

# MARCO ISLAND POLICE DEPARTMENT

## PHYSICAL ABILITIES TEST INSTRUCTIONS

The Physical Abilities Test (PAT) was designed to assess physical attributes which reflect core enabling knowledge, skills and abilities and essential tasks common for law enforcement, corrections and correctional probation officers. The PAT is to be conducted in a continuous flow manner that is time dependent in order to determine the participant's level of physical condition and aerobic capacity. The PAT measures specific physical abilities through a series of tasks which are listed as follows:

1. Exiting vehicle/open trunk
2. 220 yard run
3. Obstacle course
4. 100 foot run (in lieu of dummy drag)
5. Obstacle course (repeat)
6. 220 yard run (repeat)
7. Dry fire weapon
8. Place items in trunk/enter vehicle

### **Task 1:**

The test begins with applicant seated in a full size automobile, seat belt on, with hands at the 10 and 2 o'clock positions on the steering wheel. Around the applicant's waist is a pull away flag belt with flags positioned over each hip. Trunk key is placed in the vehicle glove box which is in the closed position. The vehicle trunk released is not to be used by the applicant. A handgun and a baton/flashlight are positioned in the front center part of the trunk. The trunk is closed and locked. On the command "GO" the stop watch is started and the participant removes hands from the steering wheel, unfastens seat belt, opens glove box and removes key. Exit vehicle (the glove box and door are left open). Move to the back of the vehicle and insert key and unlock and open trunk. Immediately after opening the trunk the participant touches each flag with the opposite hand, from behind the back, and the belt is pulled away (letting the belt fall to the ground). The handgun and the baton/flashlight are removed from the trunk; the trunk is closed with the key remaining in the lock. Move to the bench or stool. Place handgun on the bench or stool, continue to hold flashlight/baton. Immediately proceed with flashlight/baton to the beginning position of the 220 yard run.

### **TASK 2:**

While carrying the flashlight/baton the applicant runs 220 yards on a flat surface to the entrance of the obstacle course.

### **TASK 3:**

Upon completion of the 220 yard run the applicant passes through the pylons at the entrance of the obstacle portion of the course. Ten feet into the obstacle course the participant must climb over a 40 inch wall, followed by a series of three (24, 12, and 18 inch) hurdles five feet

apart, located 10 feet beyond the wall. Ten feet beyond the final hurdle, the applicant encounters the first of nine pylons in a single row spaced five feet apart. The applicant must serpentine through the pylons. Ten feet beyond the last pylon the participant must crawl under a 27 inch high, eight foot long low crawl area after which the applicant stands, moves to the pylons located seven feet beyond the low crawl and drops the flashlight/baton beside one of the pylons. (NOTE: if at any time, the applicant knocks over a hurdle or pylon they immediately stop and repeat that portion of the obstacle.)

**TASK 4:**

The applicant then sprints 50 feet to a pylon, and sprints 100 feet to another pylon.

Upon the completion of the 100 foot run, the participant sprints back to the pylons by the low crawl, picks up the flashlight/baton and reverses course through the obstacles. After the wall climb the participant moves through the pylons and once again repeats the 220 yard run.

**TASK 6:**

220 yard run. (Repeat of Task 2)

**TASK 7:**

After completing the 220 yard run, the applicant places the flashlight/baton on the bench and picks up the hand gun. Then assumes a proper firing position and fires six rounds each using the dominate, then non-dominant hand.

**TASK 8:**

After the applicant fires the weapon (the trunk is opened) the weapon and flashlight/baton are placed inside the trunk and the trunk is closed. The key is then removed, and the applicant reenters the vehicle, closing the vehicle door, places the key in the glove box, closes the glove box, re-fastens the seat belt and places both hands on the steering wheel, at which time the test ends.

**\*\* SUCCESSFUL COMPLETION OF THIS TEST IS A MAXIMUM TIME OF SIX MINUTES AND FOUR SECONDS.**

## **SELF-RESCUE SWIMMING VERIFICATION (S.R.S.V.) INSTRUCTIONS**

The S.R.S.V. will consist of a 100 foot swim and will take place in a pool **or** from a boat. In a pool, the swim test consists of jumping into the pool and swimming 100 feet. From a boat, the test consists of jumping in the water (ocean) and swimming 100 feet to the shoreline. There is a five minute time-limit for this test and the applicant must demonstrate the ability to swim 100 feet continuously without stopping, touching the bottom or the sides (in the case of pool being utilized). The applicant will be required to wear shoes (sneakers), shorts or pants, a shirt and a provided simulated duty-belt (8-pounds) during the swim test.