

Physical Abilities Test



What you should know

The Physical Abilities Test (PAT) is designed to test a person's physical strength, muscular endurance, coordination and agility by performing basic physical tasks that professional police officers will use throughout their career. Passing this test demonstrates the applicant possesses the minimum physical ability level to perform the duties of a police officer.

The applicant will be given the opportunity to practice the PAT during Phase II of the hiring process, during which an in-depth background investigation of the applicant is conducted.

The test will be described and demonstrated to the applicants before their participation. Applicants will be given time to practice test components within each station.

Applicants must perform all activities at each station within the defined protocol. Applicants must pass the physical abilities test to continue the police officer hiring process.

The test is strenuous. Each applicant must sign a waiver form releasing liability prior to testing. Any potential medical concerns should be discussed with a qualified medical professional before attempting the test, at the applicant's own expense.

For the latest testing and recruitment information, visit our website:

www.joinportlandpolice.com

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Test Components

The combined distance for all four components of the test is 440 yards.

■ Mobility/Agility Run – 372 yards

Purpose: To test the applicant's physical coordination, agility, muscular endurance, aerobic endurance, and the applicant's ability to change direction and make stride adjustments.

Related Job Tasks: Police officers must have the physical ability to pursue suspects while navigating obstacles.

■ 165-lb. dummy drag – 40 feet

Purpose: To test the applicant's upper body strength, upper/lower body muscular endurance, and overall physical coordination.

Related Job Tasks: Police officers must have the ability to apprehend and control suspects and help injured officers to areas of safety.

■ Modified squat thrust and stand using rail vault

Propose: To test the applicant's physical agility, and overall body stamina.

Related Job Task: Police officers must have the ability to maintain high levels of exertion in times of emergencies.

NOTE: The above listed stations must be completed in 4 minutes and 20 seconds (4:20) or less. The test will be scored on a pass/fail basis only.

■ 80-lb. torso bag carry – 50 feet

Purpose: To test the applicant's upper body strength and muscular endurance.

Related Job Task: Police officers must have the ability to lift and carry suspects, prisoners and victims.

Test Preparation

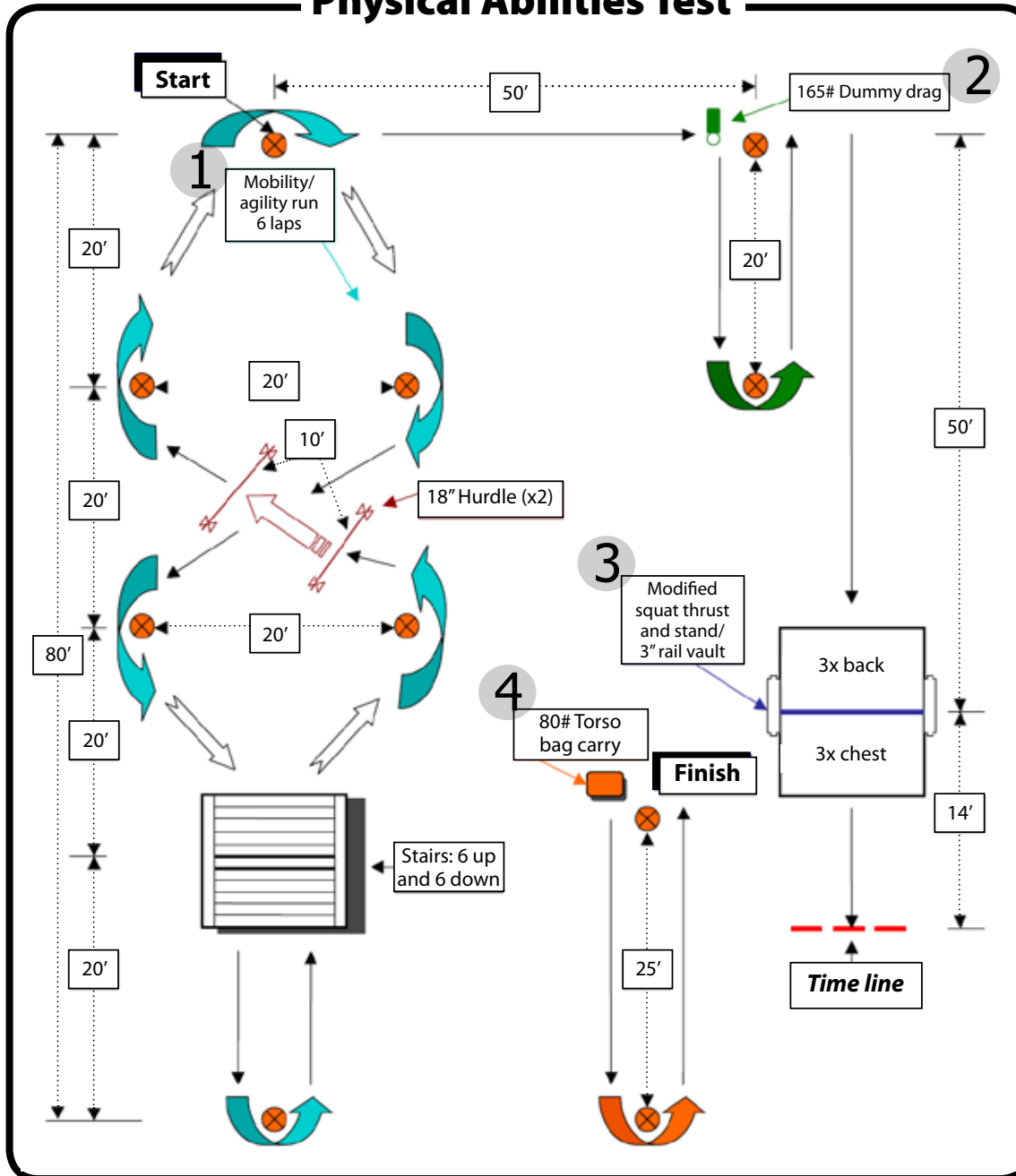
Points to consider when preparing for the test:

