



## Indian River State College

### Physical Ability Test (PAT) Cost \$20.00

The PAT was developed by the Florida Department of Law Enforcement, Criminal Justice Standards and Training Commission, to assess physical attributes, which reflect core enabling knowledge, skills and abilities and essential tasks common for law enforcement, corrections and probation officers.

If paying with a debit or credit card, students interested in taking the PAT may register by going to our website at [www.tcpublicsafetytraining.com](http://www.tcpublicsafetytraining.com), clicking on "Starting Your Career" and choosing a date on our Selection Center Calendar which will open the registration process. Or if paying with cash or check, you must appear in person at the Treasure Coast Public Safety Training Complex, 4600 Kirby Loop Road, Fort Pierce to complete a PAT application form. Payment must be **made** prior to testing date. **You must have a physician complete the attached Medical/Physician's Clearance to Test Form before you may participate in the PAT.** Space is limited to 30 participants per testing date. You must preregister for the test. No one will be allowed to sign up on the day of the test.

#### Directions to the Treasure Coast Public Safety Training Complex:

- From I-95      Exit #129 (Okeechobee Road), or the Turnpike to the Fort Pierce exit, and head East when exiting. Turn South (right) on McNeil Road. Follow McNeil to Kirby Loop Road (first left) and continue East to the Treasure Coast Public Safety Training Complex.
- From US 1      Go West on Virginia Avenue, turn left at 35<sup>th</sup> Street and follow it until it curves into Kirby Loop Road. Continue on Kirby Loop Road to the Treasure Coast Public Safety Training Complex.

#### Test Day Procedures

- Be present at appointed time. Test times are 9:00 a.m., 10:00 a.m., and 11:00 a.m.
- A Physician's Clearance to Test Form must be completed and either on file in the Selection Center or turned into the instructors on the day of the test before you can take the PAT.
- If your name is not on the printed sign-in sheet you may not take the test. Any rescheduling of test dates must be approved by Jo Beth Laycock in advance of the testing date.
- Picture ID required
- If you do not have a picture ID, you will not be allowed to take the PAT.

Retesting Policy – Candidates will be allowed to retake the test at the next available testing session. A testing fee of \$20.00 is required to retake the test. **TESTING FEES ARE NON-REFUNDABLE**

## PHYSICAL ABILITY TEST (PAT)

(Required clothing - T-shirt, shorts, or sweat suits and running shoes)

Passing Score – 6 minutes 4 seconds

The PAT test begins with applicant seated in full size automobile, seat belt on, with hands at the 10 and 2 o'clock positions on the steering wheel. Around the applicants waist is a pull-away flag belt with ribbons (flags) positioned over each hip. Trunk key is in the vehicle glove compartment, which is in the closed position. If the vehicle has a trunk latch (cover), it is placed in the open position revealing the trunk lock. In the front center part of the trunk is positioned a weapon (revolver) and a baton.

On the command "go" the stop watch is started and the applicant removes hands from steering wheel, unfastens seat belt, opens glove box and removes key, then exits the vehicle (the glove box and the car door are left opened). The applicant moves to the back of the car where the key is inserted in the lock and the trunk opened. Immediately after opening the trunk the applicant touches each ribbon with the opposite hand from behind the back and the flag belt is pulled away, letting it fall to the ground. The weapon and the baton are removed from the trunk; the trunk is closed with the key remaining in the lock. Immediately after placing the weapon on the nearby bench, five feet from the left rear taillight, the applicant proceeds with baton in hand to the beginning of the 220-yard run.

Carrying a baton, the applicant runs 220 yards on a flat surface to the entrance of the obstacle course. Upon completion of the 220 yard run, the applicant passes through the pylons at the entrance to the obstacle portion of the course. Ten feet into the obstacle course the applicant must climb a 40-inch wall followed by a series of three (24, 12 and 18 inch) hurdles five feet apart located 10 feet beyond the way. 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 applicant 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 places the baton beside one of the pylons. Note: If the applicant knocks over a hurdle or pylon, they immediately stop and repeat that portion of the obstacle course. A test administrator sets the pylon and hurdle upright again.

The applicant then sprints 50 feet, grabs the handles on the 150-pound dummy and drags it 100 feet on a cut grass surface. Upon completion of the dummy drag the applicant sprints 50 feet back to the pylons, picks up the baton and reverses course through the obstacles. After the wall climb the applicant moves to the pylons and once again repeats carrying a baton 220 yards on a flat surface.

After completing the 220 yard run, the applicant places the baton on the bench, picks up the weapon, assumes a firing position while keeping arms completely outstretched at shoulder height and parallel with the ground, firing six rounds each using the dominant, then non-dominant hand (12 rounds all together).

Following the weapons fire, the trunk is opened, the weapon and baton are placed inside the trunk and the trunk is closed. After the key is removed from the trunk lock, the applicant re-enters 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.