



# **Physical Agility Test Candidate Preparation Guide**

## **Rock Island Police Department**



**INDUSTRIAL/ORGANIZATIONAL SOLUTIONS**  
PUBLIC SAFETY SELECTION EXPERTS

## INTRODUCTION

This guide has been developed to assist Rock Island's Police Department officer candidates prepare for the physical agility test (PAT).

The PAT is used to select individuals from a pool of candidates for police positions. Physical agility tests are widely used as a selection tool for police departments across the country. The PAT is designed to simulate the physical aspects of the police officer job. The PAT is made up of different components, with each component addressing a specific police officer skill or job task. Because the PAT so closely resembles the job of a police officer, it can be used both as an effective selection tool and as a means of maintaining a minimum level of job fitness. Since the PAT closely resembles the job, performance on the PAT should mimic performance on the job. As a result, we can use a candidate's score on the PAT to predict how that candidate might perform if he/she were selected to become a police officer. Passing scores on the PAT indicate that a candidate is more likely to be physically fit for the job.

This booklet describes the components and guidelines for the PAT. Section I explains the PAT components. Section II offers a course map to use to gain familiarity with the PAT.

## **Objectives of the Administration Guide**

There are several objectives that we would like to accomplish with the use of this preparation guide. They are outlined for you below.

### **1. To inform you of the rules governing the physical agility test process.**

This guide will provide you with information about what is expected of candidates and what they should expect of the testing process.

### **2. To help you become acquainted with the types of tasks included in the physical agility test.**

This preparation guide will provide you with a better understanding of the nature and format of the components that compose the RIPD Physical Agility Test. The test is designed to be a measure of an applicant's job-related physical agility. Applicants will be tested on multiple distinct physical agility test components.

### **3. To outline administrator responsibilities for the physical agility test.**

The administrators' responsibilities for the physical agility test are to time the test, observe candidate safety, and to guide candidates to their next event.

## SECTION I – PAT COMPONENTS AND ADMINISTRATION

### THE CUTOFF SCORE

The cutoff score for the physical agility test is **2 minutes 54 seconds (2:54)**.

Failure to complete the course successfully in the time allotted will result in the candidate being disqualified from further consideration.

The PAT consists of nine (9) components. All nine components are completed by police officer candidates and all components are timed collectively, with **2 minutes 54 seconds** being the pass/fail cutoff. Descriptions of all nine components are provided below.

### TEST DESCRIPTION

The Rock Island Police Department Physical Agility Test is designed to simulate pursuing/apprehending a suspect. A series of obstacles and tasks have been assembled to create a comprehensive assessment of the physical abilities necessary to perform the essential job tasks related to the simulation. The test consists of the following tasks/components:

- Exiting a patrol vehicle quickly
- A distance run
- Weaving around obstacles
- Crouching under obstacles
- Dropping one's body to the floor
- Climbing through a window frame
- Climbing over a 4ft obstacle
- Climbing up and down stairs
- Victim Rescue (Dragging a dummy)

All components will be timed continuously. Timing begins when the candidate's hands leave the steering wheel whilst seated in the patrol vehicle at the start of the PAT. Timing will conclude once both feet of the dummy passes the finish line.

Prior to beginning the test, candidates will be fitted with a weighted vest weighing approximately 6-8 pounds that must be worn throughout all portions of the course.

A course diagram has been included at the end of this guide to allow you to follow along as the obstacle course is discussed.

## COMPONENTS

### I. Patrol Vehicle Exit:



The candidate, wearing his/her vest, will sit in the driver's seat of a patrol vehicle, hands on the steering wheel, with the seatbelt securely fastened and the driver's door in the fully open position. The physical agility test will begin the moment the candidate's hands leave the steering wheel.

#### **Equipment needed:**

- 1 patrol vehicle

#### **Proctor's Role:**

- Ensure that the candidate is securely wearing vest.
- Ensure that all of the candidate's questions have been addressed prior to instructing the candidate to sit in the vehicle.
- Ensure that the candidate's seatbelt is securely fastened.
- Ensure that the vehicle's driver door is in the fully open position.
- After informing the candidate that he or she may begin when ready, start timing as soon as the candidate's hands leave the steering wheel.
- Ensure candidate's feet are placed inside the patrol vehicle.
- Ensure the candidate closes the door once they have exited. Failure to do so will require them to go back and close it before continuing the exercise.

## 2. Distance Run



After completing the vehicle exit, the candidate will run a total distance of approximately 200 yards. The candidate will run towards the south end of the parking lot, go around a barrel/cone and return to the north end, and repeat. Once the candidate has completed their second lap around the barrels, they will progress towards the obstacle weave component.

