

**BREVARD POLICE TESTING AND SELECTION CENTER
PHYSICAL ABILITIES TEST**

The Physical Abilities Test (PAT) is given during the beginning stages of the background process and is a required component for any applicant seeking to attend the Basic Law Enforcement and Corrections Recruit Training Programs at Eastern Florida State College.

The Physical Abilities Test (PAT) of Florida is consistent with National models and industry standards and locally validated based on statewide statistics. Components of the test were designed to simulate actual tasks and essential knowledge, skills, and abilities required of the job. The components are conducted in a continuous flow manner that is time-dependent in order to determine the participant's level of physical condition and aerobic capacity while simulating the physical aspects of the job. These skills were identified through job task analysis and a review of critical job responsibilities requiring physical proficiency, and incorporated into the PAT:

1. Exiting a vehicle/opening a trunk
2. Running 220 yards
3. Completing an obstacle course
4. Dragging a 150 pound dummy for 100 feet
5. Obstacle course again
6. Running 220 yards
7. Dry firing a weapon six times with each hand
8. Placing items in a trunk/entering a vehicle.

Applicants begin the PAT seated in a full size automobile with their seat belt on, their hands on the steering wheel at the ten and two o'clock positions. Each applicant wears a pull away flag belt, with a flag over each hip, around his or her waist. The trunk key is in the vehicle's passenger side seat. A handgun and a flashlight are lying in the vehicle's closed trunk.

The course is located at 3865 North Wickham Road, Melbourne, FL 32935 (Along Post Road between the King Center and the soccer field). Please bring the following items with you:

1. **Physician's Clearance Form**
2. **Waiver of Liability and Consent Form**
3. **Government-Issued photo ID**
4. **Water**
5. **Appropriate physical fitness attire**

COURSE OVERVIEW

Time Starts when the applicant begins *Task 1*:

Task 1:

Remove your hands from the steering wheel, unfasten the seat belt and grab the key from the passenger side seat. Exit the car, leaving the driver side door open, and go to the trunk, insert the key, unlock, and open the trunk. **You must use the key to open the trunk.** Remove each flag with the opposite hand, from behind your back. Remove the handgun and flashlight from the trunk. Close the trunk, leaving the key in the lock. Move toward the table. Place the handgun on the table; keep the flashlight.

Task 2:

Run/sprint 220 yards on a flat surface 110 yards in one direction, 110 yards in the opposite direction toward the obstacle course.

Task 3:

Enter the obstacle course. Climb over a 40" wall. Run ten feet. Jump over three hurdles (24", 12", and 18") spaced five feet apart. Run ten feet and enter the serpentine. Run through 9 pylons placed in a single row, 5' apart. Run ten feet toward the low crawl. Drop to the ground and crawl eight feet under a 27" open-air barrier. Drop the flashlight beside the last low-crawl pylon. **You must stop and repeat any portion of the obstacle course, if you knock over a hurdle or pylon.**

Task 4:

Stand up and sprint 25 feet'. Grab the 150-pound dummy and drag it 100 feet on a cut grass surface.

Task 5:

Drop the dummy and sprint 25 feet' toward the pylons. Drop into a low crawl and pick up the flashlight. Enter the obstacle course in reverse. Low crawl eight feet under a 27" high open-air barrier. Stand up and run ten feet toward the serpentine. Run in a serpentine manner through nine pylons placed in a single row, five feet apart. Run ten feet and jump over three hurdles (18", 12", and 24"). Run ten feet. Climb over the 40" wall.

Task 6:

Run 220 yards; 110 yards in one direction, 110 yards in opposite direction and return back to the table.

Task 7:

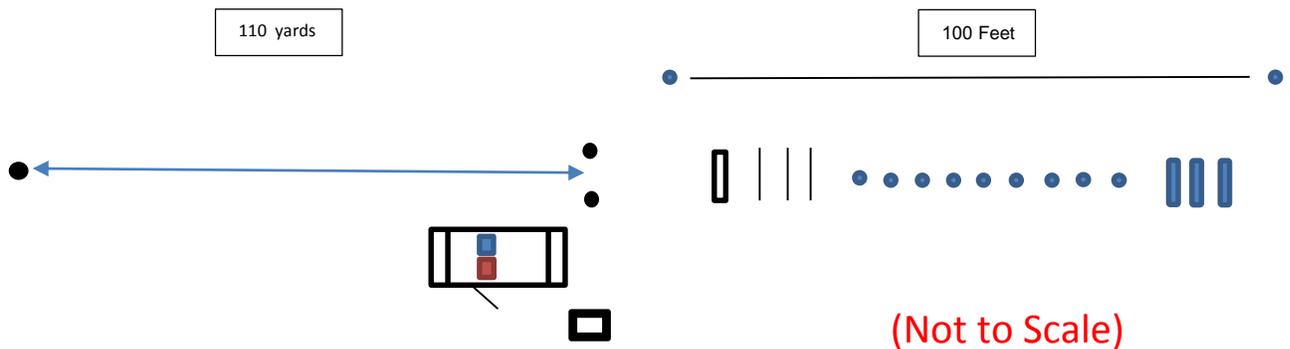
Place the flashlight on the table. Pick up the handgun. Assume a proper firing position and fire six rounds using dominant hand. Fire six rounds with the supporting hand.

