



## Physical Abilities Test (PAT)

### SCDPS-CJAD Physical Abilities Test (PAT) Course Description:

- The course measures a total of 870 feet (290 yards/265.2 meters)
- There is a time limit of two minutes six seconds (2:06)
- The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job tasks for law enforcement training:
  1. Running
  2. Jumping (low hurdle)
  3. Climbing stairs
  4. Low crawling
  5. Jumping (broad-type)
  6. Climbing a fence (chain-link/four feet)
  7. Climbing through a window
  8. Moving/dragging a weight (150 lbs.)
  9. Changing direction on the run
- The trainee starts the course at a point, indicated on the course map
- The candidate runs one and 3/4 laps around the perimeter of the course and enters the interior of the course at the point indicated on the course map
- The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart
- After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor and five steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide)
- Once the stair event is completed, another low hurdle must be cleared; the trainee must then successfully negotiate a low crawl under an obstacle set at two feet above the floor
- Make a turn and clear a ditch simulation that is six feet in width
- After another turn, a chain-link fence (four feet in height) must be climbed
- Two additional turns made, and a four feet high window must be successfully entered
- The candidate must then drag a 150-pound dead weight a distance of 20 feet



- After the weight drag, the candidate exits the course, completes one final lap around the perimeter and finishes at the point indicated on the course map