- Restrict caffeine intake on the day of the test.
- Avoid eating two to three hours before the test.
- Do not engage in strenuous exercise, strenuous work or other physically demanding activities the day of or even the day prior to the test.
- Spend time warming up and stretching just prior to taking the test.
- Dress appropriately.
- Non-marking athletic shoes are mandatory.

Time Penalties:

1. Any course cone or hurdle displaced by the applicant must be put back in its appropriate place before proceeding on the course.
2. Missed "gate" (i.e., going inside a cone instead of around it on the course): First infraction = Warning; Subsequent infractions = Retrace steps and complete course correctly.
3. Skipping more than one step at a time on stairs: First infraction = Warning; Each subsequent infraction = + 3 seconds.
4. Grabbing rail vault to assist in standing: First infraction = Warning; Each subsequent infraction = + 3 seconds.
5. Torso Bag Carry must be completed within two minutes (2:00) of finishing components 1-3.

Physical Abilities Test



1 Mobility/agility run – 372 yards

The applicant is required to traverse the Mobility/Agility course six times. The Mobility/Agility Run resembles a figure eight (please see attachment) and will be clearly marked.

During the six laps of the Mobility/Agility Run, the applicant will be required to change directions, hurdle low barriers, change strides, and negotiate stairs.

2 Dummy drag – 40 feet

After completing the Mobility/Agility Run, the applicant will move directly to the Dummy Drag area. The applicant will be required to drag a 165 pound dummy 20 feet from the starting point, around a marker, and 20 feet back to a finish line.

3 Modified squat thrust and stand using rail vault

Upon completing the Dummy Drag, the applicant will proceed directly to the Modified Squat Thrust and Stand station. The applicant will begin this test lying on his/her back on the mat adjacent to the rail vault.

The applicant will begin by standing and vaulting over the three-foot high rail to the other side. Once on the other side, the applicant will touch his/her chest to the mat.

This process will be repeated until the applicant has completed three touches to the back and three touches to the chest. The applicant may not use the rail to assist in standing.

The timed portion of the test is completed when the applicant crosses the finish line.

4 Torso bag carry – 50 feet

Within 30 seconds of completing station three, the applicant will move directly to the Torso Bag Carry station. The applicant will lift and carry an 80 pound torso bag a total distance of 50 feet: 25 feet to and around a marker, then 25 feet back to a finish line.

Do not place bag on shoulder. The bag may be placed on the floor and re-lifted as often as necessary to complete the 50-foot distance in one minute and 30 seconds (1:30) or less. (Do not drop the bag at completion of component).