Sarasota County Sheriff's Office
Training Section

Physical Abilities Test
Physical Abilities Test

Instructions

1. Tests are scheduled only through the training section.
2. Bring completed medical authorization as furnished.
3. Report at least 15 minutes prior to your scheduled appointment.
4. You are responsible for completing a suitable warm-up prior to beginning test.
5. Wear appropriate exercise/workout clothing

To pass the test, you must successfully complete all components within 6 minutes 4 seconds or less.
(effective 03/01/97)

The following is a summary of what will be required for the "Physical Abilities Test" (PAT) you will take. Successful completion of this test is required prior to employment.

The PAT was designed to test physical attributes which reflect core enabling knowledge, skills and abilities and essential tasks common for law enforcement and corrections officers.

PRIOR TO ADMINISTERING THE PAT, WE MUST HAVE THE COMPLETED AUTHORIZATION FORM FROM YOUR PHYSICIAN.
This form is provided as part of the application packet.

The tasks you will participate in are as follows:

1. Exiting Car/Entering Trunk
2. 220 Yard Run
3. Obstacle Course
4. Dummy Drag
5. Obstacle Course (repeat)
6. 220 Yard Run (repeat)
7. Weapon Fire
8. Enter Trunk/Enter Car

The test is conducted in a continuous fashion resulting in a total composite score which provides a simple pass or fail rating.
Description of Tasks

1. **Exit Car/Enter Trunk:** Applicant is seated in a car with seat belt on and hands at the 10 and 2 o'clock positions on the steering wheel. Around the applicant's waist will be a special "pull away flag belt". On the command "GO", do the following:

   a. Unfasten seat belt
   b. Open glove box and remove key found inside
   c. Exit vehicle, leaving glove box and car doors open
   d. Move to back of car and open trunk with key
   e. Touch each flag on belt with opposite hand from behind the back and pull belt away, letting it fall to the ground (e.g., left hand at flag on right hip, and right hand on flag at left hip)
   f. Remove weapon and flashlight from trunk
   g. Close trunk, leave key in lock
   h. Place weapon on nearby bench
   i. Proceed with flashlight in hand to beginning of 220 yard

2. **220 Yard Run:** Carrying the flashlight in your hand, run 220 yards to the entrance of the obstacle course.

3. **Obstacle Course:** After completing the run, do the following:

   a. Pass through pylons at entrance
   b. Climb 40 inch wall
   c. Jump 3 hurdles (24, 12 and 18 inches)
   d. Serpentine through nine pylons spaced 5 feet apart
   e. Crawl under a 27 inch high, 8 foot long low crawl area
   f. Stand and move to next pylons
   g. Place flashlight next to one of the pylons (If any hurdles/pylons are knocked over, stop and repeat that portion of the course)

4. **Dummy Drag:** After placing the flashlight next to the pylon as described above, traverse 50 feet to the dummy, grab the 150 pound dummy and drag it 100 feet across the grass. (Note: The dummy cannot be picked up, it MUST be dragged.)

5. **Obstacle Course:** (Repeat of #3 in reverse) Sprint back to the pylons, pick up the flashlight and complete the obstacle course in reverse:

   a. Move to low crawl area and crawl back under the 27 inch high, 8 foot long segments
   b. Serpentining back through the nine pylons
   c. Jump hurdles (this time 18, 12 and 24 inches high)
   d. Climb 40 inch wall
   e. Proceed to 220 yard run
6. **220 Yard Run:** (repeat of earlier run) Run back along the 220 yard course.

7. **Weapon Fire:** After the run proceed to the bench near the car and do the following:
   a. Place flashlight on bench
   b. Pick up weapon
   c. Assume firing position (arms completely outstretched and parallel to ground)
   d. Fire six rounds using dominant hand
   e. Fire six rounds using non-dominant hand (firing will be dry fire - without necessity to reload)

8. **Enter Trunk/Enter Car:** (Repeat of earlier task in reverse)
   a. Open trunk
   b. Place weapon and flashlight in trunk
   c. Close trunk - remove key
   d. Re-enter vehicle and close door
   e. Place key in glove box and close door
   f. Re-fasten seat belt
   g. Place hands on steering wheel at 10 and 2 o'clock positions at which time the test ends.
Physical Abilities Test Course

Begin and end test in automobile

220 yards

10'

10'

40'

8'

40" wall

7'

50 ft

Dummy Drag 100'