Task 8:

Pick up the flashlight (keeping the gun) and run to the trunk, turn the key, and open the trunk. Place the weapon and flashlight inside the trunk. Close the trunk and remove the key from the lock. Run to the driver's side door and enter the vehicle. Close the door, place the key on the passenger-side seat. Securely fasten your seat belt. Place your hands on the steering wheel at ten o'clock and two o'clock positions.

Time Ends when the applicant completes *Task 8*:

Applicants must complete the course in 6:04



It is important to prepare for the PAT by training and practicing prior to the examination day. If you intend to practice PAT tasks at home, please be sure to seek the advice of your physician and take all necessary safety precautions. If you have difficulty with any tasks included in the PAT we recommend you consult with an exercise specialist for prescriptive advice on how to train to improve performance. For physical exertion in Florida's hot and humid weather we recommend you increase your fluid intake for several days prior to the test.



Physician's Clearance to Test Form Physical Abilities Test

Name of Applicant: _____

Dear Physician:

The purpose of this communication is to inform you that the above-named applicant intends to participate in the Physical Abilities Test (PAT) conducted by the Brevard Police Testing and Selection Center. Successful completion of the PAT is a pre-requisite for attendance at the basic law enforcement academy conducted by Eastern Florida State College. 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 applicant 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 applicant while participating in the PAT. We merely want to have as much information as possible when making decisions concerning applicability of testing.

The PAT 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 applicant. Tests are designed to measure balance, muscular endurance strength, flexibility, anaerobic power and capacity, fine motor skills 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 applicant is capable of performing minimum standards appropriate to participation in the law enforcement academy.

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

____ Participation is not advisable at this present time. (If you advise against participation, please do not disclose the applicant's medical condition on this form.)

____ Within a reasonable degree of probability, no medical condition or disorder exists which precludes this applicant from participation in the Physical Abilities Test as described.

Signature of Physician

Date

Physician's Office Stamp

Thank you for your cooperation.
Brevard Police Testing and Selection Center
Phone: 321-433-5638



**Brevard Police Testing and Selection Center
Waiver of Liability and Consent Form
Physical Abilities Test**

As an applicant for admission to the Eastern Florida State College (EFSC) Law Enforcement Academy, I hereby agree to participate in the Physical Abilities Test (PAT). **I understand that:** (1) I am required to pass the PAT in order to be given consideration for admission to the EFSC Law Enforcement Academy; (2) the Brevard Police Testing and Selection Center conducts the PAT; (3) EFSC owns the real property upon which the PAT is conducted; (4) the PAT course was initially built by the Brevard County Sheriff's Office; and (5) the PAT course is currently maintained by EFSC.

I understand that my participation in the PAT involves risks and dangers of serious bodily injury.

I affirm that I have provided a clearance form from a medical doctor to the Brevard Police Testing and Selection Center, and that I personally am not aware of any medical condition or disorder which would preclude me from participating in the PAT. Furthermore, I have inspected the PAT course and have been given ample time and opportunity to ask and have my questions answered as they relate to the PAT and its administration procedures.

As such, in exchange for being given consideration for admission to the EFSC Law Enforcement Academy, **I hereby voluntarily and knowingly waive all rights, claims and causes of action against: (1) Eastern Florida State College**, its District Board of Trustees, administrators, employees, agents, and representatives, and their successors and assigns; **(2) the Brevard Police Testing and Selection Center**, its employees, agents, and representatives, and their successors and assigns; **and (3) Brevard County Sheriff Wayne Ivey**, a county constitutional officer and county charter officer, and his employees and agents in the event that I am disabled or injured, temporarily or permanently, while participating in the PAT conducted by the Brevard Police Testing and Selection Center as part of the testing and selection process for admission to the FDLE Basic Law Enforcement Recruit Training Academy at EFSC.

I also voluntarily and knowingly waive all rights, claims and causes of action against Eastern Florida State College, its District Board of Trustees, administrators, employees, agents, and representatives, as the owner of the real property on which the PAT is conducted, **and against Brevard County Sheriff Wayne Ivey**, a county constitutional officer and county charter officer, and his employees and agents, as the initial builder of the PAT course.

Participant's Name (Print)

Date of Birth

Person to contact in case of emergency

Phone Number

Participant's Signature (DO NOT SIGN UNTIL INSTRUCTED BY TEST ADMINISTRATOR)

Witness

Date