

PHYSICAL ABILITIES TEST (PAT)

The Florida Physical Abilities Test (PAT) was created to ascertain if a law enforcement officer candidate possesses the minimal level of physical ability necessary to succeed in training and on the job.

The PAT test is comprised of a series of tasks that are completed in a continuous flow manner on a standardized course. Applicants must complete the course/tasks within 6 minutes and 00 seconds. Failure to complete the course within 6 minutes 00 seconds will result in disqualification of the applicant.

Applicants should wear comfortable clothing and tennis shoes. No applicants will be exempted due to medical conditions. All applicants should obtain clearance from their medical provider prior to attempting the PAT test.

PAT tasks include:

- Exiting a vehicle/opening a trunk
- Running 220 yards
- Completing an obstacle course
- Dragging a 150 pound dummy 100 feet
- Completing obstacle course in reverse
- Running 220 yards
- Dry firing a weapon six times with each hand
- Placing items in a trunk/entering a vehicle

THE TEST

START:

Applicants begin test seated in a patrol vehicle with their seat belts on, hands on the steering wheel at the ten o'clock position and the two o'clock position

Each applicant wears a Velcro duty belt with handcuffs in a secured handcuff case located center point (in the middle) of the back. The trunk key is in the glove compartment. A handgun and a baton are lying in the vehicle's closed trunk

TASK 1:

Remove hands from the steering wheel, unfasten the seat belt, open the glove compartment and take out the key. May leave glove box and car door open.

Get out of the car and go to the trunk. Insert key and open trunk (must use key to open trunk).

Reach around back with support hand and remove handcuffs from case, place handcuffs into trunk and remove belt. Remove the handgun and baton from the trunk. Close the trunk, leaving the key in the lock. Move toward the bench/stool. Place handgun on bench/stool. Keep the baton.

TASK 2:

Run 220 yards toward the obstacle course.

TASK 3: Obstacle course

Enter obstacle course.

Climb over a 40 inch wall

Run ten feet

Jump over three hurdles (24", 12" and 18") spaced five feet apart

Run ten feet and enter the serpentine

Run in a serpentine manner through nine pylons placed in a single row, five feet apart

Run ten feet toward the low crawl

Drop to the ground and crawl eight feet under a 27 inch open air barrier

Drop the baton beside the cones as you exit the last low-crawl pylon

**IF YOU KNOCK OVER, TOUCH, HIT OR RUN INTO A HURDLE or PYLON,
YOU MUST STOP AND REPEAT ANY PORTION OF THE OBSTACLE
COURSE**

TASK 4:

Stand up and sprint fifty feet

Grab the 150 pound dummy and drag it 100 feet

TASK 5: Reverse Obstacle Course

Drop the dummy and sprint fifty feet towards the pylons.

Drop into a low crawl and pick up the baton.

Enter the obstacle course in reverse.

Low crawl eight feet under a 27 inch open air barrier

Stand up and run ten feet toward the serpentine

Run in a serpentine manner through the nine pylons placed in a single row, five feet apart

Run ten feet and jump over three hurdles (18", 12" and 24") spaced five feet apart

Run ten feet

Climb over 40 inch wall

**IF YOU KNOCK OVER, TOUCH, HIT OR RUN INTO A HURDLE or PYLON,
YOU MUST STOP AND REPEAT ANY PORTION OF THE OBSTACLE
COURSE**

TASK 6:

Run 220 yards

TASK 7:

Place the baton on the bench/stool.

Pick up handgun

Assume a proper firing position and fire six rounds using your dominant hand then fire six rounds with the supporting hand

TASK 8:

Keeping the gun, pick up the baton

Run to the trunk, turn the key and open the trunk

Place weapon and baton 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 in the glove compartment and close it

Securely fasten your seat belt

Place hands on the steering wheel at the ten o'clock position and the two' o'clock position

TEST COMPLETE

If you successfully complete the PAT test within 6minutes and 00 seconds, you will proceed to the shooting assessment phase of the VCSO selection process. If you do not complete the test or fail to meet the 6 minute 00 seconds time limit, your application will be closed.