
9. Dragging a human-form dummy to the ground
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).

Immediately after completing Part I, the candidate will pick up a simulated handgun. The candidate will be required to hold the handgun, with his/her hands outstretched, inside a one-foot ring for a duration of 30 seconds. The candidate’s hands must not touch the ring during this task; if they do, the candidate will be disqualified.

Following the handgun hold, the candidate will be directed to view a series of suspect images. The candidate will be required to select the image that corresponds to the image that was viewed prior to Part I of the PAT. If the candidate fails to select the correct image, he/she will be disqualified.

PAT SPECIFICATIONS

Part I – Timed Portion

1) Exiting 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) 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) 4-foot fence

You will run a distance of approximately 170 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) Crawl

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 criss-crossed ropes. You may not stand up until you have exited the obstacle.



5) Hurdle

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 it (placing hand(s) 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 33 inches tall.



6) Leap

You will run a distance of approximately 25 feet to a “leap” obstacle. The purpose of this obstacle is to simulate leaping over a gully or ditch. You must jump over the lines that are stretched across the path. The lines are 3.5 feet apart.



7) Duck-Under

You will run a distance of approximately 60 feet to the duck-under 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 8 feet wide.

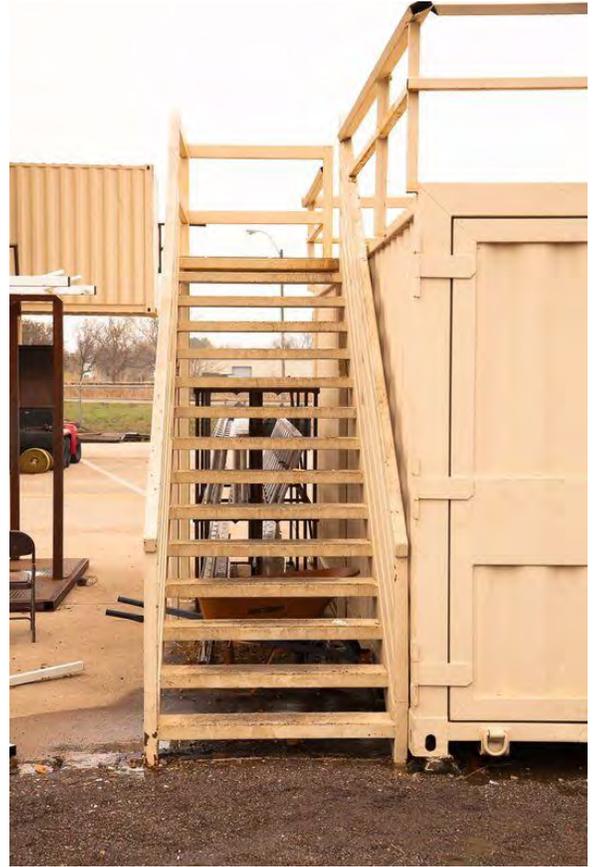


8a) Stair Climb

You will run a distance of approximately 200 feet to the first flight of stairs. You will run up 14 stairs, across the roof and touch the marking on the wall of the structure ahead of you. You will then descend the same 14 stairs. This simulates climbing up and down one flight of stairs.

8b) Stair Climb

You will run a distance of approximately 150 feet to the second flight of stairs. You will run up 14 stairs, turn right, and move across the roof and touch the marking on the wall of the structure ahead of you. You will then descend the same 14 stairs. This simulates climbing up and down a second flight of stairs.



9) Dummy Drag (Subdue)

You will run a distance of approximately 360 feet to a human-form dummy in a seated position. The dummy weighs 185 pounds. You will drag the dummy from the seated position to the ground. The dummy is wearing a harness to provide you with handholds by which to grab the dummy. Once the dummy is on the ground, you will drag it across the marked line, 15 feet away, using the harness. This obstacle simulates wrestling a suspect to the ground and subduing him.



10) Weave

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).



You will be required to complete Part I of the PAT in six minutes (6:00) or less. This time was determined to be the minimally acceptable standard for an incumbent police officer. If you complete the course in six minutes or less, you will move on to Part II. If you are unable to complete Part I or require more than six minutes to do so, you will be disqualified from the PAT.

Part II – Untimed Portion

Gun Hold

Immediately after completing Part I, you will pick up a simulated handgun and be instructed to hold the handgun, with both hands, inside of a one-foot diameter ring. The ring will be adjusted to the proper height based on your height. Once the ring height is adjusted, the timer will start. You will be required to hold the gun inside the ring for a duration of 30 seconds without touching the ring. If you remove your hands from the ring or touch the ring prior to 30 seconds, you will be disqualified.

Suspect Identification

Following the Gun Hold, you will view a series of images containing the faces of “suspects.” You will be required to select the “suspect” that matches the image you were shown prior to Part I of the PAT. If you select the correct image, you will have passed the PAT. If you fail to select the correct image, you will be disqualified from the PAT.

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 on Part I 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.