

# Highlands County Sheriff's Office

## Physical Assessment Test Course – Law Enforcement and Detention

Prior to the *Command* to begin, you will be seated in the vehicle with the seat belt buckled, your hands on the steering wheel, and the door closed.

Your time starts upon the *Command* to begin. You will unbuckle the seat belt, retrieve the trunk key from the closed glove compartment, leaving the glove compartment open, and exit the vehicle, moving toward the trunk.

With one hand, you will reach behind your back to touch the opposite side. With the other hand, you will reach behind your back to the opposite side.

You will open the trunk and remove the baton and firearm. Leaving the trunk open and the key in the trunk lock, place the firearm on the weapons platform.

While carrying the baton, you will run the 220 yard course and return to the area of the vehicle.

You will enter the obstacle course by going over the 40" wall and stepping over the 24", 12" and 18" hurdles. Then you will run in a zigzag serpentine fashion around 9 cones and low crawl under three 27" obstacles.

Upon reaching the last 2 cones, you will drop the baton, sprint 50 feet to the dummy, drag the dummy 100 feet to the opposite cones, and sprint 50 feet back to retrieve the baton.

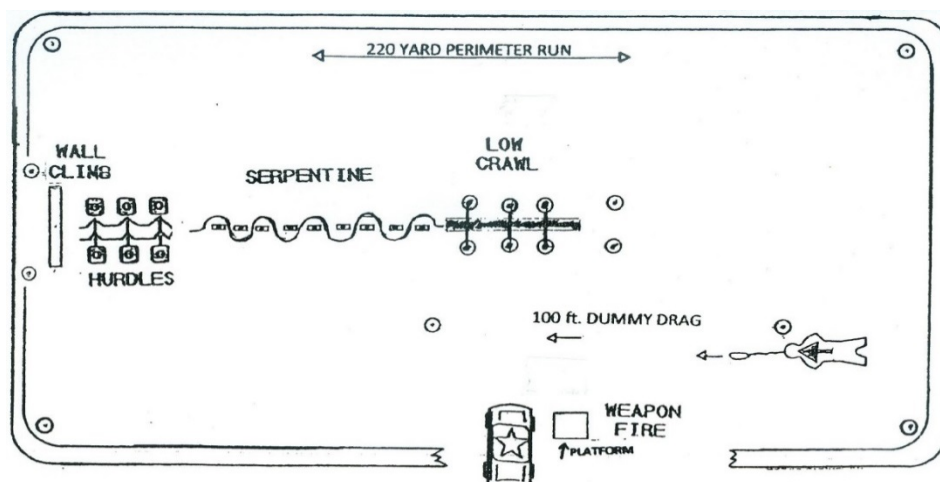
You will negotiate the obstacle course in reverse order (low crawls, stepping and wall) and return to the area of the vehicle.

Then you will run the 220 yard course again and return to the weapons platform.

You will place the baton on the platform, pick up the firearm and with your arms fully outstretched, dry fire 6 times with your dominant hand and 6 times with your non-dominant hand using the point shoulder firing position.

Then you will place the baton and the firearm in the trunk, close the lid, and remove the key. Then sit in the driver's seat, close the driver's door, return the key to the glove compartment, close the glove compartment, buckle your seat belt and place both hands on the steering wheel.

Your time stops at this point. **Passing standard is 6 minutes and 4 seconds.**





# Highlands County Sheriff's Office



## PHYSICAL ABILITY TEST RELEASE FORM- NEW APPLICANTS

Name of Applicant: \_\_\_\_\_

Position:  Deputy Sheriff

Detention Deputy

The Highlands County Sheriff's Office utilizes a pre-employment Physical Ability Test. The assessment is designed to simulate physical demands that may be placed on Deputy Sheriffs and Detention Deputies and requires maximal effort. Strenuous physical activity is not advisable for all persons; any applicant who has not been recently cleared for strenuous physical activity by a physician is strongly urged to consult with their doctor prior to participating in the Physical Ability Test.

The Physical Ability Test consists of a series of job related field tests intended to be completed in the fastest possible time. The tests are designed to measure balance, muscular endurance, strength, flexibility, anaerobic and aerobic capacity, and fine motor skills. The Physical Ability Test includes two 220 yard runs, dragging a 150 pound dummy 100 feet, negotiating obstacles, and ability to fire a handgun after physical exertion. The goal of this testing is to determine whether the applicant is capable of performing the physical requirements of a Deputy Sheriff or Detention Deputy to the minimum standard established by the Sheriff's Office.

### GUIDELINES FOR SAFE AND SUCCESSFUL COMPLETION OF THE P.A.T.

**DRESS APPROPRIATELY:** Wear light-weight clothing that permits free movement. Think of the temperature! Heavy clothing does not permit your body to cool off, making heat injury likely.

**IN SUMMER:** wear light tee shirt or tank top and shorts.

**IN WINTER:** wear light jacket over tee shirt with sweatpants.

**BE "FUELED" WITH FOOD:** A light snack or breakfast about an hour before testing is critical. You will need energy! Avoid heavy meals right before testing.

**BRING FLUIDS:** Come to the P.A.T. hydrated and bring water or a sports drink for after the assessment.

**INFORM TEST ADMINISTRATORS IF YOU ARE NOT "AT 100%":** Your assessment can be rescheduled. It is better to wait to take the test than it is to take a ride to the hospital.

**SIT FOR 10 MINUTES AFTER COMPLETING THE P.A.T.:** Remain in the testing area so that administrators can assess your condition prior to your departure.

**SIGNS AND SYMPTOMS OF HEAT INJURY:** Shakiness, Dizziness, Nausea, Clamminess, Pale Skin, Cessation of perspiration and Excessively red skin should be reported immediately to the Training Unit.

I have had an opportunity to consult with my physician prior to attempting the Physical Ability Test. I have been oriented to the course, given the opportunity to walk through the course, and have had questions satisfactorily answered regarding the Physical Assessment Test. I understand that participation in the Physical Assessment Test is voluntary and I am physically and mentally prepared to safely complete the assessment.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

Course completion Pass \_\_\_\_\_ Fail \_\_\_\_\_ Recorded by: \_\_\_\_\_