### **Equipment needed:**

- Two barrels/cones placed about 50 yards apart

### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Ensures that the candidate remains within the course bounds at all times, goes around the outside of the barrels/cones at both ends and completes the evolution twice.

### 3. Obstacle Weave



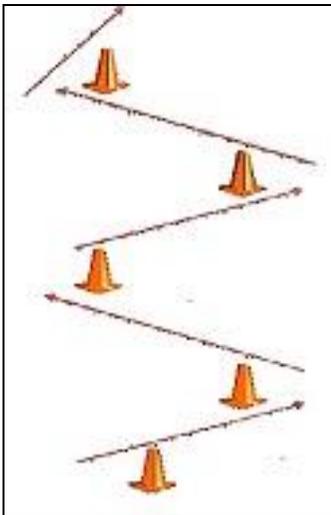
Once the candidate successfully completes the distance run, they will proceed to the obstacle weave component. The candidate will weave in and out between obstacles (i.e., traffic cones) placed on the course. Indicators (i.e., arrows) will be marked on the pathway to show the intended path. Candidates will redo any cones that are missed.

#### **Equipment needed:**

- 5 traffic cones

#### **Equipment construction/assembly:**

- Place cones according to the cone position on the map.



#### **Proctor Role:**

- Ensure that the candidate properly weaves around each cone.
- Candidate must redo any cones from the previous cone if he/she does not follow indicator signs.

#### 4. Crouching Exercise



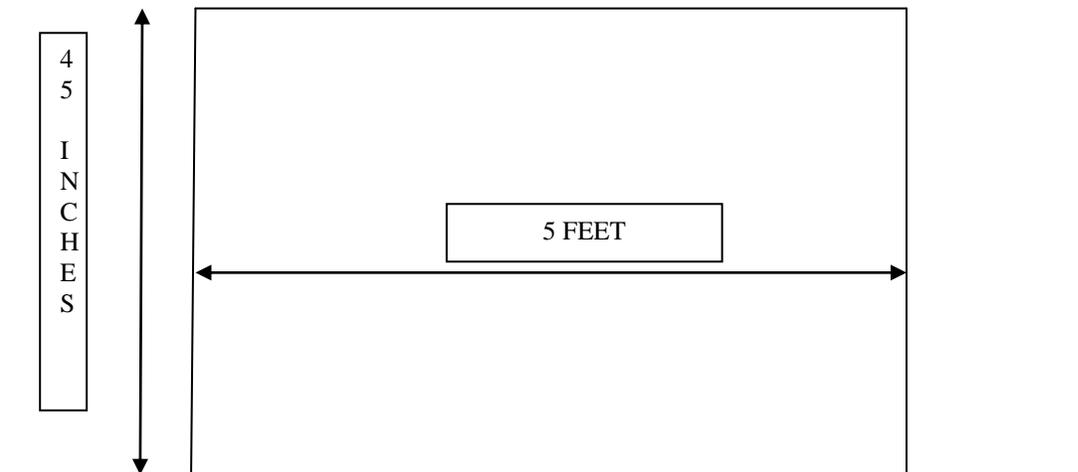
Once the candidate has successfully completed the obstacle weave component, they will approach the crouching obstacle and move underneath 3 obstacles in any manner they choose, provided they fully clear each obstacle.

#### **Equipment needed:**

- none

#### **Equipment construction/assembly:**

- Construction of the obstacle(s).



#### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Ensures that the candidate crouches and clears the obstacle completely. Any obstacle that is not cleared completely will be redone.

## 5. Chest to the Mat/Up-Downs



Once the candidate has successfully completed the crouching exercise, they will head towards the up/down component. The candidate will approach a gym mat placed on the ground and will need to drop his/her chest to the gym mat and lift their hands off the ground before getting up and repeating the exercise twice more (total of 3 up and downs). After completing 3 repetitions, they will move onto the next component.

### **Equipment needed:**

- Gym mat

### **Equipment construction/assembly:**

- Gym mat will need to be placed as indicated on the map.

### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Ensure that the candidate's feet are firmly on mat before he/she drops body to floor.
- Ensure that the candidate's chest touches the mat and they are able to lift both hands off the ground before they proceed to get up.
- Keep count aloud of number of repetitions.

## 6. Window Entry



Once the candidate has successfully completed the up/down component, they will approach the window obstacle where they must pull themselves through a standard-sized window frame mounted 3 feet off the ground.

### **Equipment needed:**

- Window Frame mounted 3 feet off the ground
- Gym mats on each side of window frame

### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Candidates are not allowed to dive through the window frame. Candidates should pull themselves through the window by placing one leg through the window at a time and pulling themselves through.
- If candidate does not climb through the window, they must redo the component.

## 7. 4ft Obstacle climb:



Once the candidate has completed the window entry component, they will approach and successfully climb over a 4-ft. high obstacle. The candidate may utilize the footholds on the obstacle to assist in this process. The candidate is not allowed to jump over the obstacle. They must climb over it in a controlled manner.

