



Indian River State College

Physical Ability Test (PAT) Cost \$40.00

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, candidates interested in taking the PAT may register and pay by choosing either the calendar or "Register Now" at the home page at <http://www.tcpublicsafetytraining.com/>. Payment must be made prior to the testing date. You must have a physician complete the 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.

****PRACTICE PAT DATES ARE NOW BEING OFFERED - SEE LIST OF PAT DATES FOR ADDITIONAL INFORMATION****

Test Day Procedures

- 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 The Selection Center Coordinator in advance of the testing date.**
- No shows- Anyone not calling ahead to reschedule their test date will forfeit their testing fees for that test. You will be required to repay for the test.
- Valid picture ID is required. No expired licenses will be accepted.
- 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 \$40.00 is required to retake the test. **TESTING FEES ARE NON-REFUNDABLE**



PHYSICAL ABILITY TEST (PAT) DESCRIPTION

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

Passing Score – 6 minutes 4 seconds

Test Score Is Valid For 6 Months

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 applicant's 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.



INDIAN RIVER STATE COLLEGE

Criminal Justice Institute

Medical / Physician's Clearance to Test Form

Name of Participant _____

Dear Physician:

The purpose of this communication is to inform you of the above named individual's intentions with regards to participation in the Indian River State College pre-enrollment physical abilities test as established by the Florida Department of Law Enforcement. We are aware of the fact that strenuous physical activity may be inadvisable for some individuals. As such, we request that you indicate whether the above named participant has any medical condition or disorder that would preclude participation. It must be emphasized that we are not asking you to assume responsibility for the participant while participating in this test. Rather, we merely want to have as much information as possible when making decisions concerning applicability of testing.

The testing program will consist of a series of physical abilities tests conducted at our training site. The battery of job-related field tests is intended to be completed in the fastest possible time and will require maximum effort by the participant. Tests are designed to measure balance, muscular endurance and strength, flexibility, anaerobic power and capacity, fine motor skill and aerobic power. Tests will include two 220 yard runs, dragging a 150 pound object 100 feet, jumping over obstacles (12-24 inches high), climbing over a wall (40 inches high), two 50 foot-sprints and movement around a series of pylons.

Ultimately, the primary goal of this testing is to determine whether the participant is capable of performing minimum standards appropriate to law enforcement, corrections or correctional probation.

I have examined this participant and his/her medical history, and based upon my evaluation I recommend that:

_____ Participation is not advisable at the present time.

If you advise against participation, please do not disclose the participant's medical condition on this form.

_____ Within a reasonable degree of probability, no medical condition or disorder exists which precludes this participant from participation in the physical abilities tests as described.

Date: _____

Signature of Physician: _____

Printed Name of Physician: _____ License # _____

Address of Clinic: _____

THANK YOU FOR YOUR COOPERATION!



PRACTICE PAT DATES ONLY
PHYSICAL AGILITY TEST (PAT) DATES FOR 2023

TREASURE COAST PUBLIC SAFETY TRAINING COMPLEX
(PAT COURSE IS NEXT TO LAKE ON RIGHT HAND SIDE OF COMPLEX)

July 20, 2023 - 8:00 AM

August 17, 2023 - 8:00 AM

September 28, 2023 - 8:00 AM

October 26, 2023 - 8:00 AM

November 9, 2023 - 8:00 AM

January 25, 2024 - 8:30 AM

February 8, 2024 - 8:30 AM

March 28, 2024 - 8:30 AM

April 11, 2024 - 8:30 AM

May 30, 2024 - 8:30 AM

June 20, 2024 - 8:30 AM

July 18, 2024 - 8:30 AM

August 15, 2024 - 8:30 AM

September 12, 2024 - 8:30 AM

October 10, 2024 - 8:30 AM

November 21, 2024 - 8:30 AM

These are PRACTICE dates ONLY for the PAT Test

****Under NO circumstances will time be applied as
the Official PAT**



PHYSICAL AGILITY TEST (PAT) DATES FOR 2023

TREASURE COAST PUBLIC SAFETY TRAINING COMPLEX (PAT COURSE IS NEXT TO LAKE ON RIGHT HAND SIDE OF COMPLEX) S

September 14, 2023 - 8:00 AM

October 12, 2023 - 8:00 AM

November 16, 2023 - 8:00 AM

December 7, 2023 - 8:00 AM

January 11, 2024 - 8:30 AM

February 1, 2024 - 8:30 AM

March 21, 2024 - 8:30 AM

April 18, 2024 - 8:30 AM

May 23, 2024 - 8:30 AM

June 6, 2024 - 8:30 AM

June 27, 2024 - 8:30 AM

September 5, 2024 - 8:30 AM

September 26, 2024 - 8:30 AM

October 24, 2024 - 8:30 AM

November 14, 2024 - 8:30 AM

December 5, 2024 - 8:30 AM