

PORT GAMBLE S'KLALLAM POLICE PHYSICAL AGILITY TEST

Overview

Candidates for the positions of Police Officer and Natural Resources Enforcement Officer must successfully complete the Physical Agility Test (PAT).

The minimum fitness standards identified below are the requisite levels for an officer to effectively perform the frequent and critical motor skills associated with police work. Higher levels of fitness are associated with better performance of physical job tasks.

Our department's physical agility test is comprised of three assessments:

- Push-Ups
- Sit-Ups
- Squat Thrusts

Policy for Participants

If you are exhibiting any signs/symptoms of illness or have an elevated temperature, you will not be allowed to attend the test.

Dress appropriately for the weather. All PAT events will be conducted outside.

Don't forget to bring water and/or snacks if you anticipate you will need them.

Procedure

1. Attendance
2. Medical screening and waiver
3. Self-directed warm-up (5-10 minutes)
4. Pushups (**90 second test time**), followed by three-minute rest
5. Sit-ups (**90 second test time**), followed by five-minute rest
6. Squat thrusts (**Three-minute test time**), followed by five-minute observed cooldown

Scoring

The PAT is a pass/fail assessment. Participants must pass each of the three individual tests to pass the entire assessment.

The minimum passing scores are as follows:

1. Pushups: 20 correctly performed pushups within 90 seconds
2. Sit-ups: 25 correctly performed sit-ups within 90 seconds

3. Squat Thrusts: 35 correctly performed squat thrusts within three minutes.

No additional points are earned by participants who exceed the minimum passing scores.

Verbatim Instructions

90 Second Pushup Test

1. Pushups must be performed on a flat, level surface. Mats or other suitable padding may be used. However, a participant must be entirely on or off the padding. Shoes must be worn.
2. Place your hands on the ground so they are in a vertical line with your shoulders, approximately 1 – 1.5 shoulders width apart. Your feet may be together, or up to 12 inches apart. Your body must be in a straight line from the shoulders to the ankles and must remain that way throughout the exercise.
3. A proctor will place a foam block on the ground beneath your sternum, centered between your nipple line.
4. Lower your body by bending your elbows until your upper arms are parallel to the ground and you touch the slightly compressed 4-inch foam block.
5. Return to the starting position by completely straightening your arms. You may only rest in the up position.
6. You will receive one verbal warning upon performing an incorrect pushup. Incorrect repetitions will not count. Common mistakes include failing to keep your body in a straight line, not touching your chest to the block, and not locking your arms in the up position.
7. If any part of your body other than your hands or feet touch the ground during the test, or if you rest with your buttocks on the air, your test will be over.
8. Your proctor will count out loud the number of correctly performed repetitions. Time will be announced in 30 second increments, when ten seconds remain, and when the time is up.
9. You will have 90 seconds to successfully complete 20 pushups. Your score is the total number of correctly performed repetitions. You may stop the test once you reach the minimum repetitions.

90 Second Sit-up Test

1. Sit-ups must be performed on a flat, level surface. Mats or other suitable padding may be used. However, a participant must be entirely on or off the padding. Shoes must be worn.
2. Lie on your back with your knees bent at a 90-degree angle, or closer. Your feet may be together or apart, but your heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort.
3. Your fingers must stay interlocked behind your head throughout the event. If your pinky-fingers are not touching, that is considered “apart”, and such performance will not be counted.

4. Lift your body by bending at the waist. Touch your elbows to your knees and return to the starting position. When returning to the starting position, your fingers must touch the proctor's hand on the mat.
5. You may rest only in the up position. Do not arch your back or lift your buttocks from the mat.
6. You will receive one verbal warning upon performing an incorrect sit-up. Incorrectly performed sit-ups will not be counted. Common mistakes include not keeping your fingers interlocked, failing to touch your elbows to your knees, failure to touch your fingers to the proctor's hand, and lifting your buttocks from the mat.
7. Your proctor will count out loud the number of correctly performed repetitions. Time will be announced in 30 second increments, when ten seconds remain, and when the time is up.
8. You will have 90 seconds to successfully complete 25 sit-ups. Your score is the total number of correct repetitions. You may stop the test once you reach the minimum repetitions.

Three Minute Squat Thrust

1. Squat thrusts must be performed on a flat, level surface. Mats or other suitable padding may be used. However, a participant must be entirely on or off the padding. Shoes must be worn.
2. Stand tall with your back straight, feet shoulder width apart, arms raised with your hands above your head.
3. Push your hips back and bend your knees, squat down, and place your hands on the floor in front of you, shoulder width apart.
4. Keeping your hands in place, kick both feet back at the same time until your body is in the plank position. Your arms and body must be straight, knees locked, hands in line with and slightly wider than your shoulders, feet no wider than shoulder-width apart. Your hands must be on the ground before you kick your feet back.
5. Reverse the sequence to return to the starting position. When bringing your feet back in, they may be either together or up to slightly wider than shoulder width apart. You must stand tall with your back straight. Push your hips forward until your back is straight, and arms raised overhead before the repetition is counted.
6. Lifting your gaze parallel to the ground is recommended, as it helps ensure you stand straight up.
7. You may rest in the standing position with your arms down, but you must return to the correct starting position with your hands overhead and your back straight before resuming repetitions.
8. You will receive one verbal warning upon performing an incorrect squat thrust. Incorrectly performed squat thrusts will not be counted. Common mistakes include failing to kick both feet out at the same time, failing to keep your body in a straight line while in the plank position, and failing to return to a straight standing position with your hands above your head.

9. Your proctor will count out loud the number of correctly performed repetitions. Time will be announced in 30 second increments, when ten seconds remain, and when the time is up.

10. You will have three minutes to successfully complete 35 squat thrusts. Your score is the total number of correct repetitions. You may stop the test once you reach the minimum repetitions.