PHYSICAL ABILITIES TEST (PAT)

PAT components and description for applicant for the job of a Mesquite Police Officer

The Physical Abilities Test (PAT) measures specific physical abilities through participation in a series of tasks that are determined to be job related, essential and common to Mesquite Police Department officers. The test is comprised of thirteen (13) specific tasks and is intended to be conducted in a continuous fashion resulting in a total composite score (time to complete the course) which provides a simple pass or fail rating. The applicant will be provided ample time to walk the course, have questions answered regarding the course and to warm-up prior to beginning the test. In addition, clear directions will be provided constantly from beginning to the end of the test to avoid any confusion. Prior to the administration of the PAT the applicant to be tested will be dressed in proper exercise gear. Averaged time will be recorded using stop watches by two different test administrators and then times will be averaged.

1. CHAIR. While seated the applicant will be provided with any specific instructions regarding their responsibility when running the course. The applicant may ask for clarification of specific aspects of the test course at this time. On the command "GO" the applicant will stand and begin to RUN. Time will start at this point.

2. RUN. Run two (2) complete laps around the course, keeping cone #s 2, 3, 4 and the CHAIR to the left. At the end of the second lap (a total of distance of 270 feet) keeping the CHAIR to the left run 20 feet to the WALL.
   (Tests quickness, speed and aerobic power. Related duty: Sprint/run.)

3. WALL. Climb over a four (4) foot wall. Failure to complete this task is a stopping point and is considered a failure. The test is terminated at this point. Run 16 feet to SERPENTINE (cone #4).
   (Tests ratio of upper to lower body strength to body weight and anaerobic power. Related duty: Climb/vault wall/fence while in pursuit.)

4. SERPENTINE. Run a serpentine route, which consists of three (3) cones each placed six (6) feet apart and at five feet off center from cone #4 at the start of the SERPENTINE. The applicant must complete the SERPENTINE in the proper sequence being sure to keep cone #s 4 and 6 to their right and cone number #5 to their left. Each cone will be marked to indicate whether the cone should be passed on the left or right. If a cone is passed incorrectly the applicant will be told to stop and restart from the beginning of this event. Run 30 feet to cone #1 and around it and continue to run 40 feet to the DITCH.
   (Tests agility, balance and endurance. Related duty: Run around obstacles while in pursuit.)

5. DITCH. Jump over and clear a marked area (DITCH) of 48 inches in width. Feet must not touch any part of the line. If feet touch any part of the line during the jump, you will repeat the DITCH jump again until successful. Run 41 feet to cone #2 and around it run 13 feet to HURDLER.
   (Tests balance and anaerobic power. Related duty: Jump over ditch while in pursuit.)

6. HURDLER. Jump over four (4) hurdles of varying heights (12", 18" and 24") each spaced six (6) feet apart without knocking the hurdle off its stand. Hurdles should be set up in the following order: 18", 18", 12" and 24". If the hurdle is knocked over it will be placed back to its position and the applicant will be required to restart from the beginning of this event. Run 10 feet to the CRAWL.
   (Tests agility and balance. Related duty: Jump over obstacles while in pursuit.)
7. CRAWL.  Crawl (low crawl) under four (4) markers each 30 inches from the ground and equal distances apart and spread over a distance of 15 feet. If the marker is moved out of place by the applicant while crawling, the applicant will be required to stop and restart from the beginning of this event. Run 20 feet to the STAIRS.
(Tests agility and flexibility. Related duty: Crawl under obstruction.)

8. STAIRS.  Climb the equivalent of two (2) stores and descend. The applicant will step to a self-paced cadence as if stepping onto an eight-inch bench. For example, one leg onto the step, then the other leg with both feet on the step at the same time. Next one leg back to ground, then the other. The action is repeated for a total of 52 steps in an "up, up, down, down" fashion. Instruction will be provided during the test course walk through and orientation. Run a total of 256 feet to the DRAG. Begin running 25 feet to and around cone #7, then around CHAIR, cones #1, 2 and 3 and from cone #3 move 6 feet to the DRAG.
(Tests leg muscular and overall aerobic power. Related duty: Run up/downstairs.)

9. DRAG.  Drag a weighted dummy (180 lbs) a distance of 35 feet to the end marker and turn around and drag back to the original start marker. The entire dummy must cross each marker at mid-point and end of the drag. Move 5 feet to start marker of the BAG CARRY.
(Tests endurance, leg strength and anaerobic power. Related duty: Drag person/object.)

10. BAG CARRY.  Pick up and carry a canvas bag weighing 40 lbs. a distance of 35 feet to the end marker, turn 180 degrees and carry bag back to start marker, making certain to completely cross marker before placing bag on floor. Applicant must cross both markers at mid-point and end of the carry. Bag must be carried slightly above the waist with arms extended in front of body. Bag may not be carried on shoulder and may not be dropped or thrown down upon completion but placed carefully on floor at completion. Run 18 feet to SCUFFLE ROPES.
(Tests muscular endurance and over-all body strength. Related duty: Lifting and carrying weighted objects/scuffles with perpetrator.)

11. SCUFFLE ROPES.  One hand is placed on each rope strand about twelve inches from end of rope. Begin event by raising both ropes initially to approximately waist level and repeatedly lowering and raising (both at the same time) in a wave like fashion for 25 repetitions. The high point wave of the ropes must be minimally 36 inches from the floor at the same time. If the ropes do not achieve the 36" height, the action must be repeated until 25 repetitions are successfully completed. The applicant must stand no closer than 14 feet from the sled. Run a total of 186 feet around cones 2, 3 and CHAIR to WALL.
(Tests arm muscular endurance. Related duty: Use of arms when scuffling with perpetrator.)

12. WALL.  Climb over a four (4) foot wall. Again, this is a potential failure point. Climb over WALL, turn immediately left and run 30 feet around cone #7 and 40 feet back to CHAIR.
(Tests ratio of upper to lower body strength to body weight and anaerobic power. Related duty: Climb/vault wall/fence while in pursuit.)

13. CHAIR.  Sit on CHAIR. Once seated the test is complete and times will be recorded.

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NOTE: The continuous action required emphasizes the element of endurance/stamina overall as each specific obstacle is encountered without rest in between components.

Validated and approved: June 15, 2019
SCHEMATIC ILLUSTRATION OF THE PAT COURSE
(attached separate from this document)
Cone 3

6' Start and finish drag & carry

18' SCUFFLE #11

Cone 2

34'

13'

HURDLE #6 (6' between each hurdle)

41'

10'

CRAWL #7

15'

DITCH #5

85'

85'

DRAG #9 CARRY #10

35' (each way)

25'

STAIRS #8

40'

WALL #3 AND 12

40'

30'

To finish

CHAIR #1 AND 13 (Start/Finish)

16' SERPENTINE #4 (6' between each cone)

Cone 4

Cone 6

Cone 5

31'

RUN #2 (two laps at start; total 270' to CHAIR)