### **Equipment needed:**

- 4 feet high obstacle

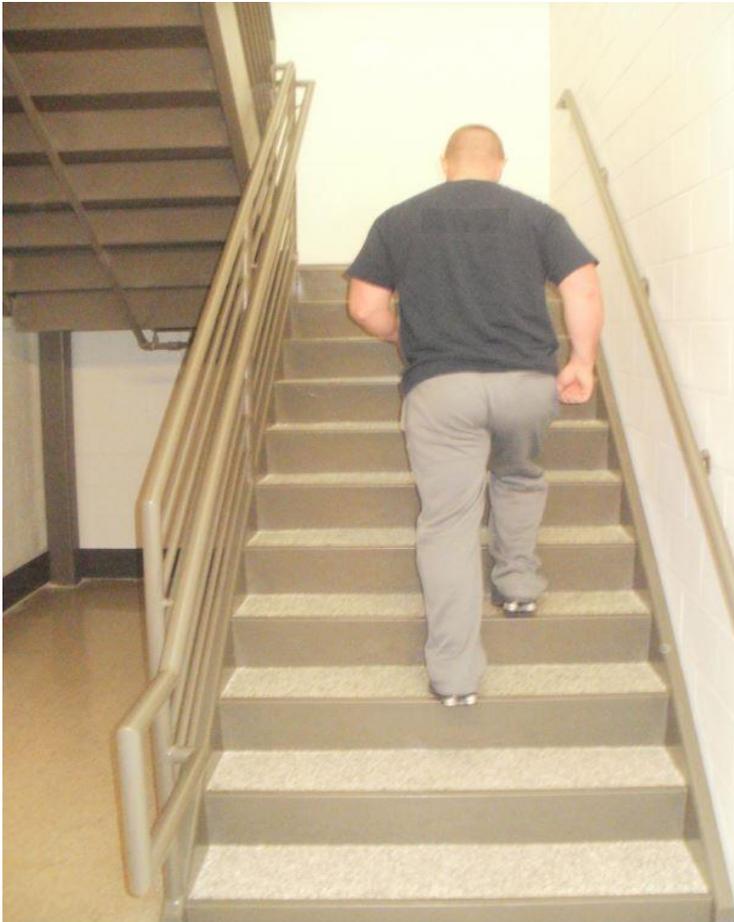
### **Equipment construction/assembly:**

- obstacle

### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- The candidate must use the footholds to assist in the climb.
- Ensure that the candidate does not plant both feet at the top of the obstacle and jump off; instead, the candidate should climb over the obstacle completely and place both feet on the ground.

## 8. Stair Climb Station



Once the candidate has successfully completed the obstacle climb, they will move to the next station, the stair climb. The candidate will safely ascend and descend the equivalent of two flights of stairs (28 steps each way) at a pace of his or her choosing. The candidate must take each step one at a time. Any steps that are skipped will have to be redone. Once the candidate reaches the top, they will need to bring both feet onto the landing before they can descend back down one step at a time.

### **Equipment needed:**

- Stairs

### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Ensure that the candidate is exercising caution when ascending and descending the stairs.
- Ensure that the candidate touches every step (does not skip steps).
- Candidate must repeat step(s) that are skipped.
- Ensure that the candidate places both feet at the top of the stairs before descending.
- Candidates are allowed to use the hand railing when ascending and descending the stairs.

## 9. Dummy Drag



Once the candidate successfully completes the stair climb-and-descend component, they will proceed to the dummy drag station. Candidates will drag a 165 lb. manikin dummy a distance of 30 feet in the order to mimic forcibly moving a suspect/rescuing a victim. The dummy will be dragged across a line indicator. The candidate will drop the dummy once both feet of the dummy cross the line. At this time, the PAT will be complete.

### **Equipment needed:**

- 165 lbs. manikin
- Harness strap

### **Equipment construction/assembly:**

- Ensure harness strap is firmly secured onto the manikin.

