

Professional Development Plan Appendix C

The physical abilities test (PAT) is designed to simulate actual tasks and essential knowledge, skills and abilities required of the job. These skills were identified through job task analysis and a review of critical job responsibilities requiring physical proficiency. The PAT will be offered four (4) times a year for members wishing to participate in the Professional Development Plan.

The following is a summary of what will be required for the "Physical Abilities Test" (PAT) you will take. **Successful completion of all components in 6 minutes and 4 seconds or less.**

1. Exiting vehicle/Enter trunk
2. 220-yard run
3. Obstacle course
4. Dummy drag
5. Obstacle course (repeat)
6. 220-yard run (repeat)
7. Dry fire weapon
8. Place items in trunk/enter vehicle

Description of Tasks

1. **Exit Vehicle/Enter Trunk:** The test begins with applicant seated in a full-size vehicle, 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 ribbons (flags) positioned over each hip. Trunk key is placed in the vehicle glove compartment which is in the closed position. *The vehicle trunk release is not to be used by the applicant.* A handgun and a flashlight are positioned in the front center part of the trunk. The trunk is closed and locked. On the command "GO", do the following:
 - a. Remove hands from steering wheel, unfasten seat belt, open glove box and remove key
 - b. Exit the vehicle (the glove box and the vehicle door are left opened)
 - c. Move to the back of the vehicle and insert the key, unlock and open the trunk
 - d. Immediately after opening the trunk, touches each flag/ribbon with the opposite hand, from behind the back, and the flag belt is pulled away, letting the belt fall to the ground (e.g., left hand at flag on right hip, and right hand at flag on left hip)
 - e. Remove the handgun and flashlight from the trunk
 - f. Close trunk with the key remaining in the lock
 - g. Move to the chair and place handgun on chair, continue to hold flashlight
 - h. Immediately after placing the handgun on the nearby chair, proceed with flashlight in hand to the beginning of the 220-yard run
2. **220 Year Run:** While carrying the flashlight, run 220 yards on a flat surface to the entrance of the obstacle course.

3. **Obstacle Course:** Upon completion of the 220-yard run, do the following:
 - a. Pass through pylons at entrance
 - b. Climb over a 48-inch wall
 - c. Jump three hurdles (24, 12 and 18 inch)
 - d. Serpentine through nine pylons in a single row spaced five feet apart
 - e. Crawl under a 27-inch high, eight-foot-long low crawl area
 - f. Stand and place the flashlight beside one of the pylons

Note: If at any time, a hurdle or pylon are knocked over, immediately stop and repeat that portion of the obstacle course.

4. **Dummy Drag:** After placing the flashlight next to one of the pylons, sprint 50 feet, grab the 150-pound sled and drag it 50 feet across the grass.
5. **Obstacle Course:** (Repeat of task 3 in reverse) Sprint back to the pylons, pick up the flashlight and complete the obstacle course in reverse:
 - a. Crawl back under a 27-inch high, eight-foot-long low crawl area
 - b. Serpentine back through nine pylons in a single row spaced five feet apart
 - c. Jump three hurdles (24, 12 and 18 inch)
 - d. Climb over a 48-inch wall
6. **220 Yard Run:** (Repeat of earlier run) While carrying the flashlight, run back along the 220-yard course.
7. **Dry Fire Weapon:** After completing the 220-yard run, proceed to the chair near vehicle:
 - a. Place the flashlight on the chair
 - b. Pick up the hand gun
 - c. Assume a proper firing position (arms completely outstretched and parallel to the ground)
 - d. Fire six rounds each using dominant hand
 - e. Fire six rounds using non-dominant hand
8. **Enter Trunk/Enter Vehicle:** (Repeat of task 1 in reverse)
 - a. Pick up flashlight while still holding the handgun
 - b. Place items in the trunk
 - c. Close trunk and remove key
 - d. Reenter the vehicle and close door and
 - e. Place key in glove-box and close
 - f. Re-fasten seat beat
 - g. Place both hands on steering wheel at 10 and 2 o'clock positions at which time the test ends