

Physical Agility Test (PAT) Requirements

1. It is necessary to define and measure the physical abilities required of police work in a manner that is objective, practical and non-discriminatory. Although it may be infrequent that an individual be physically tasked as such, it is necessary to recognize the need for police officers to maintain a level of physical readiness.
2. Maintaining a minimal level of fitness is basic to the performance of duty in protecting the military installation, producing a healthy productive work force, and to maintain appearance in uniform.
3. This is a semi-annual PAT and will be performed by each police officer. The test must be taken once between January 1 and June 30 and once between 1 July and 31 December.
4. Passing the PAT is a condition of employment. The PAT will be administered by the installation site supervisor or his/her representative and will be maintained in their employee record book.
5. The events are validated through research conducted at various municipal agencies within the United States and the Cooper Institute. Each event is an absolute standard, measuring the level of fitness essential to complete the job tasks required of the job, regardless of the participant's gender, age, or years of service. In other words, the absolute measurement accounts for the level of physical ability the position demands and for the safety of the officer.
6. The USMC standard requires employees to take the PAT semi-annually. As a hiring requirement, passing the PAT is a condition of employment. New employees must pass as a condition of employment. Persons not meeting PAT standards after hire will be placed on a monitored remedial program and must be in compliance within the next PAT period. Any subsequent failure within other PAT periods will be cause for termination. Exceptions for the PAT will only be granted based on determination by a medical authority (Pregnancy, injury, etc.) and will require temporary assignment to a non operational billet.

7. The events in the PAT must be taken sequentially, completed on the same day, allowing no more than 10 minutes between the end of one event to the start of another. If any event in the PAT is failed, the PAT is considered failed and all events must be performed again when the PAT is re-taken. The following events comprise the test and will be performed as stated:

a. Events

(1) 300 Meter Run: *Demonstrates anaerobic capacity used in high intensity baton and defensive tactics training, and is important for performing short, intense bursts of effort such as foot pursuits, rescues, and use of force situations.*

(a) Participants must complete the 300 meter run within 71 seconds.

(2) Crunches: *Demonstrate balance and core abdominal muscular strength and endurance which are used in self-defense and high intensity arrest-simulation training. Further, these muscles are important for performing tasks involving the use of force. It also helps to maintain good posture and minimize lower back problems.*

(a) Conducted on a level surface, participants start with knees bent, heels about 10 inches from buttocks, while lying flat on back. Arms are folded across and touching the chest with hands flat on upper chest or shoulders.

(b) Feet are held on the floor by partner.

(c) With hands in contact with the chest or shoulders, participant curls body up until the elbows touch the thighs, and then lowers himself/herself until the lower edge of the shoulder blades touch the floor.

(d) Start signaled by a timer and continues until one minute has elapsed.

(e) Resting may be done in either an up or down position.

(3) Push-ups: *Demonstrate upper body muscular strength and endurance of the upper body muscles in the shoulders, chest, and upper arms used in high intensity self-defense and arrest simulation training. This is important for*

the use of force involving pushing motion, breaking one's fall to the ground, use of the baton, etc.

(a) Participant will start in a "front-leaning rest" position. Both feet and palms are shoulder width apart. Back shall remain straight throughout the event. Feet may not contact a wall or other support surface. Feet and hands will remain in contact with the floor.

(b) While keeping the back straight, participant lowers entire body by bending elbows until back, shoulders, and upper arms are parallel to the floor.

(c) Return to starting position with elbows extended and arms and body straight. Start signaled by a timer and continues until two minutes have elapsed.

(d) Resting may be done in either an up or down position where the body is parallel and not touching the ground.

(4) 1.5 Mile Run: *Demonstrate cardio-respiratory endurance (or aerobic capacity) used in extended control and defensive tactics training. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use of force situations, etc.) and for minimizing the risk of cardiovascular health problems.*

(a) On a flat surface, run or walk 1.5 miles as quickly as possible. If appropriate and approved, the run can be completed on a treadmill that is able to accurately measure distance traveled in miles. If a treadmill is used, the participant will not be permitted to use their hands to hold onto the treadmill.

(b) At the starting line, participants will start when directed by the individual timing the event (using a stopwatch) and will be timed to the nearest second.

(5) 25 Foot Dummy Drag: *Demonstrates core strength and capacity used in defensive tactics training, and is important for rescues and use of force situations.*

(a) At the starting line, participants must move the dummy in a controlled manner for 25 feet.

(b) The dummy must be of average proportionate height and weight of an adult and weigh between 140 and 150 pounds.

b. Overall Score. The score will be pass/fail and is based on the completion of each event within the minimum criteria below:

300 Meter Run:	71.0 seconds
Crunches:	25 crunches/1 minute
Pushups:	20 pushups/2 minute
1.5 Mile Run:	16:28 minutes
Dummy Drag:	25 feet distance