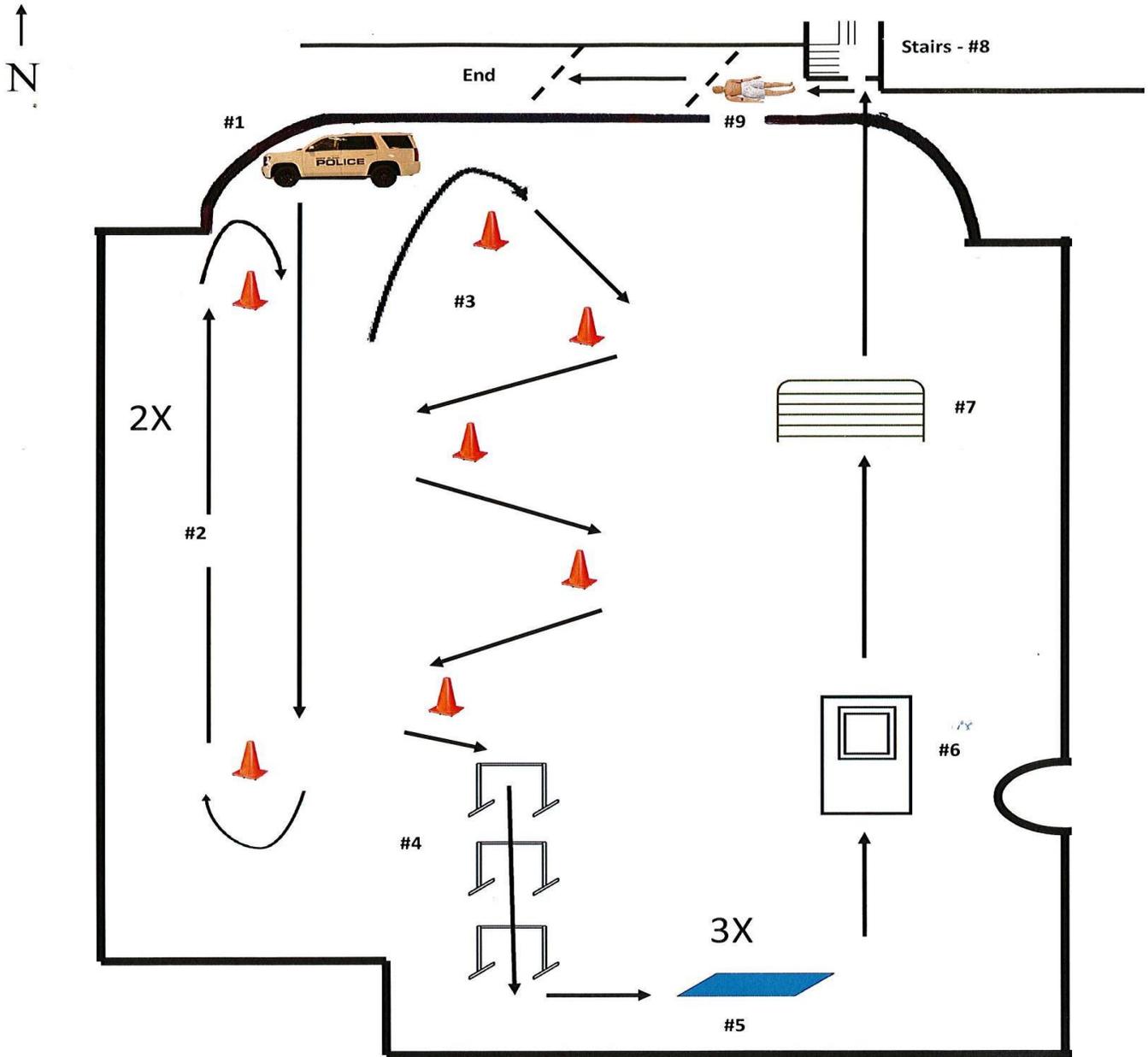
### **Proctor Role:**

- Ensure that the candidate is securely wearing all required equipment.
- Ensure that the candidate utilizes harness to drag the dummy.
- The candidate is allowed to drag the dummy in any manner but must use harness strap.
- Ensure that the dummy is dragged completely across the line.
- Ensure dummy is placed correctly at starting line. The manikin's head should be placed right behind the start line.
- Ensure that the manikin's feet are completely across the line before the dummy is dropped.
- Candidate will have to pick up the dummy again if he/she drops the dummy before both feet pass line.
- Proctor should verbally instruct the candidate when to drop the dummy.
- Once the candidate has finished the exercise, the proctor should stop the stopwatches and record the candidate's lowest time.

## **CANDIDATE WALK-THROUGH AND ORIENTATION**

Candidates will be given a thorough orientation regarding the course before they begin. Once all candidates have arrived, the test administrators will begin the orientation and walk-through. Even though only one candidate will be actually going through the course at a time, the administrators will take all candidates together in one large group to do the walk-through. Candidates will be told of the cut-off score and the consequences of not meeting this time. Candidates will then be walked through the entire course. Each component will be explained thoroughly. All rules will be discussed at this time (as described in this guide). Candidates are then fitted with a weighted vest and the testing will begin.

## SECTION II - COURSE MAP



### PAT Component Listing:

1. Vehicle exit
2. Distance run
3. Object weave
4. Crouching
5. Up/Downs
6. Window Entry
7. 4ft obstacle climb
8. Stair climb
9. Victim Rescue