

MONROE COUNTY SHERIFF'S OFFICE

PHYSICAL ABILITIES TEST

The Physical Abilities Test (PAT) will assess physical attributes that reflect core enabling knowledge, skills, and abilities, and essential tasks common for law enforcement officers. The PAT is conducted in a time dependent continuous flow manner. The PAT determines the participant's level of physical condition and aerobic capacity. A series of tasks measure specific physical abilities. These tasks are:

1. exiting a vehicle/opening a trunk
2. running 220 yards
3. completing an obstacle course
4. dragging a 150 pound dummy
5. obstacle course
6. running 220 yards
7. dry firing a weapon six times with each hand
8. placing items in a trunk/entering a vehicle

Applicants must complete the course in 6:04

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 closed glove compartment. A handgun and a baton are lying in the vehicle's closed trunk.

Task 1:

Remove your hands from the steering wheel, unfasten the seat belt, open the glove compartment take the key out. Get out of the car and go to the trunk, (the glove box and door are left open) insert the key, unlock, and open the trunk. **You must use the key to open the trunk.**

Touch each flag with the opposite hand, from behind your back. Remove the handgun and baton from the trunk. Close the trunk, leaving the key in the lock. Move toward the bench or stool. Place the handgun on the stool; keep the baton.

Task 2:

Run 220 yards on a flat surface toward the obstacle course.

Task 3:

Enter the obstacle course.
Climb over a 48" 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 baton 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 50'. Grab the 150-pound dummy and drag it 100' on a cut grass surface.

Task 5:

Drop the dummy and sprint 50' toward 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" 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 48" wall.

Task 6:

Run 220 yards.

Task 7:

Place the baton on the bench.
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 baton (keeping the gun) and run to the trunk, turn the key, and open the trunk.
Place the 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 your hands on the steering wheel at ten o'clock and two o'clock positions.

**MONROE COUNTY SHERIFF'S OFFICE
WAIVER AND RELEASE FORM**

I hereby request that I be permitted to attempt completion of the **PHYSICAL ABILITIES TEST**, which are administered by the of Monroe County Sheriff's Office. I hereby release Monroe County Sheriff's Office, its employees and its agents, from all liability arising from their developing and/or conducting such test(s). Further, I voluntarily release, waive, and discharge Monroe County Sheriff's Office, its employees and its agents, for any and all claims, demands, damages, and causes of action of any nature whatsoever which I, my heirs, my assigns, or my successors may have against Monroe County Sheriff's Office, its employees or its agents, on account of, or by reason of my engaging in the **PHYSICAL ABILITIES TEST**.

I represent that I am physically fit and can perform these test safely. I also authorize the Monroe County Sheriff's Office to release information regarding my application, status, and test results to criminal justice and public safety employing agencies.

Signature

Date

Printed Name

Social Security Number

CJTC ID

"NOTICE: Should you elect to participate in any training described herein, please understand that you will be asked to provide your Social Security Number (SSN). The decision to provide your SSN is your option, but failure to provide your SSN may result in a delay in processing your application or request. If you provide your SSN, MCSO will use it for purposes of identification, and may share the information with other agencies for the same purpose. MCSO's request for your SSN is authorized by state law because it is imperative for the performance of FDLE's duties and responsibilities pursuant to Section 119.071(5)(a)2.a.II, F.S.